



Food ID: F025

Food name and Description: Beef plate

Scientific name: *Bos taurus*

Alternate/Common name(s): Baka tadyang

Edible portion: 66%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	66.5
Energy, calculated (kcal)	203
Protein (g)	18.2
Total Fat (g)	14.5
Carbohydrate, total (g)	0
Ash, total (g)	0.8

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)	26
Phosphorus, P (mg)	132
Iron, Fe (mg)	1.5
Sodium, Na (mg)	66

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	45
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	45
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	4.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	5.81
Fatty acids, monounsaturated, total (g)	6.55
Fatty acids, polyunsaturated, total(g)	0.7
Cholesterol (mg)	70