

Basic Report 13325, Beef, variety meats and by-products, liver, raw

Report Date: September 22, 2019 23:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g
Proximates			
Water	g	70.81	80.02
Energy	kcal	135	153
Protein	g	20.36	23.01
Total lipid (fat)	g	3.63	4.10
Carbohydrate, by difference	g	3.89	4.40
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	5	6
Iron, Fe	mg	4.90	5.54
Magnesium, Mg	mg	18	20
Phosphorus, P	mg	387	437
Potassium, K	mg	313	354
Sodium, Na	mg	69	78
Zinc, Zn	mg	4.00	4.52
Vitamins			
Vitamin C, total ascorbic acid	mg	1.3	1.5
Thiamin	mg	0.189	0.214
Riboflavin	mg	2.755	3.113
Niacin	mg	13.175	14.888
Vitamin B-6	mg	1.083	1.224
Folate, DFE	µg	290	328
Vitamin B-12	µg	59.30	67.01
Vitamin A, RAE	µg	4968	5614
Vitamin A, IU	IU	16898	19095
Vitamin E (alpha-tocopherol)	mg	0.38	0.43

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g
Vitamin D (D2 + D3)	µg	1.2	1.4
Vitamin D	IU	49	55
Vitamin K (phylloquinone)	µg	3.1	3.5
Lipids			
Fatty acids, total saturated	g	1.233	1.393
Fatty acids, total monounsaturated	g	0.479	0.541
Fatty acids, total polyunsaturated	g	0.465	0.525
Fatty acids, total trans	g	0.170	0.192
Cholesterol	mg	275	311
Amino Acids			
Other			
Caffeine	mg	0	0