



Food ID: F023

Food name and Description: Beef omasum

Scientific name: *Bos taurus*

Alternate/Common name(s): Baka librilyo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	80.4
Energy, calculated (kcal)	95
Protein (g)	15.1
Total Fat (g)	3.8
Carbohydrate, total (g)	0
Ash, total (g)	0.7

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)	84
Phosphorus, P (mg)	116
Iron, Fe (mg)	0.2
Sodium, Na (mg)	35

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	50
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	50
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	1.2
Niacin from tryptophan (mg)	2.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.33
Fatty acids, monounsaturated, total (g)	1.58
Fatty acids, polyunsaturated, total(g)	0.19

Cholesterol (mg)

126