

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