



Food ID: F033

Food name and Description: Beef round, fried

Scientific name: *Bos taurus*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	71.3
Energy, calculated (kcal)	140
Protein (g)	21.1
Total Fat (g)	6.2
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)	32
Phosphorus, P (mg)	179
Iron, Fe (mg)	2.8
Sodium, Na (mg)	41

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	20
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	20
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.3
Niacin (mg)	7.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.08
Fatty acids, monounsaturated, total (g)	2.32
Fatty acids, polyunsaturated, total(g)	0.77
Cholesterol (mg)	43