



Food ID: F032

Food name and Description: Beef round, broiled

Scientific name: *Bos taurus*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	72.1
Energy, calculated (kcal)	132
Protein (g)	21.4
Total Fat (g)	5.1
Carbohydrate, total (g)	0
Ash, total (g)	1.4

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)	44
Phosphorus, P (mg)	202
Iron, Fe (mg)	2.8
Sodium, Na (mg)	28

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (μg)	80
beta-Carotene (μg)	0
Retinol Activity Equivalent, RAE (μg)	80
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	7.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.94
Fatty acids, monounsaturated, total (g)	2.17
Fatty acids, polyunsaturated, total(g)	0.21
Cholesterol (mg)	51