

Basic Report 23648, Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw

Report Date: September 23, 2019 09:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 roast 271g
Proximates				
Water	g	71.33	80.60	193.30
Energy	kcal	154	174	417
Protein	g	21.17	23.92	57.37
Total lipid (fat)	g	7.06	7.98	19.13
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	27	31	73
Iron, Fe	mg	1.54	1.74	4.17
Magnesium, Mg	mg	22	25	60
Phosphorus, P	mg	193	218	523
Potassium, K	mg	323	365	875
Sodium, Na	mg	54	61	146
Zinc, Zn	mg	3.92	4.43	10.62
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.059	0.067	0.160
Riboflavin	mg	0.104	0.118	0.282
Niacin	mg	7.170	8.102	19.431
Vitamin B-6	mg	0.581	0.657	1.575
Folate, DFE	µg	13	15	35
Vitamin B-12	µg	1.15	1.30	3.12
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.31	0.35	0.84

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 roast 271g
Vitamin K (phylloquinone)	µg	1.2	1.4	3.3
Lipids				
Fatty acids, total saturated	g	2.132	2.409	5.778
Fatty acids, total monounsaturated	g	3.045	3.441	8.252
Fatty acids, total polyunsaturated	g	0.288	0.325	0.780
Cholesterol	mg	64	72	173
Amino Acids				
Other				
Caffeine	mg	0	0	0