



Food ID: R039

Food name and Description: Beef, chili con carne, cnd

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	76.5
Energy, calculated (kcal)	94
Protein (g)	7.5
Total Fat (g)	1.8
Carbohydrate, total (g)	11.9
Ash, total (g)	2.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	-
Sugars, total (g)	1.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	74
Phosphorus, P (mg)	88
Iron, Fe (mg)	0.7
Sodium, Na (mg)	434

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	70
beta-Carotene (µg)	385
Retinol Activity Equivalent, RAE (µg)	102
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	1.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.65
Fatty acids, monounsaturated, total (g)	0.73
Fatty acids, polyunsaturated, total(g)	0.21
Cholesterol (mg)	5