

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



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)                        | -    |

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 18:02:16