

**Food ID:** F042**Food name and Description:** Beef spleen**Scientific name:** *Bos taurus***Alternate/Common name(s):** Baka lapay**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	77.6
Energy, calculated (kcal)	95
Protein (g)	18.2
Total Fat (g)	2
Carbohydrate, total (g)	1
Ash, total (g)	1.2

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)	300
Iron, Fe (mg)	0.7
Sodium, Na (mg)	154

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	60
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	60
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.3
Niacin (mg)	4.5
Ascorbic Acid, Vitamin C (mg)	29

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.67
Fatty acids, monounsaturated, total (g)	0.52
Fatty acids, polyunsaturated, total(g)	0.15
Cholesterol (mg)	175