

**Food ID:** F016**Food name and Description:** Beef lean meat, boiled**Scientific name:** *Bos taurus***Alternate/Common name(s):** Baka laman, nilaga**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	68.7
Energy, calculated (kcal)	146
Protein (g)	25.3
Total Fat (g)	5
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)	34
Phosphorus, P (mg)	174
Iron, Fe (mg)	2.5
Sodium, Na (mg)	33

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	195
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	195
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	4.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.32
Fatty acids, monounsaturated, total (g)	1.94
Fatty acids, polyunsaturated, total(g)	0.31
Cholesterol (mg)	-