

Basic Report 23570, Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned

Report Date: September 18, 2019 18:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Proximates			
Water	g	55.90	47.52
Energy	kcal	256	218
Protein	g	27.73	23.57
Total lipid (fat)	g	15.30	13.01
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	22	19
Iron, Fe	mg	2.93	2.49
Magnesium, Mg	mg	25	21
Phosphorus, P	mg	238	202
Potassium, K	mg	407	346
Sodium, Na	mg	89	76
Zinc, Zn	mg	6.62	5.63
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.044	0.037
Riboflavin	mg	0.191	0.162
Niacin	mg	6.318	5.370
Vitamin B-6	mg	0.428	0.364
Folate, DFE	µg	10	8
Vitamin B-12	µg	2.80	2.38
Vitamin A, RAE	µg	3	3
Vitamin A, IU	IU	9	8
Vitamin E (alpha-tocopherol)	mg	0.12	0.10

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	2	2
Vitamin K (phylloquinone)	µg	1.7	1.4
Lipids			
Fatty acids, total saturated	g	5.806	4.935
Fatty acids, total monounsaturated	g	6.572	5.586
Fatty acids, total polyunsaturated	g	0.477	0.405
Fatty acids, total trans	g	0.556	0.473
Cholesterol	mg	89	76
Amino Acids			
Other			
Caffeine	mg	0	0