



**Food ID:** F009

**Food name and Description:** Beef flank

**Scientific name:** *Bos taurus*

**Alternate/Common name(s):** Baka camto

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	62.5
Energy, calculated (kcal)	231
Protein (g)	19.4
Total Fat (g)	17
Carbohydrate, total (g)	0
Ash, total (g)	1.1

## **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)	7
Phosphorus, P (mg)	139
Iron, Fe (mg)	3.6
Sodium, Na (mg)	49

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	25
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	25
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.17
Niacin (mg)	5.7
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	7.11
Fatty acids, monounsaturated, total (g)	7.85
Fatty acids, polyunsaturated, total(g)	0.65
Cholesterol (mg)	49