



Food ID: N002

Food name and Description: Bouillon cube, beef

Scientific name:

Alternate/Common name(s): Beef cube

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	2.7
Energy, calculated (kcal)	284
Protein (g)	10.4
Total Fat (g)	21.2
Carbohydrate, total (g)	13
Ash, total (g)	52.7

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)	35
Phosphorus, P (mg)	147
Iron, Fe (mg)	2.8
Sodium, Na (mg)	24149

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	65
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	66
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	1.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	10.55
Fatty acids, monounsaturated, total (g)	8.85
Fatty acids, polyunsaturated, total(g)	0.85
Cholesterol (mg)	21