

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

Report Date: September 20, 2019 01:37 EDT

Nutrient values and weights are for edible portion.

Food Group : Beef Products

Common Name: Prime Rib

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

Refuse:7% Refuse Description: Bone and connective tissue

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 3.0 oz 85g | 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 268g |
|-------------------------------------|------|---------------------|----------------|------------|---------------|--|
| Proximates | | | | | | |
| Water 1 | g | 53.65 | 20 | 0.570 | 45.60 | 143.78 |
| Energy | kcal | 291 | -- | -- | 247 | 780 |
| Energy | kJ | 1218 | -- | -- | 1035 | 3264 |
| Protein 1 | g | 25.85 | 20 | 0.460 | 21.97 | 69.28 |
| Total lipid (fat) 1 | g | 20.04 | 20 | 0.790 | 17.03 | 53.71 |
| Ash 1 | g | 1.05 | 20 | 0.020 | 0.89 | 2.81 |
| 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 1 | mg | 19 | -- | -- | 16 | 51 |
| Iron, Fe 1 | mg | 1.66 | -- | -- | 1.41 | 4.45 |
| Magnesium, Mg 1 | mg | 22 | -- | -- | 19 | 59 |
| Phosphorus, P 1 | mg | 201 | -- | -- | 171 | 539 |
| Potassium, K 1 | mg | 323 | -- | -- | 275 | 866 |
| Sodium, Na 1 | mg | 53 | -- | -- | 45 | 142 |
| Zinc, Zn 1 | mg | 4.67 | -- | -- | 3.97 | 12.52 |
| Copper, Cu 1 | mg | 0.078 | -- | -- | 0.066 | 0.209 |
| Manganese, Mn 1 | mg | 0.009 | -- | -- | 0.008 | 0.024 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 3.0 oz 85g | 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 268g |
|---|------|------------------|-------------|------------|------------|---|
| Selenium, Se 1 | µg | 28.0 | -- | -- | 23.8 | 75.0 |
| Fluoride, F 2 3 4 5 | µg | 22.4 | 57 | 5.200 | 19.0 | 60.0 |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | 0.0 | 0.0 |
| Thiamin 1 | mg | 0.070 | -- | -- | 0.060 | 0.188 |
| Riboflavin 1 | mg | 0.125 | -- | -- | 0.106 | 0.335 |
| Niacin 1 | mg | 6.881 | -- | -- | 5.849 | 18.441 |
| Pantothenic acid 1 | mg | 0.510 | -- | -- | 0.433 | 1.367 |
| Vitamin B-6 1 | mg | 0.541 | -- | -- | 0.460 | 1.450 |
| Folate, total 1 | µg | 8 | -- | -- | 7 | 21 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 |
| Folate, food | µg | 8 | -- | -- | 7 | 21 |
| Folate, DFE | µg | 8 | -- | -- | 7 | 21 |
| Choline, total | mg | 98.5 | -- | -- | 83.7 | 264.0 |
| Betaine | mg | 12.9 | -- | -- | 11.0 | 34.6 |
| Vitamin B-12 1 | µg | 1.52 | -- | -- | 1.29 | 4.07 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 0 | -- | -- | 0 | 0 |
| Retinol | µg | 0 | -- | -- | 0 | 0 |
| Carotene, beta | µg | 0 | -- | -- | 0 | 0 |
| Carotene, alpha | µg | 0 | -- | -- | 0 | 0 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 | 0 |
| Vitamin A, IU | IU | 0 | -- | -- | 0 | 0 |
| Lycopene | µg | 0 | -- | -- | 0 | 0 |
| Lutein + zeaxanthin | µg | 0 | -- | -- | 0 | 0 |
| Vitamin E (alpha-tocopherol) 1 | mg | 0.49 | -- | -- | 0.42 | 1.31 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 | 0.00 |
| Tocopherol, beta | mg | 0.00 | -- | -- | 0.00 | 0.00 |
| Tocopherol, gamma | mg | 0.00 | -- | -- | 0.00 | 0.00 |
| Tocopherol, delta | mg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.3 | -- | -- | 0.3 | 0.8 |
| Vitamin D3 (cholecalciferol) | µg | 0.3 | -- | -- | 0.3 | 0.8 |
| Vitamin D | IU | 13 | -- | -- | 11 | 35 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 3.0 oz 85g | 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 268g |
|--|------|------------------|-------------|------------|------------|---|
| Vitamin K (phylloquinone) 1 | µg | 1.8 | -- | -- | 1.5 | 4.8 |
| Lipids | | | | | | |
| Fatty acids, total saturated | g | 7.894 | -- | -- | 6.710 | 21.156 |
| 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 | 0.050 | -- | -- | 0.043 | 0.134 |
| 12:0 1 | g | 0.046 | -- | -- | 0.039 | 0.123 |
| 14:0 1 | g | 0.610 | -- | -- | 0.518 | 1.635 |
| 16:0 1 | g | 4.766 | -- | -- | 4.051 | 12.773 |
| 18:0 1 | g | 2.423 | -- | -- | 2.060 | 6.494 |
| Fatty acids, total monounsaturated | g | 8.355 | -- | -- | 7.102 | 22.391 |
| 16:1 undifferentiated 1 | g | 0.755 | -- | -- | 0.642 | 2.023 |
| 18:1 undifferentiated 1 | g | 7.571 | -- | -- | 6.435 | 20.290 |
| 20:1 1 | g | 0.029 | -- | -- | 0.025 | 0.078 |
| 22:1 undifferentiated 1 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.762 | -- | -- | 0.648 | 2.042 |
| 18:2 undifferentiated 1 | g | 0.519 | -- | -- | 0.441 | 1.391 |
| 18:3 undifferentiated 1 | g | 0.178 | -- | -- | 0.151 | 0.477 |
| 18:4 1 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:4 undifferentiated 1 | g | 0.046 | -- | -- | 0.039 | 0.123 |
| 20:5 n-3 (EPA) 7 | g | 0.003 | 18 | -- | 0.003 | 0.008 |
| 22:5 n-3 (DPA) 7 | g | 0.016 | 18 | -- | 0.014 | 0.043 |
| 22:6 n-3 (DHA) 7 | g | 0.001 | 18 | -- | 0.001 | 0.003 |
| Cholesterol | mg | 97 | -- | -- | 82 | 260 |
| Amino Acids | | | | | | |
| Tryptophan 1 6 | g | 0.170 | -- | -- | 0.145 | 0.456 |
| Threonine 1 6 | g | 1.033 | -- | -- | 0.878 | 2.768 |
| Isoleucine 1 6 | g | 1.176 | -- | -- | 1.000 | 3.152 |
| Leucine 1 6 | g | 2.057 | -- | -- | 1.748 | 5.513 |
| Lysine 1 6 | g | 2.185 | -- | -- | 1.857 | 5.856 |
| Methionine 1 6 | g | 0.673 | -- | -- | 0.572 | 1.804 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 3.0 oz 85g | 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 268g |
|---|------|------------------|-------------|------------|------------|---|
| Cystine 1 6 | g | 0.334 | -- | -- | 0.284 | 0.895 |
| Phenylalanine 1 6 | g | 1.021 | -- | -- | 0.868 | 2.736 |
| Tyrosine 1 6 | g | 0.824 | -- | -- | 0.700 | 2.208 |
| Valine 1 6 | g | 1.283 | -- | -- | 1.091 | 3.438 |
| Arginine 1 6 | g | 1.672 | -- | -- | 1.421 | 4.481 |
| Histidine 1 6 | g | 0.825 | -- | -- | 0.701 | 2.211 |
| Alanine 1 6 | g | 1.572 | -- | -- | 1.336 | 4.213 |
| Aspartic acid 1 6 | g | 2.355 | -- | -- | 2.002 | 6.311 |
| Glutamic acid 1 6 | g | 3.881 | -- | -- | 3.299 | 10.401 |
| Glycine 1 6 | g | 1.574 | -- | -- | 1.338 | 4.218 |
| Proline 1 6 | g | 1.232 | -- | -- | 1.047 | 3.302 |
| Serine 1 6 | g | 1.018 | -- | -- | 0.865 | 2.728 |
| Hydroxyproline | g | 0.272 | -- | -- | 0.231 | 0.729 |
| Other | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 |

Sources of Data

- ¹National Cattlemen's Beef Association (NCBA) **Nutrient Content of Retail Beef Cuts with 1/8 inch Trim Beef**, 2000 Chicago IL
- ²Donald Taves **Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods**, 1983 British Journal of Nutrition 49 pp.295-301
- ³J.D.B. Featherstone, Carol Shields **A Study of Fluoride Intake in New York State Residents**, 1988 New York State Fluoride Analysis Contract - report date 12/1/1988
- ⁴Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffision
- ⁵A. Kingman **Unpublished data. NIDR/NIH, 1984**, 1984 Unpublished data. NIDR/NIH, 1984.
- ⁶National Cattlemen's Beef Association **Nutrient Content of Ground Beef**, 2000
- ⁷National Cattlemen's Beef Association (NCBA) **Nutrient Content of Beef**, 2010 Chicago IL

Langual Code(s)

- A0150 MEAT OR MEAT PRODUCT (FROM MAMMAL) (US CFR)
- A1283 1300 BEEF PRODUCTS (USDA SR)
- B1161 CATTLE
- C0269 SKELETAL MEAT PART, WITHOUT BONE AND SKIN, WITH SEPARABLE FAT
- E0150 WHOLE, NATURAL SHAPE
- F0014 FULLY HEAT-TREATED
- G0006 BROILED OR GRILLED
- 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
- Z0053 GRADE OF MEAT, MIXTURE
- Z0252 EXTERNAL FAT TRIMMED TO 1/8 INCH