



Food ID: F272

Food name and Description: Beef franks, raw

Scientific name: N/A

Alternate/Common name(s): -

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	66.1
Energy, calculated (kcal)	205
Protein (g)	13.9
Total Fat (g)	16.1
Carbohydrate, total (g)	1
Ash, total (g)	2.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.9
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	6
Phosphorus, P (mg)	101
Iron, Fe (mg)	1.9
Potassium, K (mg)	5
Sodium, Na (mg)	842
Zinc, Zn (mg)	5.4

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	17
beta-Carotene (µg)	20
Retinol Activity Equivalent, RAE (µg)	19
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	1.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	5.24
Caproic, C6 (g)	0

Caprylic, C8 (g)	0.01
Capric, C10 (g)	0.01
Lauric, C12 (g)	0.04
Myristic, C14 (g)	0.33
Palmitic, C16 (g)	2.88
Stearic, C18 (g)	1.97
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	5.05
Oleic , C18:1 (g)	5.05
Fatty acids, polyunsaturated, total(g)	2.63
Linoleic, C18:2 (g)	2.33
Linolenic, C18:3 (g)	0.3
Cholesterol (mg)	57