



Food ID: F051

Food name and Description: Beef uterus

Scientific name: *Bos taurus*

Alternate/Common name(s): Baka bahay guya

Edible portion: 97%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	79
Energy, calculated (kcal)	88
Protein (g)	15.8
Total Fat (g)	1.2
Carbohydrate, total (g)	3.5
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)	25
Phosphorus, P (mg)	80
Iron, Fe (mg)	2.2
Sodium, Na (mg)	112

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	185
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	185
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

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