

Basic Report 23220, Beef, ground, unspecified fat content, cooked

Report Date: January 20, 2019 20:28 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Proximates			
Water	g	58.69	49.89
Energy	kcal	240	204
Protein	g	25.07	21.31
Total lipid (fat)	g	14.53	12.35
Carbohydrate, by difference	g	0.62	0.53
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	25	21
Iron, Fe	mg	2.67	2.27
Magnesium, Mg	mg	22	19
Phosphorus, P	mg	213	181
Potassium, K	mg	353	300
Sodium, Na	mg	85	72
Zinc, Zn	mg	6.19	5.26
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.043	0.037
Riboflavin	mg	0.180	0.153
Niacin	mg	5.682	4.830
Vitamin B-6	mg	0.380	0.323
Folate, DFE	µg	9	8
Vitamin B-12	µg	2.73	2.32
Vitamin A, RAE	µg	7	6
Vitamin A, IU	IU	22	19
Vitamin E (alpha-tocopherol)	mg	0.43	0.37

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Vitamin D (D2 + D3)	µg	0.2	0.2
Vitamin D	IU	8	7
Vitamin K (phylloquinone)	µg	1.7	1.4
Lipids			
Fatty acids, total saturated	g	5.600	4.760
Fatty acids, total monounsaturated	g	6.398	5.438
Fatty acids, total polyunsaturated	g	0.486	0.413
Cholesterol	mg	84	71
Amino Acids			
Other			
Caffeine	mg	0	0