

Full Report (All Nutrients) 13325, Beef, variety meats and by-products, liver, raw

Report Date: June 26, 2019 06:09 EDT

Nutrient values and weights are for edible portion.

Food Group : Beef Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 4.0 oz 113g |
|--|------|------------------------|----------------|------------|----------------|
| Proximates | | | | | |
| Water 1 | g | 70.81 | 4 | 0.190 | 80.02 |
| Energy | kcal | 135 | -- | -- | 153 |
| Energy | kJ | 564 | -- | -- | 637 |
| Protein 1 | g | 20.36 | 4 | 0.150 | 23.01 |
| Total lipid (fat) 1 | g | 3.63 | 4 | 0.200 | 4.10 |
| Ash 1 | g | 1.31 | 4 | 0.080 | 1.48 |
| Carbohydrate, by difference | g | 3.89 | -- | -- | 4.40 |
| Fiber, total dietary | g | 0.0 | -- | -- | 0.0 |
| Sugars, total | g | 0.00 | -- | -- | 0.00 |
| Minerals | | | | | |
| Calcium, Ca 1 | mg | 5 | 4 | 0.000 | 6 |
| Iron, Fe 1 | mg | 4.90 | 4 | 0.460 | 5.54 |
| Magnesium, Mg 1 | mg | 18 | 4 | 0.000 | 20 |
| Phosphorus, P 1 | mg | 387 | 4 | 5.000 | 437 |
| Potassium, K 1 | mg | 313 | 4 | 3.000 | 354 |
| Sodium, Na 1 | mg | 69 | 4 | 2.000 | 78 |
| Zinc, Zn 1 | mg | 4.00 | 4 | 0.320 | 4.52 |
| Copper, Cu 1 | mg | 9.755 | 4 | 1.366 | 11.023 |
| Manganese, Mn 1 | mg | 0.310 | 4 | 0.018 | 0.350 |
| Selenium, Se 1 | µg | 39.7 | 4 | 4.500 | 44.9 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid 1 | mg | 1.3 | 1 | -- | 1.5 |

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| Thiamin 1 | mg | 0.189 | 4 | 0.007 | 0.214 |
| Riboflavin 1 | mg | 2.755 | 4 | 0.075 | 3.113 |
| Niacin 1 | mg | 13.175 | 4 | 0.987 | 14.888 |
| Pantothenic acid 1 | mg | 7.173 | 4 | 0.209 | 8.105 |
| Vitamin B-6 1 | mg | 1.083 | 4 | 0.018 | 1.224 |
| Folate, total 2 | µg | 290 | 4 | 42.000 | 328 |
| Folic acid | µg | 0 | -- | -- | 0 |
| Folate, food | µg | 290 | 4 | 42.000 | 328 |
| Folate, DFE | µg | 290 | -- | -- | 328 |
| Choline, total 1 | mg | 333.3 | -- | -- | 376.6 |
| Betaine 1 | mg | 4.4 | 4 | 0.700 | 5.0 |
| Vitamin B-12 1 | µg | 59.30 | 4 | 4.090 | 67.01 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 |
| Vitamin A, RAE | µg | 4968 | -- | -- | 5614 |
| Retinol 1 | µg | 4948 | 4 | 1321.000 | 5591 |
| Carotene, beta 1 | µg | 232 | 4 | 203.000 | 262 |
| Carotene, alpha 1 | µg | 11 | 4 | 0.000 | 12 |
| Cryptoxanthin, beta 1 | µg | 13 | 4 | 1.000 | 15 |
| Vitamin A, IU | IU | 16898 | -- | -- | 19095 |
| Lycopene 1 | µg | 0 | 4 | 0.000 | 0 |
| Lutein + zeaxanthin | µg | 0 | -- | -- | 0 |
| Vitamin E (alpha-tocopherol) 2 | mg | 0.38 | 8 | -- | 0.43 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 |
| Tocopherol, beta 2 | mg | 0.00 | 2 | -- | 0.00 |
| Tocopherol, gamma 2 | mg | 0.07 | 8 | -- | 0.08 |
| Tocopherol, delta 2 | mg | 0.00 | 2 | -- | 0.00 |
| Tocotrienol, alpha 2 | mg | 0.00 | 2 | -- | 0.00 |
| Tocotrienol, beta 2 | mg | 0.00 | 2 | -- | 0.00 |
| Tocotrienol, gamma 2 | mg | 0.00 | 2 | -- | 0.00 |
| Tocotrienol, delta 2 | mg | 0.00 | 2 | -- | 0.00 |
| Vitamin D (D2 + D3) | µg | 1.2 | 82 | -- | 1.4 |
| Vitamin D3 (cholecalciferol) 3 4 | µg | 1.2 | 46 | -- | 1.4 |

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| Vitamin D 3 4 | IU | 49 | 46 | -- | 55 |
| Vitamin K (phylloquinone) 1 | µg | 3.1 | 4 | 0.600 | 3.5 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | 1.233 | -- | -- | 1.393 |
| 4:0 | g | 0.000 | -- | -- | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 |
| 8:0 1 | g | 0.000 | 4 | 0.000 | 0.000 |
| 10:0 1 | g | 0.000 | 4 | 0.000 | 0.000 |
| 12:0 1 | g | 0.000 | 4 | 0.000 | 0.000 |
| 14:0 1 | g | 0.015 | 4 | 0.003 | 0.017 |
| 15:0 1 | g | 0.007 | 4 | 0.001 | 0.008 |
| 16:0 1 | g | 0.312 | 4 | 0.044 | 0.353 |
| 17:0 1 | g | 0.030 | 4 | 0.001 | 0.034 |
| 18:0 1 | g | 0.862 | 4 | 0.022 | 0.974 |
| 20:0 1 | g | 0.000 | 4 | 0.000 | 0.000 |
| 22:0 1 | g | 0.009 | 4 | 0.001 | 0.010 |
| Fatty acids, total monounsaturated | g | 0.479 | -- | -- | 0.541 |
| 14:1 1 | g | 0.000 | 4 | 0.000 | 0.000 |
| 15:1 1 | g | 0.000 | 4 | 0.000 | 0.000 |
| 16:1 undifferentiated 1 | g | 0.036 | 4 | 0.008 | 0.041 |
| 17:1 1 | g | 0.013 | 4 | 0.003 | 0.015 |
| 18:1 undifferentiated 1 | g | 0.423 | 4 | 0.051 | 0.478 |
| 20:1 1 | g | 0.007 | 4 | 0.001 | 0.008 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.465 | -- | -- | 0.525 |
| 18:2 undifferentiated | g | 0.299 | -- | -- | 0.338 |
| 18:2 n-6 c,c 1 | g | 0.299 | 4 | 0.017 | 0.338 |
| 18:3 undifferentiated | g | 0.016 | -- | -- | 0.018 |
| 18:3 n-3 c,c,c (ALA) 1 | g | 0.007 | 4 | 0.001 | 0.008 |
| 18:3 n-6 c,c,c 1 | g | 0.009 | 4 | 0.001 | 0.010 |
| 18:4 | g | 0.000 | -- | -- | 0.000 |
| 20:2 n-6 c,c 1 | g | 0.010 | 4 | 0.001 | 0.011 |

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| 20:3 undifferentiated 1 | g | 0.000 | 4 | 0.000 | 0.000 |
| 20:4 undifferentiated 1 | g | 0.141 | 4 | 0.028 | 0.159 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 |
| Fatty acids, total trans | g | 0.170 | 4 | 0.016 | 0.192 |
| Cholesterol 1 | mg | 275 | 4 | 7.000 | 311 |
| Amino Acids | | | | | |
| Tryptophan 1 | g | 0.263 | 1 | -- | 0.297 |
| Threonine 1 | g | 0.869 | 1 | -- | 0.982 |
| Isoleucine 1 | g | 0.967 | 1 | -- | 1.093 |
| Leucine 1 | g | 1.910 | 1 | -- | 2.158 |
| Lysine 1 | g | 1.607 | 1 | -- | 1.816 |
| Methionine 1 | g | 0.543 | 1 | -- | 0.614 |
| Cystine 1 | g | 0.376 | 1 | -- | 0.425 |
| Phenylalanine 1 | g | 1.084 | 1 | -- | 1.225 |
| Tyrosine 1 | g | 0.807 | 1 | -- | 0.912 |
| Valine 1 | g | 1.260 | 1 | -- | 1.424 |
| Arginine 1 | g | 1.241 | 1 | -- | 1.402 |
| Histidine 1 | g | 0.629 | 1 | -- | 0.711 |
| Alanine 1 | g | 1.164 | 1 | -- | 1.315 |
| Aspartic acid 1 | g | 1.927 | 1 | -- | 2.178 |
| Glutamic acid 1 | g | 2.612 | 1 | -- | 2.952 |
| Glycine 1 | g | 1.164 | 1 | -- | 1.315 |
| Proline 1 | g | 0.961 | 1 | -- | 1.086 |
| Serine 1 | g | 0.905 | 1 | -- | 1.023 |
| Hydroxyproline 1 | g | 0.046 | 1 | -- | 0.052 |
| Other | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 |
| Theobromine | mg | 0 | -- | -- | 0 |

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6i, 2002 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6j, 2002 Beltsville MD

³J. L. Montgomery, F. C. Parrish, D. C. Beitz, R. L. Horst, E. J. Huff-Lonergan, A. H. Trenkle **The use of vitamin D3 to improve beef tenderness.**, 2000 J. Animal Science 78 pp.2615-2621

⁴J. L. Montgomery, J. R. Blanton, Jr., R. L. Horst, M. L. Galyean, K. J. Morrow, Jr., D. B. Wester, M.F. Miller **Effects of biological type of beef steers on vitamin D, calcium, and phosphorus status.**, 2004 J. Animal Sci. 82 pp.2043-2049

Langual Code(s)

- A0150 MEAT OR MEAT PRODUCT (FROM MAMMAL) (US CFR)
- A1283 1300 BEEF PRODUCTS (USDA SR)
- B1161 CATTLE
- C0176 LIVER
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- R0001 GEOGRAPHIC PLACE OR REGION NOT KNOWN