



**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