



Food ID: F214

Food name and Description: Beef chunk, cnd

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	57.4
Energy, calculated (kcal)	252
Protein (g)	14.7
Total Fat (g)	18.3
Carbohydrate, total (g)	7
Ash, total (g)	2.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	2.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	37
Phosphorus, P (mg)	122
Iron, Fe (mg)	0.2
Sodium, Na (mg)	789

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	12
beta-Carotene (µg)	36
Retinol Activity Equivalent, RAE (µg)	15
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.18
Niacin (mg)	3.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	7.71
Fatty acids, monounsaturated, total (g)	6.13
Fatty acids, polyunsaturated, total(g)	0.2
Cholesterol (mg)	116