



**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