



**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