

Basic Report 19002, Snacks, beef jerky, chopped and formed

Report Date: August 21, 2019 09:51 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3 oz 85.05g	1 piece, large 20g	1 oz 28.35g
Proximates					
Water	g	23.36	19.87	4.67	6.62
Energy	kcal	410	349	82	116
Protein	g	33.20	28.24	6.64	9.41
Total lipid (fat)	g	25.60	21.77	5.12	7.26
Carbohydrate, by difference	g	11.00	9.36	2.20	3.12
Fiber, total dietary	g	1.8	1.5	0.4	0.5
Sugars, total	g	9.00	7.65	1.80	2.55
Minerals					
Calcium, Ca	mg	20	17	4	6
Iron, Fe	mg	5.42	4.61	1.08	1.54
Magnesium, Mg	mg	51	43	10	14
Phosphorus, P	mg	407	346	81	115
Potassium, K	mg	597	508	119	169
Sodium, Na	mg	1785	1518	357	506
Zinc, Zn	mg	8.11	6.90	1.62	2.30
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.154	0.131	0.031	0.044
Riboflavin	mg	0.142	0.121	0.028	0.040
Niacin	mg	1.732	1.473	0.346	0.491
Vitamin B-6	mg	0.179	0.152	0.036	0.051
Folate, DFE	µg	134	114	27	38
Vitamin B-12	µg	0.99	0.84	0.20	0.28
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.49	0.42	0.10	0.14

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Vitamin D (D2 + D3)	µg	0.3	0.3	0.1	0.1
Vitamin D	IU	11	9	2	3
Vitamin K (phylloquinone)	µg	2.3	2.0	0.5	0.7
Lipids					
Fatty acids, total saturated	g	10.850	9.228	2.170	3.076
Fatty acids, total monounsaturated	g	11.305	9.615	2.261	3.205
Fatty acids, total polyunsaturated	g	1.011	0.860	0.202	0.287
Cholesterol	mg	48	41	10	14
Amino Acids					
Other					
Caffeine	mg	0	0	0	0