



**Food ID:** R038

**Food name and Description:** Beef w/chickpeas, cnd

**Scientific name:** N/A

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

**Edible portion:** 100%

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

Water (g)	78.5
Energy, calculated (kcal)	95
Protein (g)	6.3
Total Fat (g)	3
Carbohydrate, total (g)	10.6
Ash, total (g)	1.6

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

Fiber, total dietary (g)	2.2
Sugars, total (g)	2.3

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

Calcium, Ca (mg)	54
Phosphorus, P (mg)	63
Iron, Fe (mg)	0.2
Sodium, Na (mg)	335

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

Retinol, Vitamin A (µg)	-
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.8
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)	-