



Food ID: F219

Food name and Description: Carabeef jerky

Scientific name:

Alternate/Common name(s): Tapa, kalabaw

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	36.1
Energy, calculated (kcal)	220
Protein (g)	51.7
Total Fat (g)	1.5
Carbohydrate, total (g)	0
Ash, total (g)	10.7

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)	34
Phosphorus, P (mg)	406
Iron, Fe (mg)	3.5
Sodium, Na (mg)	1895

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	565
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	566
Thiamin, Vitamin B1 (mg)	0.2
Riboflavin, Vitamin B2 (mg)	0.19
Niacin (mg)	-
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.55
Fatty acids, monounsaturated, total (g)	0.4
Fatty acids, polyunsaturated, total(g)	0.05
Cholesterol (mg)	-