

Basic Report 23092, Beef, chuck for stew, separable lean and fat, choice, cooked, braised

Report Date: September 20, 2019 20:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Proximates			
Water	g	59.49	50.57
Energy	kcal	194	165
Protein	g	32.49	27.62
Total lipid (fat)	g	7.14	6.07
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	17	14
Iron, Fe	mg	3.06	2.60
Magnesium, Mg	mg	22	19
Phosphorus, P	mg	223	190
Potassium, K	mg	315	268
Sodium, Na	mg	65	55
Zinc, Zn	mg	8.27	7.03
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.070	0.060
Riboflavin	mg	0.227	0.193
Niacin	mg	4.013	3.411
Vitamin B-6	mg	0.505	0.429
Folate, DFE	µg	8	7
Vitamin B-12	µg	2.85	2.42
Vitamin A, RAE	µg	1	1
Vitamin A, IU	IU	5	4
Vitamin E (alpha-tocopherol)	mg	0.13	0.11

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Vitamin D (D2 + D3)	µg	0.1	0.1
Vitamin D	IU	6	5
Vitamin K (phylloquinone)	µg	1.6	1.4
Lipids			
Fatty acids, total saturated	g	2.870	2.440
Fatty acids, total monounsaturated	g	3.570	3.034
Fatty acids, total polyunsaturated	g	0.410	0.349
Fatty acids, total trans	g	0.405	0.344
Cholesterol	mg	96	82
Amino Acids			
Other			
Caffeine	mg	0	0