

Republic of the Philippines
Department of Science and Technology
FOOD AND NUTRITION RESEARCH INSTITUTE
General Santos Avenue, Bicutan, Taguig City, Philippines



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

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 12:47:26