

**Food ID:** F019**Food name and Description:** Beef liver**Scientific name:** *Bos taurus***Alternate/Common name(s):** Baka atay**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	66.6
Energy, calculated (kcal)	144
Protein (g)	20.6
Total Fat (g)	3.2
Carbohydrate, total (g)	8.3
Ash, total (g)	1.3

**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)	26
Phosphorus, P (mg)	310
Iron, Fe (mg)	12.2
Sodium, Na (mg)	74

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

Retinol, Vitamin A (µg)	7480
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	7480
Thiamin, Vitamin B1 (mg)	0.16
Riboflavin, Vitamin B2 (mg)	0.96
Niacin (mg)	5.4
Niacin from tryptophan (mg)	3.5
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)	0.42
Fatty acids, polyunsaturated, total(g)	0.41

Cholesterol (mg)

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