

**Food ID:** F013**Food name and Description:** Beef intestine, small**Scientific name:** *Bos taurus***Alternate/Common name(s):** Baka bitukang maliit**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	77.3
Energy, calculated (kcal)	109
Protein (g)	16.4
Total Fat (g)	4.2
Carbohydrate, total (g)	1.4
Ash, total (g)	0.7

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)	20
Phosphorus, P (mg)	173
Iron, Fe (mg)	3.1
Sodium, Na (mg)	123

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	10
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	10
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.32
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)	-