

**Food ID:** F021**Food name and Description:** Beef lung**Scientific name:** *Bos taurus***Alternate/Common name(s):** Baka бага**Edible portion:** 87%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	76.8
Energy, calculated (kcal)	98
Protein (g)	17.2
Total Fat (g)	1.8
Carbohydrate, total (g)	3.2
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)	40
Phosphorus, P (mg)	144
Iron, Fe (mg)	3.8
Sodium, Na (mg)	190

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	95
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	95
Thiamin, Vitamin B1 (mg)	0.14
Riboflavin, Vitamin B2 (mg)	0.18
Niacin (mg)	3
Niacin from tryptophan (mg)	3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.62
Fatty acids, monounsaturated, total (g)	0.46
Fatty acids, polyunsaturated, total(g)	0.24

Cholesterol (mg)

174