



Food ID: F012

Food name and Description: Beef intestine, large

Scientific name: *Bos taurus*

Alternate/Common name(s): Baka bitukang malaki

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	84.2
Energy, calculated (kcal)	103
Protein (g)	5
Total Fat (g)	8.1
Carbohydrate, total (g)	2.6
Ash, total (g)	0.1

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)	13
Phosphorus, P (mg)	28
Iron, Fe (mg)	3.6
Sodium, Na (mg)	84

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	90
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	90
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-