

Basic Report 23479, Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled

Report Date: January 29, 2015 11:19 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 portion (yield from 1/2 lb raw meat) 139g
Proximates				
Water	g	68.68	58.38	95.47
Energy	kcal	137	116	190
Protein	g	26.03	22.13	36.18
Total lipid (fat)	g	3.65	3.10	5.07
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	7	6	10
Iron, Fe	mg	2.89	2.46	4.02
Magnesium, Mg	mg	24	20	33
Phosphorus, P	mg	224	190	311
Potassium, K	mg	382	325	531
Sodium, Na	mg	69	59	96
Zinc, Zn	mg	6.50	5.52	9.04
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.043	0.037	0.060
Riboflavin	mg	0.177	0.150	0.246
Niacin	mg	6.374	5.418	8.860
Vitamin B-6	mg	0.396	0.337	0.550
Folate, DFE	µg	7	6	10
Vitamin B-12	µg	2.79	2.37	3.88
Vitamin A, RAE	µg	3	3	4
Vitamin A, IU	IU	10	8	14
Vitamin E (alpha-tocopherol)	mg	0.13	0.11	0.18

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	2	2	3
Vitamin K (phylloquinone)	µg	1.4	1.2	1.9
Lipids				
Fatty acids, total saturated	g	1.797	1.527	2.498
Fatty acids, total monounsaturated	g	1.377	1.170	1.914
Fatty acids, total polyunsaturated	g	0.229	0.195	0.318
Cholesterol	mg	84	71	117
Other				
Caffeine	mg	0	0	0