

Basic Report 23063, Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Report Date: June 19, 2019 14:57 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 steak 305g
Proximates				
Water	g	72.19	61.36	220.18
Energy	kcal	142	121	433
Protein	g	21.59	18.35	65.85
Total lipid (fat)	g	5.53	4.70	16.87
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	5	4	15
Iron, Fe	mg	2.53	2.15	7.72
Magnesium, Mg	mg	24	20	73
Phosphorus, P	mg	211	179	644
Potassium, K	mg	345	293	1052
Sodium, Na	mg	62	53	189
Zinc, Zn	mg	3.94	3.35	12.02
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.073	0.062	0.223
Riboflavin	mg	0.204	0.173	0.622
Niacin	mg	6.380	5.423	19.459
Vitamin B-6	mg	0.721	0.613	2.199
Folate, DFE	µg	6	5	18
Vitamin B-12	µg	4.34	3.69	13.24
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.08	0.07	0.24

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Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	2.000	1.700	6.100
Fatty acids, total monounsaturated	g	2.503	2.128	7.634
Fatty acids, total polyunsaturated	g	0.309	0.263	0.942
Fatty acids, total trans	g	0.169	0.144	0.515
Cholesterol	mg	61	52	186
Amino Acids				
Other				
Caffeine	mg	0	0	0