

**Food ID:** F041**Food name and Description:** Beef sirloin, fried**Scientific name:** *Bos taurus***Alternate/Common name(s):** Baka tagiliran, hulihaan, prito**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	68.8
Energy, calculated (kcal)	152
Protein (g)	23.5
Total Fat (g)	6.4
Carbohydrate, total (g)	0
Ash, total (g)	1.3

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)	22
Phosphorus, P (mg)	247
Iron, Fe (mg)	3.4
Sodium, Na (mg)	44

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)	0.04
Riboflavin, Vitamin B2 (mg)	0.29
Niacin (mg)	8.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.49
Fatty acids, monounsaturated, total (g)	2.69
Fatty acids, polyunsaturated, total(g)	0.52
Cholesterol (mg)	-