

**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)

-