



Food ID: F040

Food name and Description: Beef sirloin, broiled

Scientific name: *Bos taurus*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	70.9
Energy, calculated (kcal)	138
Protein (g)	22.2
Total Fat (g)	5.5
Carbohydrate, total (g)	0
Ash, total (g)	1.4

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)	46
Phosphorus, P (mg)	246
Iron, Fe (mg)	8.8
Sodium, Na (mg)	41

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	30
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	30
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.26
Niacin (mg)	6.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.14
Fatty acids, monounsaturated, total (g)	2.25
Fatty acids, polyunsaturated, total(g)	0.2
Cholesterol (mg)	50