



Food ID: F020

Food name and Description: Beef liver, boiled

Scientific name: *Bos taurus*

Alternate/Common name(s): Baka atay, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	65.2
Energy, calculated (kcal)	154
Protein (g)	25.5
Total Fat (g)	4
Carbohydrate, total (g)	4
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)	15
Phosphorus, P (mg)	279
Iron, Fe (mg)	4.6
Sodium, Na (mg)	67

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	-
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.16
Riboflavin, Vitamin B2 (mg)	0.36
Niacin (mg)	4.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

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