



**Food ID:** F017

**Food name and Description:** Beef lean meat, broiled

**Scientific name:** *Bos taurus*

**Alternate/Common name(s):** Baka laman, inihaw

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	65.2
Energy, calculated (kcal)	149
Protein (g)	30.4
Total Fat (g)	3
Carbohydrate, total (g)	0
Ash, total (g)	1.4

## **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)	200
Iron, Fe (mg)	3.6
Sodium, Na (mg)	67

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	160
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	160
Thiamin, Vitamin B1 (mg)	0.14
Riboflavin, Vitamin B2 (mg)	0.22
Niacin (mg)	6.4
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.09
Fatty acids, monounsaturated, total (g)	1.23
Fatty acids, polyunsaturated, total(g)	0.12
Cholesterol (mg)	43