

**Food ID:** F215**Food name and Description:** Beef jerky**Scientific name:** N/A**Alternate/Common name(s):** Tapa, baka**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	76.6
Energy, calculated (kcal)	102
Protein (g)	13.8
Total Fat (g)	3.6
Carbohydrate, total (g)	3.7
Ash, total (g)	2.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	1.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	10
Phosphorus, P (mg)	164
Iron, Fe (mg)	1
Potassium, K (mg)	239
Sodium, Na (mg)	694
Zinc, Zn (mg)	2.9

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	8
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	4.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.33
Caproic, C6 (g)	0

Caprylic, C8 (g)	0.01
Capric, C10 (g)	0.01
Lauric, C12 (g)	0.04
Myristic, C14 (g)	0.1
Palmitic, C16 (g)	0.71
Stearic, C18 (g)	0.45
Arachidic, C20 (g)	0
Behenic, C22 (g)	0.01
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.96
Oleic , C18:1 (g)	0.96
Fatty acids, polyunsaturated, total(g)	0.13
Linoleic, C18:2 (g)	0.11
Linolenic, C18:3 (g)	0.02
Cholesterol (mg)	39