



Food ID: F028

Food name and Description: Beef reticulum, boiled

Scientific name: *Bos taurus*

Alternate/Common name(s): Baka mansanilya, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	74.6
Energy, calculated (kcal)	167
Protein (g)	11.5
Total Fat (g)	13.4
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)	18
Phosphorus, P (mg)	176
Iron, Fe (mg)	0.6
Sodium, Na (mg)	94

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	15
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	15
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.49
Fatty acids, monounsaturated, total (g)	5.31
Fatty acids, polyunsaturated, total(g)	0.69
Cholesterol (mg)	-