



Food ID: F039

Food name and Description: Beef sirloin, boiled

Scientific name: *Bos taurus*

Alternate/Common name(s): Baka tagiliran, hulihan, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	77.4
Energy, calculated (kcal)	106
Protein (g)	18.3
Total Fat (g)	3.6
Carbohydrate, total (g)	0
Ash, total (g)	0.7

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)	20
Phosphorus, P (mg)	133
Iron, Fe (mg)	2.4
Sodium, Na (mg)	39

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	45
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	45
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.26
Niacin (mg)	4.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.11
Fatty acids, monounsaturated, total (g)	1.66
Fatty acids, polyunsaturated, total(g)	0.15
Cholesterol (mg)	49