

**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)	-