

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

Report Date: July 19, 2019 06:53 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	53.65	20	0.570	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2003
Energy	kcal	291	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Energy	kJ	1218	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Protein 1	g	25.85	20	0.460	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2003
Total lipid (fat) 1	g	20.04	20	0.790	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2003
Ash 1	g	1.05	20	0.020	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2003
Carbohydrate, by difference	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	12/1995
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	12/1995
Sugars, total	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	04/2003
Minerals													
Calcium, Ca 1	mg	19	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
Iron, Fe 1	mg	1.66	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003

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Magnesium, Mg 1	mg	22	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
Phosphorus, P 1	mg	201	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
Potassium, K 1	mg	323	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
Sodium, Na 1	mg	53	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
Zinc, Zn 1	mg	4.67	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
Copper, Cu 1	mg	0.078	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
Manganese, Mn 1	mg	0.009	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
Selenium, Se 1	µg	28.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
Fluoride, F 2 3 4 5	µg	22.4	57	5.200	3.8	71.9	12.0	11.0	33.7	4	Analytical or derived from analytical	--	02/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	12/1995
Thiamin 1	mg	0.070	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
Riboflavin 1	mg	0.125	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
Niacin 1	mg	6.881	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
Pantothenic acid 1	mg	0.510	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
Vitamin B-6 1	mg	0.541	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
Folate, total 1	µg	8	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	8	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010

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Folate, DFE	µg	8	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Choline, total	mg	98.5	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/2006
Betaine	mg	12.9	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/2006
Vitamin B-12 1	µg	1.52	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2003
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	04/2003
Carotene, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	04/2003
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	04/2003
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	04/2003
Vitamin A, IU	IU	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2003
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	04/2003
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	04/2003
Vitamin E (alpha-tocopherol) 1	mg	0.49	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	04/2003
Tocopherol, gamma	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	04/2003
Tocopherol, delta	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	04/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	0.3	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2010
Vitamin D3 (cholecalciferol)	µg	0.3	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D	IU	13	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin K (phylloquinone) 1	µg	1.8	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
Lipids													
Fatty acids, total saturated	g	7.894	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
4:0	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
6:0	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
8:0	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
10:0 1	g	0.050	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
12:0 1	g	0.046	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
14:0 1	g	0.610	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
16:0 1	g	4.766	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
18:0 1	g	2.423	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
Fatty acids, total monounsaturated	g	8.355	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
16:1 undifferentiated 1	g	0.755	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
18:1 undifferentiated 1	g	7.571	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
20:1 1	g	0.029	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
22:1 undifferentiated 1	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.762	--	--	0	0	--	--	--	--	Calculated or imputed	--	05/2011
18:2 undifferentiated 1	g	0.519	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
18:3 undifferentiated 1	g	0.178	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
18:4 1	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
20:4 undifferentiated 1	g	0.046	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2003
20:5 n-3 (EPA) 7	g	0.003	18	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
22:5 n-3 (DPA) 7	g	0.016	18	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
22:6 n-3 (DHA) 7	g	0.001	18	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Cholesterol	mg	97	--	--	0	0	--	--	--	--	Calculated or imputed	23125	07/2010
Amino Acids													
Tryptophan 1 6	g	0.170	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Threonine 1 6	g	1.033	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Isoleucine 1 6	g	1.176	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Leucine 1 6	g	2.057	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine 1_6	g	2.185	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Methionine 1_6	g	0.673	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Cystine 1_6	g	0.334	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Phenylalanine 1_6	g	1.021	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tyrosine 1_6	g	0.824	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Valine 1_6	g	1.283	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Arginine 1_6	g	1.672	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Histidine 1_6	g	0.825	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Alanine 1_6	g	1.572	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Aspartic acid 1_6	g	2.355	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004

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Glutamic acid 1 6	g	3.881	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glycine 1 6	g	1.574	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Proline 1 6	g	1.232	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Serine 1 6	g	1.018	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Hydroxyproline	g	0.272	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2004
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/2003
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	04/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	04/2003

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