



Food ID: F022

Food name and Description: Beef mammary

Scientific name: *Bos taurus*

Alternate/Common name(s): Baka sinuso

Edible portion: 84%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	31.6
Energy, calculated (kcal)	550
Protein (g)	6.6
Total Fat (g)	55.4
Carbohydrate, total (g)	6.2
Ash, total (g)	0.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	-
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	76
Phosphorus, P (mg)	30
Iron, Fe (mg)	1.4
Sodium, Na (mg)	63

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	225
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	225
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	0.8
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)	-