

Basic Report 13000, Beef, grass-fed, strip steaks, lean only, raw

Report Date: September 20, 2019 06:51 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 steak 214g
Proximates				
Water	g	73.42	82.96	157.12
Energy	kcal	117	132	250
Protein	g	23.07	26.07	49.37
Total lipid (fat)	g	2.69	3.04	5.76
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	9	10	19
Iron, Fe	mg	1.85	2.09	3.96
Magnesium, Mg	mg	23	26	49
Phosphorus, P	mg	212	240	454
Potassium, K	mg	342	386	732
Sodium, Na	mg	55	62	118
Zinc, Zn	mg	3.61	4.08	7.73
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.052	0.059	0.111
Riboflavin	mg	0.124	0.140	0.265
Niacin	mg	6.703	7.574	14.344
Vitamin B-6	mg	0.651	0.736	1.393
Folate, DFE	µg	13	15	28
Vitamin B-12	µg	1.27	1.44	2.72
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.22	0.25	0.47

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Vitamin K (phylloquinone)	µg	0.9	1.0	1.9
Lipids				
Fatty acids, total saturated	g	1.032	1.166	2.208
Fatty acids, total monounsaturated	g	0.995	1.124	2.129
Fatty acids, total polyunsaturated	g	0.108	0.122	0.231
Fatty acids, total trans	g	0.113	0.128	0.242
Cholesterol	mg	55	62	118
Amino Acids				
Other				
Caffeine	mg	0	0	0