

Republic of the Philippines **Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE** General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: F004 Food name and Description: Beef brain, boiled Scientific name: *Bos taurus* Alternate/Common name(s): Baka utak, nilaga Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	73.9
Energy, calculated (kcal)	155
Protein (g)	12.2
Total Fat (g)	11.3
Carbohydrate, total (g)	1.2
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)	0
Phosphorus, P (mg)	231
Iron, Fe (mg)	4.3
Sodium, Na (mg)	112

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (μg)	105
beta-Carotene (μg)	0
Retinol Activity Equivalent, RAE (µg)	105
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0
Niacin (mg)	3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	2.57
Fatty acids, monounsaturated, total (g)	2.02
Fatty acids, polyunsaturated, total(g)	1.75
Cholesterol (mg)	3327

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 07/20/2025 14:09:12