

**Food ID:** F038**Food name and Description:** Beef sirloin**Scientific name:** *Bos taurus***Alternate/Common name(s):** Baka tagiliran, hulihan**Edible portion:** 91%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	72.8
Energy, calculated (kcal)	132
Protein (g)	20.5
Total Fat (g)	5.6
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)	18
Phosphorus, P (mg)	199
Iron, Fe (mg)	2.4
Sodium, Na (mg)	56

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	75
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	75
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.21
Niacin (mg)	6.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.16
Fatty acids, monounsaturated, total (g)	2.59
Fatty acids, polyunsaturated, total(g)	0.24
Cholesterol (mg)	38