

**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