



**Food ID:** R029

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

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	70.5
Energy, calculated (kcal)	165
Protein (g)	9.5
Total Fat (g)	11.2
Carbohydrate, total (g)	6.6
Ash, total (g)	2.2

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

Fiber, total dietary (g)	-
Sugars, total (g)	0.5

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

Calcium, Ca (mg)	139
Phosphorus, P (mg)	58
Iron, Fe (mg)	1.5
Sodium, Na (mg)	169

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

Retinol, Vitamin A (µg)	30
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	1.9
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)	-