



**Food ID:** F217

**Food name and Description:** Beef spread

**Scientific name:** N/A

**Alternate/Common name(s):** N/A

**Edible portion:** 100%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	59.4
Energy, calculated (kcal)	227
Protein (g)	14.6
Total Fat (g)	14.5
Carbohydrate, total (g)	9.6
Ash, total (g)	1.9

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.2
Sugars, total (g)	0.8

### **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	27
Phosphorus, P (mg)	77
Iron, Fe (mg)	1.1
Sodium, Na (mg)	767

### **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)	0.01
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	1.9
Ascorbic Acid, Vitamin C (mg)	0

### **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	5.7
Fatty acids, monounsaturated, total (g)	4.98
Fatty acids, polyunsaturated, total(g)	0.38
Cholesterol (mg)	62