

**Food ID:** F211**Food name and Description:** Venison rib**Scientific name:** *Rusa marianna***Alternate/Common name(s):** Usa tadyang**Edible portion:** -%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	76.8
Energy, calculated (kcal)	89
Protein (g)	21.9
Total Fat (g)	0.1
Carbohydrate, total (g)	0
Ash, total (g)	1.2

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)	19
Phosphorus, P (mg)	158
Iron, Fe (mg)	3.7
Sodium, Na (mg)	45

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	7.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.04
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.02
Cholesterol (mg)	-