



**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