



Food ID: J013

Food name and Description: Milk, carabao

Scientific name:

Alternate/Common name(s): Gatas, kalabaw

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	80
Energy, calculated (kcal)	124
Protein (g)	5.4
Total Fat (g)	9.5
Carbohydrate, total (g)	4.3
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

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

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	187
Phosphorus, P (mg)	98
Iron, Fe (mg)	0.2
Sodium, Na (mg)	56

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	50
beta-Carotene (µg)	20
Retinol Activity Equivalent, RAE (µg)	52
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.18
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	2

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	6.34
Fatty acids, monounsaturated, total (g)	2.46
Fatty acids, polyunsaturated, total(g)	0.2
Cholesterol (mg)	26