

Basic Report 13929, Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Report Date: July 19, 2019 18:54 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 steak 608g
Proximates				
Water	g	66.09	74.68	401.83
Energy	kcal	201	227	1222
Protein	g	20.30	22.94	123.42
Total lipid (fat)	g	12.71	14.36	77.28
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	24	27	146
Iron, Fe	mg	1.48	1.67	9.00
Magnesium, Mg	mg	21	24	128
Phosphorus, P	mg	187	211	1137
Potassium, K	mg	315	356	1915
Sodium, Na	mg	52	59	316
Zinc, Zn	mg	3.55	4.01	21.58
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.063	0.071	0.383
Riboflavin	mg	0.098	0.111	0.596
Niacin	mg	5.986	6.764	36.395
Vitamin B-6	mg	0.554	0.626	3.368
Folate, DFE	µg	11	12	67
Vitamin B-12	µg	1.05	1.19	6.38
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.36	0.41	2.19

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Vitamin K (phylloquinone)	µg	1.4	1.6	8.5
Lipids				
Fatty acids, total saturated	g	5.127	5.794	31.172
Fatty acids, total monounsaturated	g	5.440	6.147	33.075
Fatty acids, total polyunsaturated	g	0.483	0.546	2.937
Cholesterol	mg	75	85	456
Amino Acids				
Other				
Caffeine	mg	0	0	0