

**Food ID:** F014**Food name and Description:** Beef kidney**Scientific name:** *Bos taurus***Alternate/Common name(s):** Baka bato**Edible portion:** 80%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	79.3
Energy, calculated (kcal)	89
Protein (g)	16.2
Total Fat (g)	2.2
Carbohydrate, total (g)	1.1
Ash, total (g)	1.2

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)	44
Phosphorus, P (mg)	184
Iron, Fe (mg)	4
Sodium, Na (mg)	182

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	400
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	400
Thiamin, Vitamin B1 (mg)	0.24
Riboflavin, Vitamin B2 (mg)	0.26
Niacin (mg)	5.2
Niacin from tryptophan (mg)	2.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.62
Fatty acids, monounsaturated, total (g)	0.42
Fatty acids, polyunsaturated, total(g)	0.39

Cholesterol (mg)

293