



Food ID: F030

Food name and Description: Beef round

Scientific name: *Bos taurus*

Alternate/Common name(s): Baka pierna corta at pierna larga

Edible portion: 83%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	72
Energy, calculated (kcal)	139
Protein (g)	20.7
Total Fat (g)	6.2
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)	23
Phosphorus, P (mg)	188
Iron, Fe (mg)	3
Sodium, Na (mg)	48

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	155
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	155
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	6.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.44
Fatty acids, monounsaturated, total (g)	2.68
Fatty acids, polyunsaturated, total(g)	0.24
Cholesterol (mg)	47