

**Food ID:** F027**Food name and Description:** Beef reticulum**Scientific name:** *Bos taurus***Alternate/Common name(s):** Baka mansanilya**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	72
Energy, calculated (kcal)	170
Protein (g)	13.9
Total Fat (g)	12.1
Carbohydrate, total (g)	1.4
Ash, total (g)	0.6

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)	23
Phosphorus, P (mg)	157
Iron, Fe (mg)	0.7
Sodium, Na (mg)	86

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	80
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	80
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.23
Fatty acids, monounsaturated, total (g)	5.03
Fatty acids, polyunsaturated, total(g)	0.59
Cholesterol (mg)	-