

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

Report Date: September 20, 2019 01:50 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	72.19	13	--	70.26	73.58	--	--	--	1	Analytical or derived from analytical	--	02/2005
Energy	kcal	142	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2005
Energy	kJ	594	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2005
Protein 1	g	21.59	13	--	19.89	22.57	--	--	--	1	Analytical or derived from analytical	--	02/2005
Total lipid (fat) 1	g	5.53	13	--	3.26	7.8	--	--	--	1	Analytical or derived from analytical	--	02/2005
Ash 1	g	1.05	13	--	0.94	1.15	--	--	--	1	Analytical or derived from analytical	--	02/2005
Carbohydrate, by difference	g	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2005
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2005
Sugars, total	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	02/2005
Minerals													
Calcium, Ca 1	mg	5	3	--	5	5	--	--	--	1	Analytical or derived from analytical	--	02/2005

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Iron, Fe 1	mg	2.53	3	--	2.27	2.91	--	--	--	1	Analytical or derived from analytical	--	02/2005
Magnesium, Mg 1	mg	24	3	--	23	25	--	--	--	1	Analytical or derived from analytical	--	02/2005
Phosphorus, P 1	mg	211	3	--	204	217	--	--	--	1	Analytical or derived from analytical	--	02/2005
Potassium, K 1	mg	345	3	--	317	360	--	--	--	1	Analytical or derived from analytical	--	02/2005
Sodium, Na 1	mg	62	3	--	61	65	--	--	--	1	Analytical or derived from analytical	--	02/2005
Zinc, Zn 1	mg	3.94	3	--	3.49	4.31	--	--	--	1	Analytical or derived from analytical	--	02/2005
Copper, Cu 1	mg	0.134	3	--	0.09	0.18	--	--	--	1	Analytical or derived from analytical	--	02/2005
Manganese, Mn 1	mg	0.019	3	--	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	02/2005
Selenium, Se 1	µg	32.3	3	--	30.3	34.5	--	--	--	1	Analytical or derived from analytical	--	02/2005
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2005

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Thiamin 1	mg	0.073	3	--	0.06	0.09	--	--	--	1	Analytical or derived from analytical	--	02/2005
Riboflavin 1	mg	0.204	3	--	0.17	0.24	--	--	--	1	Analytical or derived from analytical	--	02/2005
Niacin 1	mg	6.380	3	--	6.21	6.57	--	--	--	1	Analytical or derived from analytical	--	02/2005
Pantothenic acid 1	mg	0.690	3	--	0.61	0.77	--	--	--	1	Analytical or derived from analytical	--	02/2005
Vitamin B-6 1	mg	0.721	3	--	0.67	0.77	--	--	--	1	Analytical or derived from analytical	--	02/2005
Folate, total 1	µg	6	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2005
Folate, food	µg	6	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Folate, DFE	µg	6	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2005
Choline, total 1	mg	87.4	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Betaine 1	mg	12.7	2	--	10.6	14.7	--	--	--	1	Analytical or derived from analytical	--	02/2005

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Vitamin B-12 1	µg	4.34	3	--	3.57	5.84	--	--	--	1	Analytical or derived from analytical	--	02/2005
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	02/2005
Vitamin A, RAE	µg	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Retinol 1	µg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Carotene, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2005
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2005
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2005
Vitamin A, IU	IU	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2005
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2005
Vitamin E (alpha-tocopherol) 1	mg	0.08	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	02/2005
Tocopherol, beta 1	mg	0.01	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005

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Tocopherol, gamma 1	mg	0.02	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Tocopherol, delta 1	mg	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Tocotrienol, alpha 1	mg	0.01	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Tocotrienol, beta 1	mg	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Tocotrienol, gamma 1	mg	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Tocotrienol, delta 1	mg	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Vitamin K (phylloquinone) 1	µg	0.0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Lipids													
Fatty acids, total saturated	g	2.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2005
4:0	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	02/2005
6:0	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	02/2005
8:0 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
12:0 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
14:0 1	g	0.155	3	--	0.11	0.19	--	--	--	1	Analytical or derived from analytical	--	02/2005
15:0 1	g	0.022	3	--	0.01	0.03	--	--	--	1	Analytical or derived from analytical	--	02/2005
16:0 1	g	1.227	3	--	0.82	1.56	--	--	--	1	Analytical or derived from analytical	--	02/2005
17:0 1	g	0.050	3	--	0.03	0.06	--	--	--	1	Analytical or derived from analytical	--	02/2005
18:0 1	g	0.529	3	--	0.4	0.62	--	--	--	1	Analytical or derived from analytical	--	02/2005
20:0 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
22:0 1	g	0.018	3	--	0.01	0.02	--	--	--	1	Analytical or derived from analytical	--	02/2005
Fatty acids, total monounsaturated	g	2.503	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2005

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14:1 1	g	0.050	3	--	0.03	0.06	--	--	--	1	Analytical or derived from analytical	--	02/2005
15:1 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
16:1 undifferentiated 1	g	0.235	3	--	0.15	0.3	--	--	--	1	Analytical or derived from analytical	--	02/2005
17:1 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
18:1 undifferentiated 1	g	2.213	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
18:1 c 1	g	2.081	3	--	1.34	2.63	--	--	--	1	Analytical or derived from analytical	--	02/2005
18:1 t 1	g	0.132	3	--	0.11	0.15	--	--	--	1	Analytical or derived from analytical	--	02/2005
20:1 1	g	0.006	3	--	0	0.01	--	--	--	1	Analytical or derived from analytical	--	02/2005
Fatty acids, total polyunsaturated	g	0.309	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2005
18:2 undifferentiated 1	g	0.249	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005

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18:2 n-6 c,c 1	g	0.212	3	--	0.21	0.22	--	--	--	1	Analytical or derived from analytical	--	02/2005
18:2 t,t 1	g	0.037	3	--	0.03	0.04	--	--	--	1	Analytical or derived from analytical	--	02/2005
18:3 undifferentiated 1	g	0.003	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
18:3 n-3 c,c,c (ALA) 1	g	0.003	3	--	0	0.01	--	--	--	1	Analytical or derived from analytical	--	02/2005
18:3 n-6 c,c,c 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
18:4	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	02/2005
20:2 n-6 c,c 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
20:3 undifferentiated 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
20:4 undifferentiated 1	g	0.058	3	--	0.05	0.06	--	--	--	1	Analytical or derived from analytical	--	02/2005
Fatty acids, total trans	g	0.169	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2005
Fatty acids, total trans-monoenoic	g	0.132	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol 1	mg	61	10	--	58	64	--	--	--	1	Analytical or derived from analytical	--	02/2005
Amino Acids													
Tryptophan 2 3	g	0.142	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Threonine 2 3	g	0.862	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Isoleucine 2 3	g	0.982	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Leucine 2 3	g	1.717	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Lysine 2 3	g	1.824	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Methionine 2 3	g	0.562	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Cystine 2 3	g	0.279	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Phenylalanine 2 3	g	0.853	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Tyrosine 2 3	g	0.688	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005

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Valine 2 3	g	1.071	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Arginine 2 3	g	1.396	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Histidine 2 3	g	0.689	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Alanine 2 3	g	1.312	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Aspartic acid 2 3	g	1.966	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Glutamic acid 2 3	g	3.241	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Glycine 2 3	g	1.314	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Proline 2 3	g	1.029	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Serine 2 3	g	0.850	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Hydroxyproline 1	g	0.098	2	--	0.09	0.11	--	--	--	1	Analytical or derived from analytical	--	02/2005

Other

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2005
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2005
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2005

Sources of Data

¹National Cattlemen's Beef Association (NCBA) **Beef Value Cuts 2004**, 2004 Chicago IL

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

³National Cattlemen's Beef Association (NCBA) **Nutrient Content of Retail Beef Cuts with 1/8 inch Trim Beef**, 2000 Chicago IL