

**Food ID:** S001**Food name and Description:** Beef w/ veg, str**Scientific name:****Alternate/Common name(s):****Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	87.8
Energy, calculated (kcal)	48
Protein (g)	3.8
Total Fat (g)	0.3
Carbohydrate, total (g)	7.5
Ash, total (g)	0.7

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

Fiber, total dietary (g)	1.1
Sugars, total (g)	1.9

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

Calcium, Ca (mg)	59
Phosphorus, P (mg)	46
Iron, Fe (mg)	0.3
Sodium, Na (mg)	25

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

Retinol, Vitamin A (µg)	103
beta-Carotene (µg)	405
Retinol Activity Equivalent, RAE (µg)	136
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	1

**Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.07
Fatty acids, monounsaturated, total (g)	0.07
Fatty acids, polyunsaturated, total(g)	0.02
Cholesterol (mg)	1