

Full Report (All Nutrients) 13326, Beef, variety meats and by-products, liver, cooked, braised

Report Date: July 19, 2019 19:00 EDT

Nutrient values and weights are for edible portion.

Food Group : Beef Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 slice 68g
Proximates						
Water 1	g	58.81	4	0.520	49.99	39.99
Energy	kcal	191	--	--	162	130
Energy	kJ	801	--	--	681	545
Protein 1	g	29.08	4	0.270	24.72	19.77
Total lipid (fat) 1	g	5.26	4	0.310	4.47	3.58
Ash 1	g	1.74	4	0.050	1.48	1.18
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
Minerals						
Calcium, Ca 1	mg	6	4	0.000	5	4
Iron, Fe 1	mg	6.54	4	0.280	5.56	4.45
Magnesium, Mg 1	mg	21	4	1.000	18	14
Phosphorus, P 1	mg	497	4	13.000	422	338
Potassium, K 1	mg	352	4	8.000	299	239
Sodium, Na 1	mg	79	4	1.000	67	54
Zinc, Zn 1	mg	5.30	4	0.130	4.50	3.60
Copper, Cu 1	mg	14.283	4	2.902	12.141	9.712
Manganese, Mn 1	mg	0.356	4	0.040	0.303	0.242
Selenium, Se 1	µg	36.1	4	1.500	30.7	24.5
Vitamins						
Vitamin C, total ascorbic acid	mg	1.9	--	--	1.6	1.3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 slice 68g
Thiamin 1	mg	0.194	4	0.010	0.165	0.132
Riboflavin 1	mg	3.425	4	0.158	2.911	2.329
Niacin 1	mg	17.525	4	0.594	14.896	11.917
Pantothenic acid 1	mg	7.110	4	0.151	6.043	4.835
Vitamin B-6 1	mg	1.017	4	0.032	0.864	0.692
Folate, total 2	µg	253	4	35.000	215	172
Folic acid	µg	0	--	--	0	0
Folate, food	µg	253	4	35.000	215	172
Folate, DFE	µg	253	--	--	215	172
Choline, total 1	mg	426.0	4	14.500	362.1	289.7
Betaine 1	mg	5.6	4	1.000	4.8	3.8
Vitamin B-12 1	µg	70.58	4	9.390	59.99	47.99
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	9442	--	--	8026	6421
Retinol 1	µg	9428	4	554.000	8014	6411
Carotene, beta 1	µg	162	4	52.000	138	110
Carotene, alpha 1	µg	11	4	0.000	9	7
Cryptoxanthin, beta 1	µg	11	4	0.000	9	7
Vitamin A, IU	IU	31714	--	--	26957	21566
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol) 2	mg	0.51	8	--	0.43	0.35
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta 2	mg	0.00	2	--	0.00	0.00
Tocopherol, gamma 2	mg	0.06	6	--	0.05	0.04
Tocopherol, delta 2	mg	0.00	2	--	0.00	0.00
Tocotrienol, alpha 2	mg	0.00	2	--	0.00	0.00
Tocotrienol, beta 2	mg	0.00	2	--	0.00	0.00
Tocotrienol, gamma 2	mg	0.00	2	--	0.00	0.00
Tocotrienol, delta 2	mg	0.00	2	--	0.00	0.00
Vitamin D (D2 + D3)	µg	1.2	--	--	1.0	0.8
Vitamin D3 (cholecalciferol) 3 4	µg	1.2	46	--	1.0	0.8

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Vitamin D 3 4	IU	49	46	--	42	33
Vitamin K (phylloquinone) 1	µg	3.3	4	0.900	2.8	2.2
Lipids						
Fatty acids, total saturated	g	2.947	--	--	2.505	2.004
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0 1	g	0.000	4	0.000	0.000	0.000
12:0 1	g	0.000	4	0.000	0.000	0.000
14:0 1	g	0.038	4	0.005	0.032	0.026
15:0 1	g	0.013	4	0.003	0.011	0.009
16:0 1	g	0.794	4	0.045	0.675	0.540
17:0 1	g	0.071	4	0.001	0.060	0.048
18:0 1	g	2.015	4	0.052	1.713	1.370
20:0 1	g	0.000	4	0.000	0.000	0.000
22:0 1	g	0.016	4	0.003	0.014	0.011
Fatty acids, total monounsaturated	g	1.124	--	--	0.955	0.764
14:1 1	g	0.000	4	0.000	0.000	0.000
15:1 1	g	0.000	4	0.000	0.000	0.000
16:1 undifferentiated 1	g	0.083	4	0.009	0.071	0.056
17:1 1	g	0.022	4	0.002	0.019	0.015
18:1 undifferentiated 1	g	1.016	4	0.039	0.864	0.691
20:1 1	g	0.003	4	0.002	0.003	0.002
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	1.109	--	--	0.943	0.754
18:2 undifferentiated	g	0.000	--	--	0.000	0.000
18:2 n-6 c,c 1	g	0.659	4	0.041	0.560	0.448
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:3 n-3 c,c,c (ALA) 1	g	0.017	4	0.003	0.014	0.012
18:3 n-6 c,c,c 1	g	0.025	4	0.001	0.021	0.017
18:4	g	0.000	--	--	0.000	0.000
20:2 n-6 c,c 1	g	0.011	4	0.004	0.009	0.007

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 slice 68g
20:3 undifferentiated 1	g	0.000	4	0.000	0.000	0.000
20:4 undifferentiated 1	g	0.397	4	0.023	0.337	0.270
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.365	4	0.011	0.310	0.248
Cholesterol 1	mg	396	4	9.000	337	269
Amino Acids						
Tryptophan 1	g	0.368	--	--	0.313	0.250
Threonine 1	g	1.215	--	--	1.033	0.826
Isoleucine 1	g	1.352	--	--	1.149	0.919
Leucine 1	g	2.670	--	--	2.269	1.816
Lysine 1	g	2.247	--	--	1.910	1.528
Methionine 1	g	0.759	--	--	0.645	0.516
Cystine 1	g	0.526	--	--	0.447	0.358
Phenylalanine 1	g	1.515	--	--	1.288	1.030
Tyrosine 1	g	1.128	--	--	0.959	0.767
Valine 1	g	1.761	--	--	1.497	1.197
Arginine 1	g	1.735	--	--	1.475	1.180
Histidine 1	g	0.879	--	--	0.747	0.598
Alanine 1	g	1.627	--	--	1.383	1.106
Aspartic acid 1	g	2.694	--	--	2.290	1.832
Glutamic acid 1	g	3.652	--	--	3.104	2.483
Glycine 1	g	1.627	--	--	1.383	1.106
Proline 1	g	1.343	--	--	1.142	0.913
Serine 1	g	1.265	--	--	1.075	0.860
Hydroxyproline 1	g	0.046	1	--	0.039	0.031
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6i, 2002 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6j, 2002 Beltsville MD

³J. L. Montgomery, F. C. Parrish, D. C. Beitz, R. L. Horst, E. J. Huff-Lonergan, A. H. Trenkle **The use of vitamin D3 to improve beef tenderness.**, 2000 J. Animal Science 78 pp.2615-2621

⁴J. L. Montgomery, J. R. Blanton, Jr., R. L. Horst, M. L. Galyean, K. J. Morrow, Jr., D. B. Wester, M.F. Miller **Effects of biological type of beef steers on vitamin D, calcium, and phosphorus status.**, 2004 J. Animal Sci. 82 pp.2043-2049

Languag Code(s)

- A0150 MEAT OR MEAT PRODUCT (FROM MAMMAL) (US CFR)
- A1283 1300 BEEF PRODUCTS (USDA SR)
- B1161 CATTLE
- C0176 LIVER
- E0150 WHOLE, NATURAL SHAPE
- F0014 FULLY HEAT-TREATED
- G0019 BRAISED
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- R0001 GEOGRAPHIC PLACE OR REGION NOT KNOWN