

**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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