



Food ID: R028

Food name and Description: Beef callos, cnd

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	72.1
Energy, calculated (kcal)	144
Protein (g)	9.6
Total Fat (g)	7.3
Carbohydrate, total (g)	9.9
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.6
Sugars, total (g)	1.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	43
Phosphorus, P (mg)	56
Iron, Fe (mg)	2.1
Sodium, Na (mg)	303

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	30
beta-Carotene (µg)	195
Retinol Activity Equivalent, RAE (µg)	46
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.05
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)	-