

**Food ID:** F037**Food name and Description:** Beef short rib**Scientific name:** *Bos taurus***Alternate/Common name(s):** Baka tadyang**Edible portion:** 79%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	61.5
Energy, calculated (kcal)	248
Protein (g)	20.2
Total Fat (g)	18.6
Carbohydrate, total (g)	0
Ash, total (g)	0.8

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)	107
Iron, Fe (mg)	1.1
Sodium, Na (mg)	70

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	5
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	2.6
Ascorbic Acid, Vitamin C (mg)	2

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	8.1
Fatty acids, monounsaturated, total (g)	9.34
Fatty acids, polyunsaturated, total(g)	0.74
Cholesterol (mg)	76