



**Food ID:** R034

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

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	73.4
Energy, calculated (kcal)	161
Protein (g)	9.6
Total Fat (g)	11.8
Carbohydrate, total (g)	4
Ash, total (g)	1.2

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

Fiber, total dietary (g)	0.6
Sugars, total (g)	0.8

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

Calcium, Ca (mg)	32
Phosphorus, P (mg)	76
Iron, Fe (mg)	0.4
Sodium, Na (mg)	331

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

Retinol, Vitamin A (µg)	115
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	116
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	2.6
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)	-