



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)	-