



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