

**Food ID:** F029**Food name and Description:** Beef rib roast**Scientific name:** *Bos taurus***Alternate/Common name(s):** Baka kadera**Edible portion:** 64%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	55.9
Energy, calculated (kcal)	314
Protein (g)	15.1
Total Fat (g)	28.2
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)	7
Phosphorus, P (mg)	104
Iron, Fe (mg)	0.5
Sodium, Na (mg)	39

**Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	75
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	75
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	5.4
Ascorbic Acid, Vitamin C (mg)	0

**Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	12.63
Fatty acids, monounsaturated, total (g)	13.49
Fatty acids, polyunsaturated, total(g)	1.26
Cholesterol (mg)	96