

Full Report (All Nutrients) 13929, Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Report Date: July 20, 2019 01:13 EDT

Nutrient values and weights are for edible portion.

Food Group : Beef Products

Common Name: Sirloin strip, Sirloin steak

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

Refuse:3% Refuse Description: Bone and connective tissue

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 oz 113g	1 steak 608g
Proximates						
Water 1	g	66.09	20	0.470	74.68	401.83
Energy	kcal	201	--	--	227	1222
Energy	kJ	842	--	--	951	5119
Protein 1	g	20.30	20	0.170	22.94	123.42
Total lipid (fat) 1	g	12.71	20	0.630	14.36	77.28
Ash 1	g	1.03	20	0.020	1.16	6.26
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 1	mg	24	--	--	27	146
Iron, Fe 1	mg	1.48	--	--	1.67	9.00
Magnesium, Mg 1	mg	21	--	--	24	128
Phosphorus, P 1	mg	187	--	--	211	1137
Potassium, K 1	mg	315	--	--	356	1915
Sodium, Na 1	mg	52	--	--	59	316
Zinc, Zn 1	mg	3.55	--	--	4.01	21.58
Copper, Cu 1	mg	0.069	--	--	0.078	0.420
Manganese, Mn 1	mg	0.011	--	--	0.012	0.067

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 oz 113g	1 steak 608g
Selenium, Se 1	µg	22.9	--	--	25.9	139.2
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin 1	mg	0.063	--	--	0.071	0.383
Riboflavin 1	mg	0.098	--	--	0.111	0.596
Niacin 1	mg	5.986	--	--	6.764	36.395
Pantothenic acid 1	mg	0.584	--	--	0.660	3.551
Vitamin B-6 1	mg	0.554	--	--	0.626	3.368
Folate, total 1	µg	11	--	--	12	67
Folic acid	µg	0	--	--	0	0
Folate, food	µg	11	--	--	12	67
Folate, DFE	µg	11	--	--	12	67
Choline, total	mg	84.8	--	--	95.8	515.6
Betaine	mg	12.5	--	--	14.1	76.0
Vitamin B-12 1	µg	1.05	--	--	1.19	6.38
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol) 1	mg	0.36	--	--	0.41	2.19
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta	mg	0.00	--	--	0.00	0.00
Tocopherol, gamma	mg	0.00	--	--	0.00	0.00
Tocopherol, delta	mg	0.00	--	--	0.00	0.00
Vitamin K (phylloquinone) 1	µg	1.4	--	--	1.6	8.5
Lipids						
Fatty acids, total saturated	g	5.127	--	--	5.794	31.172
4:0 1	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 oz 113g	1 steak 608g
6:0 1	g	0.000	--	--	0.000	0.000
8:0 1	g	0.000	--	--	0.000	0.000
10:0 1	g	0.041	--	--	0.046	0.249
12:0 1	g	0.027	--	--	0.031	0.164
14:0 1	g	0.402	--	--	0.454	2.444
16:0 1	g	3.087	--	--	3.488	18.769
18:0 1	g	1.571	--	--	1.775	9.552
Fatty acids, total monounsaturated	g	5.440	--	--	6.147	33.075
16:1 undifferentiated 1	g	0.620	--	--	0.701	3.770
18:1 undifferentiated 1	g	4.803	--	--	5.427	29.202
20:1 1	g	0.018	--	--	0.020	0.109
22:1 undifferentiated 1	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.483	--	--	0.546	2.937
18:2 undifferentiated 1	g	0.311	--	--	0.351	1.891
18:3 undifferentiated 1	g	0.152	--	--	0.172	0.924
18:4 1	g	0.000	--	--	0.000	0.000
20:4 undifferentiated 1	g	0.020	--	--	0.023	0.122
20:5 n-3 (EPA) 1	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA) 1	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	--	--	0.000	0.000
Cholesterol	mg	75	--	--	85	456
Amino Acids						
Tryptophan 1 2	g	0.133	--	--	0.150	0.809
Threonine 1 2	g	0.811	--	--	0.916	4.931
Isoleucine 1 2	g	0.924	--	--	1.044	5.618
Leucine 1 2	g	1.615	--	--	1.825	9.819
Lysine 1 2	g	1.716	--	--	1.939	10.433
Methionine 1 2	g	0.529	--	--	0.598	3.216
Cystine 1 2	g	0.262	--	--	0.296	1.593
Phenylalanine 1 2	g	0.802	--	--	0.906	4.876
Tyrosine 1 2	g	0.647	--	--	0.731	3.934
Valine 1 2	g	1.007	--	--	1.138	6.123

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 oz 113g	1 steak 608g
Arginine 1 2	g	1.313	--	--	1.484	7.983
Histidine 1 2	g	0.648	--	--	0.732	3.940
Alanine 1 2	g	1.234	--	--	1.394	7.503
Aspartic acid 1 2	g	1.849	--	--	2.089	11.242
Glutamic acid 1 2	g	3.048	--	--	3.444	18.532
Glycine 1 2	g	1.236	--	--	1.397	7.515
Proline 1 2	g	0.968	--	--	1.094	5.885
Serine 1 2	g	0.800	--	--	0.904	4.864
Hydroxyproline	g	0.213	--	--	0.241	1.295
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹National Cattlemen's Beef Association (NCBA) **Nutrient Content of Retail Beef Cuts with 1/8 inch Trim Beef**, 2000 Chicago IL

²National Cattlemen's Beef Association **Nutrient Content of Ground Beef**, 2000

Langual Code(s)

- A0150 MEAT OR MEAT PRODUCT (FROM MAMMAL) (US CFR)
- A1283 1300 BEEF PRODUCTS (USDA SR)
- B1161 CATTLE
- C0269 SKELETAL MEAT PART, WITHOUT BONE AND SKIN, WITH SEPARABLE FAT
- 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
- Z0053 GRADE OF MEAT, MIXTURE
- Z0252 EXTERNAL FAT TRIMMED TO 1/8 INCH