



**Food ID:** R026

**Food name and Description:** Beef & tomato spread, cnd

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	63.7
Energy, calculated (kcal)	193
Protein (g)	9.8
Total Fat (g)	11.7
Carbohydrate, total (g)	12.1
Ash, total (g)	2.7

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

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

### **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	46
Phosphorus, P (mg)	45
Iron, Fe (mg)	2.4
Sodium, Na (mg)	-

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	-
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	1
Ascorbic Acid, Vitamin C (mg)	0

### **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-