



Food ID: F001

Food name and Description: Beef blood

Scientific name: *Bos taurus*

Alternate/Common name(s): Baka dugo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

| | |
|---------------------------|------|
| Water (g) | 77.2 |
| Energy, calculated (kcal) | 90 |
| Protein (g) | 20.6 |
| Total Fat (g) | 0.6 |
| Carbohydrate, total (g) | 0.5 |
| Ash, total (g) | 1.1 |

Other Carbohydrate (Food Composition per 100g Edible Portion)

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

Minerals (Food Composition per 100g Edible Portion)

| | |
|--------------------|-----|
| Calcium, Ca (mg) | 10 |
| Phosphorus, P (mg) | 29 |
| Iron, Fe (mg) | 1.3 |
| Sodium, Na (mg) | 111 |

Vitamins (Food Composition per 100g Edible Portion)

| | |
|---------------------------------------|------|
| Retinol, Vitamin A (µg) | 45 |
| beta-Carotene (µg) | 0 |
| Retinol Activity Equivalent, RAE (µg) | 45 |
| Thiamin, Vitamin B1 (mg) | 0 |
| Riboflavin, Vitamin B2 (mg) | 0.03 |
| Niacin (mg) | 1.2 |
| Niacin from tryptophan (mg) | 2.4 |
| Ascorbic Acid, Vitamin C (mg) | 0 |

Lipids (Food Composition per 100g Edible Portion)

| | |
|---|---|
| Fatty acids, saturated, total (g) | - |
| Fatty acids, monounsaturated, total (g) | - |
| Fatty acids, polyunsaturated, total(g) | - |

Cholesterol (mg)

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