



**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