



Food ID: F005

Food name and Description: Beef brisket

Scientific name: *Bos taurus*

Alternate/Common name(s): Baka punta y pecho

Edible portion: 84%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	65.4
Energy, calculated (kcal)	211
Protein (g)	18.2
Total Fat (g)	15.4
Carbohydrate, total (g)	0
Ash, total (g)	1

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)	8
Phosphorus, P (mg)	148
Iron, Fe (mg)	1.4
Sodium, Na (mg)	58

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	35
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	35
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	5.4
Ascorbic Acid, Vitamin C (mg)	14

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	6.08
Fatty acids, monounsaturated, total (g)	6.88
Fatty acids, polyunsaturated, total(g)	0.53
Cholesterol (mg)	55