



Food ID: F015

Food name and Description: Beef lean meat

Scientific name: *Bos taurus*

Alternate/Common name(s): Baka laman

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	70.6
Energy, calculated (kcal)	134
Protein (g)	23.1
Total Fat (g)	4.6
Carbohydrate, total (g)	0
Ash, total (g)	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)	50
Phosphorus, P (mg)	192
Iron, Fe (mg)	2.8
Sodium, Na (mg)	59

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	5
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.11
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	5.5
Niacin from tryptophan (mg)	3.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.14
Fatty acids, monounsaturated, total (g)	1.79
Fatty acids, polyunsaturated, total(g)	0.29

