

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

Report Date: June 19, 2019 04:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 steak 608g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>4.0 oz 113g</b>	<b>1 steak 608g</b>
Vitamin K (phylloquinone)	µg	1.4	1.6	8.5
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0