



Food ID: F003

Food name and Description: Beef brain

Scientific name: *Bos taurus*

Alternate/Common name(s): Baka utak

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	78.6
Energy, calculated (kcal)	127
Protein (g)	10.3
Total Fat (g)	9.4
Carbohydrate, total (g)	0.3
Ash, total (g)	1.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

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

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	11
Phosphorus, P (mg)	208
Iron, Fe (mg)	2.4
Sodium, Na (mg)	141

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	115
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	115
Thiamin, Vitamin B1 (mg)	0.13
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	3.8
Niacin from tryptophan (mg)	2.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.1
Fatty acids, monounsaturated, total (g)	1.72
Fatty acids, polyunsaturated, total(g)	1.45

Cholesterol (mg)

2747