

**Food ID:** F031**Food name and Description:** Beef round, boiled**Scientific name:** *Bos taurus***Alternate/Common name(s):** Baka pierna corta at pierna larga, nilaga**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	77
Energy, calculated (kcal)	106
Protein (g)	19.2
Total Fat (g)	3.2
Carbohydrate, total (g)	0
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)	25
Phosphorus, P (mg)	143
Iron, Fe (mg)	2.8
Sodium, Na (mg)	25

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

Retinol, Vitamin A (µg)	55
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	55
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	3.6
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	1.26
Fatty acids, monounsaturated, total (g)	1.38
Fatty acids, polyunsaturated, total(g)	0.12
Cholesterol (mg)	60