



**Food ID:** R027

**Food name and Description:** Beef caldereta, cnd

**Scientific name:**

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

**Edible portion:** 95%

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

Water (g)	58.6
Energy, calculated (kcal)	284
Protein (g)	13.3
Total Fat (g)	24.9
Carbohydrate, total (g)	1.6
Ash, total (g)	1.6

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

Fiber, total dietary (g)	1.1
Sugars, total (g)	-

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

Calcium, Ca (mg)	71
Phosphorus, P (mg)	117
Iron, Fe (mg)	8
Sodium, Na (mg)	315

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

Retinol, Vitamin A (µg)	220
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	1.5
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)	-