



Food ID: F007

Food name and Description: Beef chuck, lean, boiled

Scientific name: *Bos taurus*

Alternate/Common name(s): Baka paypay, laman, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	75.2
Energy, calculated (kcal)	109
Protein (g)	11.4
Total Fat (g)	2.4
Carbohydrate, total (g)	10.4
Ash, total (g)	0.6

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)	15
Phosphorus, P (mg)	107
Iron, Fe (mg)	0.4
Sodium, Na (mg)	42

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	5
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	1.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.16
Fatty acids, monounsaturated, total (g)	1.12
Fatty acids, polyunsaturated, total(g)	0.12
Cholesterol (mg)	33