



**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)	-