

Basic Report 13324, Beef, variety meats and by-products, kidneys, cooked, simmered

Report Date: September 23, 2019 10:10 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Proximates			
Water	g	66.88	56.85
Energy	kcal	158	134
Protein	g	27.27	23.18
Total lipid (fat)	g	4.65	3.95
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	19	16
Iron, Fe	mg	5.80	4.93
Magnesium, Mg	mg	12	10
Phosphorus, P	mg	304	258
Potassium, K	mg	135	115
Sodium, Na	mg	94	80
Zinc, Zn	mg	2.84	2.41
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.160	0.136
Riboflavin	mg	2.970	2.525
Niacin	mg	3.920	3.332
Vitamin B-6	mg	0.391	0.332
Folate, DFE	µg	83	71
Vitamin B-12	µg	24.90	21.16
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.08	0.07

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Vitamin D (D2 + D3)	µg	1.1	0.9
Vitamin D	IU	45	38
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
Fatty acids, total saturated	g	1.439	1.223
Fatty acids, total monounsaturated	g	0.960	0.816
Fatty acids, total polyunsaturated	g	1.138	0.967
Fatty acids, total trans	g	0.270	0.230
Cholesterol	mg	716	609
Amino Acids			
Other			
Caffeine	mg	0	0