

Basic Report 13840, Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Report Date: September 20, 2019 02:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 292g
Proximates				
Water	g	47.73	40.57	139.37
Energy	kcal	355	302	1037
Protein	g	23.01	19.56	67.19
Total lipid (fat)	g	28.51	24.23	83.25
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	10	8	29
Iron, Fe	mg	2.35	2.00	6.86
Magnesium, Mg	mg	20	17	58
Phosphorus, P	mg	173	147	505
Potassium, K	mg	293	249	856
Sodium, Na	mg	64	54	187
Zinc, Zn	mg	5.84	4.96	17.05
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.070	0.060	0.204
Riboflavin	mg	0.190	0.161	0.555
Niacin	mg	3.670	3.119	10.716
Vitamin B-6	mg	0.230	0.196	0.672
Folate, DFE	µg	7	6	20
Vitamin B-12	µg	2.34	1.99	6.83
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.23	0.20	0.67

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Vitamin D (D2 + D3)	µg	0.5	0.4	1.5
Vitamin D	IU	19	16	55
Vitamin K (phylloquinone)	µg	2.0	1.7	5.8
Lipids				
Fatty acids, total saturated	g	11.500	9.775	33.580
Fatty acids, total monounsaturated	g	12.200	10.370	35.624
Fatty acids, total polyunsaturated	g	0.990	0.842	2.891
Cholesterol	mg	85	72	248
Amino Acids				
Other				
Caffeine	mg	0	0	0