



Food ID: F006

Food name and Description: Beef chuck

Scientific name: *Bos taurus*

Alternate/Common name(s): Baka paypay

Edible portion: 94%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	69.5
Energy, calculated (kcal)	171
Protein (g)	19
Total Fat (g)	10.5
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)	12
Phosphorus, P (mg)	162
Iron, Fe (mg)	1.2
Sodium, Na (mg)	43

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	70
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	70
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	5.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.25
Fatty acids, monounsaturated, total (g)	4.63
Fatty acids, polyunsaturated, total(g)	0.43
Cholesterol (mg)	54