



Food ID: F046

Food name and Description: Beef tenderloin

Scientific name: *Bos taurus*

Alternate/Common name(s): Baka solomilyo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	72.1
Energy, calculated (kcal)	128
Protein (g)	22.8
Total Fat (g)	4.1
Carbohydrate, total (g)	0
Ash, total (g)	1

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)	42
Phosphorus, P (mg)	188
Iron, Fe (mg)	2.8
Sodium, Na (mg)	42

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	70
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	70
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	7.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.46
Fatty acids, monounsaturated, total (g)	1.59
Fatty acids, polyunsaturated, total(g)	0.28
Cholesterol (mg)	37