



Food ID: F135

Food name and Description: Lamb riblet

Scientific name: *Ovis aries*

Alternate/Common name(s): Tupa tadyang

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	72.2
Energy, calculated (kcal)	157
Protein (g)	16.9
Total Fat (g)	9.9
Carbohydrate, total (g)	0
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	13
Phosphorus, P (mg)	156
Iron, Fe (mg)	1.5
Sodium, Na (mg)	68

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	5.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.36
Fatty acids, monounsaturated, total (g)	4.07
Fatty acids, polyunsaturated, total(g)	0.77
Cholesterol (mg)	-