



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