

USDA National Nutrient Database for Standard Reference Release 27

Basic Report 23477, Beef, ground, 97% lean meat / 3% fat, raw

Report Date: February 26, 2015 19:29 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g
Proximates			
Water	g	74.75	84.47
Energy	kcal	115	130
Protein	g	21.98	24.84
Total lipid (fat)	g	3.00	3.39
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	8	9
Iron, Fe	mg	2.44	2.76
Magnesium, Mg	mg	22	25
Phosphorus, P	mg	203	229
Potassium, K	mg	357	403
Sodium, Na	mg	66	75
Zinc, Zn	mg	5.21	5.89
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.041	0.046
Riboflavin	mg	0.151	0.171
Niacin	mg	5.663	6.399
Vitamin B-6	mg	0.401	0.453
Folate, DFE	µg	4	5
Vitamin B-12	µg	2.26	2.55
Vitamin A, RAE	µg	4	5
Vitamin A, IU	IU	14	16
Vitamin E (alpha-tocopherol)	mg	0.17	0.19

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g
Vitamin D (D2 + D3)	µg	0.1	0.1
Vitamin D	IU	3	3
Vitamin K (phylloquinone)	µg	0.1	0.1
Lipids			
Fatty acids, total saturated	g	1.480	1.672
Fatty acids, total monounsaturated	g	1.134	1.281
Fatty acids, total polyunsaturated	g	0.222	0.251
Fatty acids, total trans	g	0.092	0.104
Cholesterol	mg	60	68
Other			
Caffeine	mg	0	0