



Food ID: R035

Food name and Description: Beef stew, cnd

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	70
Energy, calculated (kcal)	169
Protein (g)	9.5
Total Fat (g)	11.4
Carbohydrate, total (g)	7.1
Ash, total (g)	2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.4
Sugars, total (g)	2.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	94
Phosphorus, P (mg)	52
Iron, Fe (mg)	1.3
Sodium, Na (mg)	606

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	300
beta-Carotene (µg)	219
Retinol Activity Equivalent, RAE (µg)	318
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	1.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.5
Fatty acids, monounsaturated, total (g)	5.24
Fatty acids, polyunsaturated, total(g)	0.52
Cholesterol (mg)	27