

**Food ID:** F045**Food name and Description:** Beef tail**Scientific name:** *Bos taurus***Alternate/Common name(s):** Baka buntot**Edible portion:** 70%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	50.7
Energy, calculated (kcal)	360
Protein (g)	15.8
Total Fat (g)	33
Carbohydrate, total (g)	0
Ash, total (g)	0.5

**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)	13
Phosphorus, P (mg)	70
Iron, Fe (mg)	1.5
Sodium, Na (mg)	73

**Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	210
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	210
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.28
Niacin (mg)	1.3
Ascorbic Acid, Vitamin C (mg)	0

**Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	13.67
Fatty acids, monounsaturated, total (g)	18.1
Fatty acids, polyunsaturated, total(g)	1.23
Cholesterol (mg)	-