

**Food ID:** F011**Food name and Description:** Beef heart**Scientific name:** *Bos taurus***Alternate/Common name(s):** Baka puso**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	72.1
Energy, calculated (kcal)	139
Protein (g)	18.8
Total Fat (g)	6.2
Carbohydrate, total (g)	1.9
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)	18
Phosphorus, P (mg)	181
Iron, Fe (mg)	3
Sodium, Na (mg)	81

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	40
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	40
Thiamin, Vitamin B1 (mg)	0.33
Riboflavin, Vitamin B2 (mg)	0.59
Niacin (mg)	4.8
Niacin from tryptophan (mg)	3.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.18
Fatty acids, monounsaturated, total (g)	1.79
Fatty acids, polyunsaturated, total(g)	0.86

Cholesterol (mg)

195