



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)	-