



Food ID: F218

Food name and Description: Beef, sweet cured

Scientific name:

Alternate/Common name(s): Tocino, baka

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	75.9
Energy, calculated (kcal)	80
Protein (g)	18.1
Total Fat (g)	0.8
Carbohydrate, total (g)	0
Ash, total (g)	5.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

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

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	84
Phosphorus, P (mg)	159
Iron, Fe (mg)	3.3
Sodium, Na (mg)	715

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	250
beta-Carotene (µg)	35
Retinol Activity Equivalent, RAE (µg)	253
Thiamin, Vitamin B1 (mg)	0.3
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)	0.29
Fatty acids, monounsaturated, total (g)	0.21
Fatty acids, polyunsaturated, total(g)	0.03
Cholesterol (mg)	-