



Food ID: F035

Food name and Description: Beef shank

Scientific name: *Bos taurus*

Alternate/Common name(s): Baka kenchi

Edible portion: 89%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	74.3
Energy, calculated (kcal)	115
Protein (g)	21.5
Total Fat (g)	3.2
Carbohydrate, total (g)	0
Ash, total (g)	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)	36
Phosphorus, P (mg)	176
Iron, Fe (mg)	1.8
Sodium, Na (mg)	57

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	120
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	120
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.06
Fatty acids, monounsaturated, total (g)	1.46
Fatty acids, polyunsaturated, total(g)	0.12
Cholesterol (mg)	32