



**Food ID:** F002

**Food name and Description:** Beef blood, bbq

**Scientific name:** *Bos taurus*

**Alternate/Common name(s):** Baka dugo, bbq/"rambo"

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	75.7
Energy, calculated (kcal)	93
Protein (g)	19.7
Total Fat (g)	1.1
Carbohydrate, total (g)	1.1
Ash, total (g)	2.4

## **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)	24
Phosphorus, P (mg)	21
Iron, Fe (mg)	47.5
Sodium, Na (mg)	-

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.6
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)	-