

**Basic Report 13001, Beef, carcass, separable lean and fat, choice, raw**

Report Date: January 28, 2015 01:35 EST

Nutrient values and weights are for edible portion

| Nutrient                       | Unit | 1 Value Per100 g | 1 oz 28.35g | 1 lb 453.6g |
|--------------------------------|------|------------------|-------------|-------------|
| <b>Proximates</b>              |      |                  |             |             |
| Water                          | g    | 57.26            | 16.23       | 259.73      |
| Energy                         | kcal | 291              | 82          | 1320        |
| Protein                        | g    | 17.32            | 4.91        | 78.56       |
| Total lipid (fat)              | g    | 24.05            | 6.82        | 109.09      |
| Carbohydrate, by difference    | g    | 0.00             | 0.00        | 0.00        |
| Fiber, total dietary           | g    | 0.0              | 0.0         | 0.0         |
| <b>Minerals</b>                |      |                  |             |             |
| Calcium, Ca                    | mg   | 8                | 2           | 36          |
| Iron, Fe                       | mg   | 1.83             | 0.52        | 8.30        |
| Magnesium, Mg                  | mg   | 17               | 5           | 77          |
| Phosphorus, P                  | mg   | 154              | 44          | 699         |
| Potassium, K                   | mg   | 267              | 76          | 1211        |
| Sodium, Na                     | mg   | 59               | 17          | 268         |
| Zinc, Zn                       | mg   | 3.57             | 1.01        | 16.19       |
| <b>Vitamins</b>                |      |                  |             |             |
| Vitamin C, total ascorbic acid | mg   | 0.0              | 0.0         | 0.0         |
| Thiamin                        | mg   | 0.080            | 0.023       | 0.363       |
| Riboflavin                     | mg   | 0.160            | 0.045       | 0.726       |
| Niacin                         | mg   | 3.540            | 1.004       | 16.057      |
| Vitamin B-6                    | mg   | 0.330            | 0.094       | 1.497       |
| Folate, DFE                    | µg   | 7                | 2           | 32          |
| Vitamin B-12                   | µg   | 2.67             | 0.76        | 12.11       |
| Vitamin A, RAE                 | µg   | 0                | 0           | 0           |
| Vitamin A, IU                  | IU   | 0                | 0           | 0           |
| <b>Lipids</b>                  |      |                  |             |             |
| Fatty acids, total saturated   | g    | 9.750            | 2.764       | 44.226      |

| <b>Nutrient</b>                    | <b>Unit</b> | <b>1<br/>Value<br/>Per100 g</b> | <b>1 oz<br/>28.35g</b> | <b>1 lb<br/>453.6g</b> |
|------------------------------------|-------------|---------------------------------|------------------------|------------------------|
| Fatty acids, total monounsaturated | g           | 10.470                          | 2.968                  | 47.492                 |
| Fatty acids, total polyunsaturated | g           | 0.920                           | 0.261                  | 4.173                  |
| Cholesterol                        | mg          | 74                              | 21                     | 336                    |