



**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)	-