



Food ID: F024

Food name and Description: Beef omasum, boiled

Scientific name: *Bos taurus*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	81
Energy, calculated (kcal)	93
Protein (g)	14.8
Total Fat (g)	3.7
Carbohydrate, total (g)	0
Ash, total (g)	0.5

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)	64
Phosphorus, P (mg)	129
Iron, Fe (mg)	0.5
Sodium, Na (mg)	70

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	35
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	35
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.24
Fatty acids, monounsaturated, total (g)	1.47
Fatty acids, polyunsaturated, total(g)	0.19
Cholesterol (mg)	143