

## Basic Report 13326, Beef, variety meats and by-products, liver, cooked, braised

Report Date: June 16, 2019 04:48 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 slice 68g
<b>Proximates</b>				
Water	g	58.81	49.99	39.99
Energy	kcal	191	162	130
Protein	g	29.08	24.72	19.77
Total lipid (fat)	g	5.26	4.47	3.58
Carbohydrate, by difference	g	5.13	4.36	3.49
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
<b>Minerals</b>				
Calcium, Ca	mg	6	5	4
Iron, Fe	mg	6.54	5.56	4.45
Magnesium, Mg	mg	21	18	14
Phosphorus, P	mg	497	422	338
Potassium, K	mg	352	299	239
Sodium, Na	mg	79	67	54
Zinc, Zn	mg	5.30	4.50	3.60
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	1.9	1.6	1.3
Thiamin	mg	0.194	0.165	0.132
Riboflavin	mg	3.425	2.911	2.329
Niacin	mg	17.525	14.896	11.917
Vitamin B-6	mg	1.017	0.864	0.692
Folate, DFE	µg	253	215	172
Vitamin B-12	µg	70.58	59.99	47.99
Vitamin A, RAE	µg	9442	8026	6421
Vitamin A, IU	IU	31714	26957	21566
Vitamin E (alpha-tocopherol)	mg	0.51	0.43	0.35

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Vitamin D (D2 + D3)	µg	1.2	1.0	0.8
Vitamin D	IU	49	42	33
Vitamin K (phylloquinone)	µg	3.3	2.8	2.2
<b>Lipids</b>				
Fatty acids, total saturated	g	2.947	2.505	2.004
Fatty acids, total monounsaturated	g	1.124	0.955	0.764
Fatty acids, total polyunsaturated	g	1.109	0.943	0.754
Fatty acids, total trans	g	0.365	0.310	0.248
Cholesterol	mg	396	337	269
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0