

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



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)	-

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 12:13:53