



**Food ID:** F049

**Food name and Description:** Beef tripe

**Scientific name:** *Bos taurus*

**Alternate/Common name(s):** Baka goto

**Edible portion:** 100%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	81.1
Energy, calculated (kcal)	102
Protein (g)	11
Total Fat (g)	5.8
Carbohydrate, total (g)	1.4
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)	156
Phosphorus, P (mg)	63
Iron, Fe (mg)	1.9
Sodium, Na (mg)	116

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

Retinol, Vitamin A (µg)	135
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	135
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	1.4
Niacin from tryptophan (mg)	2.5
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	2.03
Fatty acids, monounsaturated, total (g)	2.41
Fatty acids, polyunsaturated, total(g)	0.28

Cholesterol (mg)

192