

Republic of the Philippines **Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE** General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: F044 Food name and Description: Beef stomach Scientific name: *Bos taurus* Alternate/Common name(s): Baka sikmura Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	76.2
Energy, calculated (kcal)	119
Protein (g)	17.6
Total Fat (g)	5.3
Carbohydrate, total (g)	0.2
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)	85
Phosphorus, P (mg)	77
Iron, Fe (mg)	0.4
Sodium, Na (mg)	57

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	215
beta-Carotene (μg)	0
Retinol Activity Equivalent, RAE (µg)	215
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	2.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	1.85
Fatty acids, monounsaturated, total (g)	2.2
Fatty acids, polyunsaturated, total(g)	0.26
Cholesterol (mg)	175

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 9:53:43