

Basic Report 13910, Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Report Date: June 19, 2019 15:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 steak 213g
Proximates				
Water	g	56.48	48.01	120.30
Energy	kcal	264	224	562
Protein	g	26.44	22.47	56.32
Total lipid (fat)	g	16.78	14.26	35.74
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	19	16	40
Iron, Fe	mg	1.69	1.44	3.60
Magnesium, Mg	mg	22	19	47
Phosphorus, P	mg	204	173	435
Potassium, K	mg	328	279	699
Sodium, Na	mg	54	46	115
Zinc, Zn	mg	4.75	4.04	10.12
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.071	0.060	0.151
Riboflavin	mg	0.127	0.108	0.271
Niacin	mg	7.037	5.981	14.989
Vitamin B-6	mg	0.553	0.470	1.178
Folate, DFE	µg	8	7	17
Vitamin B-12	µg	1.56	1.33	3.32
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.46	0.39	0.98

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Vitamin D (D2 + D3)	µg	0.3	0.3	0.6
Vitamin D	IU	11	9	23
Vitamin K (phylloquinone)	µg	1.6	1.4	3.4
Lipids				
Fatty acids, total saturated	g	6.608	5.617	14.075
Fatty acids, total monounsaturated	g	6.993	5.944	14.895
Fatty acids, total polyunsaturated	g	0.621	0.528	1.323
Cholesterol	mg	88	75	187
Amino Acids				
Other				
Caffeine	mg	0	0	0