



Food ID: F026

Food name and Description: Beef porterhouse steak

Scientific name: *Bos taurus*

Alternate/Common name(s): Baka tagiliran, gitna

Edible portion: 69%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	74.2
Energy, calculated (kcal)	105
Protein (g)	23.4
Total Fat (g)	1.3
Carbohydrate, total (g)	0
Ash, total (g)	1.1

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)	6
Phosphorus, P (mg)	170
Iron, Fe (mg)	1.4
Sodium, Na (mg)	40

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	8.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.55
Fatty acids, monounsaturated, total (g)	0.61
Fatty acids, polyunsaturated, total(g)	0.06
Cholesterol (mg)	-