

Basic Report 13323, Beef, variety meats and by-products, kidneys, raw

Report Date: July 15, 2019 20:15 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	4.0 oz 113g
Proximates				
Water	g	77.89	22.08	88.02
Energy	kcal	99	28	112
Protein	g	17.40	4.93	19.66
Total lipid (fat)	g	3.09	0.88	3.49
Carbohydrate, by difference	g	0.29	0.08	0.33
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	13	4	15
Iron, Fe	mg	4.60	1.30	5.20
Magnesium, Mg	mg	17	5	19
Phosphorus, P	mg	257	73	290
Potassium, K	mg	262	74	296
Sodium, Na	mg	182	52	206
Zinc, Zn	mg	1.92	0.54	2.17
Vitamins				
Vitamin C, total ascorbic acid	mg	9.4	2.7	10.6
Thiamin	mg	0.357	0.101	0.403
Riboflavin	mg	2.840	0.805	3.209
Niacin	mg	8.030	2.277	9.074
Vitamin B-6	mg	0.665	0.189	0.751
Folate, DFE	µg	98	28	111
Vitamin B-12	µg	27.50	7.80	31.07
Vitamin A, RAE	µg	419	119	473
Vitamin A, IU	IU	1397	396	1579
Vitamin E (alpha-tocopherol)	mg	0.22	0.06	0.25

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Vitamin D (D2 + D3)	µg	1.1	0.3	1.2
Vitamin D	IU	45	13	51
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.868	0.246	0.981
Fatty acids, total monounsaturated	g	0.586	0.166	0.662
Fatty acids, total polyunsaturated	g	0.545	0.155	0.616
Fatty acids, total trans	g	0.100	0.028	0.113
Cholesterol	mg	411	117	464
Amino Acids				
Other				
Caffeine	mg	0	0	0