

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



Food ID: F225 Food name and Description: Corned beef loaf Scientific name: Alternate/Common name(s): Edible portion: 99%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	62.8
Energy, calculated (kcal)	227
Protein (g)	13.3
Total Fat (g)	17.9
Carbohydrate, total (g)	3.1
Ash, total (g)	2.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	1.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	51
Phosphorus, P (mg)	168
Iron, Fe (mg)	1.7
Sodium, Na (mg)	689

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	125
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	125
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	3.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	7.54
Fatty acids, monounsaturated, total (g)	6
Fatty acids, polyunsaturated, total(g)	0.2
Cholesterol (mg)	114

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 12:14:04