



Food ID: F036

Food name and Description: Beef shank, boiled

Scientific name: *Bos taurus*

Alternate/Common name(s): Baka kenchi, nilaga

Edible portion: 89%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	77.9
Energy, calculated (kcal)	92
Protein (g)	19.5
Total Fat (g)	1.5
Carbohydrate, total (g)	0
Ash, total (g)	1.1

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)	31
Phosphorus, P (mg)	205
Iron, Fe (mg)	1.1
Sodium, Na (mg)	34

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	15
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	15
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	3.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.54
Fatty acids, monounsaturated, total (g)	0.67
Fatty acids, polyunsaturated, total(g)	0.05
Cholesterol (mg)	-