



Food ID: F050

Food name and Description: Beef tripe, boiled

Scientific name: *Bos taurus*

Alternate/Common name(s): Baka goto, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	82.2
Energy, calculated (kcal)	94
Protein (g)	10.3
Total Fat (g)	5.2
Carbohydrate, total (g)	1.5
Ash, total (g)	0.8

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)	62
Iron, Fe (mg)	1.5
Sodium, Na (mg)	66

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	100
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	100
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	1.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.74
Fatty acids, monounsaturated, total (g)	2.06
Fatty acids, polyunsaturated, total(g)	0.27
Cholesterol (mg)	202