

**Basic Report 13851, Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

Report Date: June 19, 2019 05:13 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) 268g
<b>Proximates</b>				
Water	g	53.65	45.60	143.78
Energy	kcal	291	247	780
Protein	g	25.85	21.97	69.28
Total lipid (fat)	g	20.04	17.03	53.71
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
<b>Minerals</b>				
Calcium, Ca	mg	19	16	51
Iron, Fe	mg	1.66	1.41	4.45
Magnesium, Mg	mg	22	19	59
Phosphorus, P	mg	201	171	539
Potassium, K	mg	323	275	866
Sodium, Na	mg	53	45	142
Zinc, Zn	mg	4.67	3.97	12.52
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.070	0.060	0.188
Riboflavin	mg	0.125	0.106	0.335
Niacin	mg	6.881	5.849	18.441
Vitamin B-6	mg	0.541	0.460	1.450
Folate, DFE	µg	8	7	21
Vitamin B-12	µg	1.52	1.29	4.07
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.49	0.42	1.31

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Vitamin D (D2 + D3)	µg	0.3	0.3	0.8
Vitamin D	IU	13	11	35
Vitamin K (phylloquinone)	µg	1.8	1.5	4.8
<b>Lipids</b>				
Fatty acids, total saturated	g	7.894	6.710	21.156
Fatty acids, total monounsaturated	g	8.355	7.102	22.391
Fatty acids, total polyunsaturated	g	0.762	0.648	2.042
Cholesterol	mg	97	82	260
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0