

Full Report (All Nutrients) 13910, Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Report Date: July 23, 2019 18:46 EDT

Nutrient values and weights are for edible portion.

Food Group : Beef Products

Common Name: Kansas City Strip, Club Steak, Boneless Strip Steak, New York Strip

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

Refuse:12% Refuse Description: Bone and Connective tissue 12%

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 steak 213g
Proximates						
Water 1	g	56.48	5	0.820	48.01	120.30
Energy	kcal	264	--	--	224	562
Energy	kJ	1106	--	--	940	2356
Protein 1	g	26.44	5	0.170	22.47	56.32
Total lipid (fat) 1	g	16.78	5	0.860	14.26	35.74
Ash 1	g	1.03	5	0.010	0.88	2.19
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	4	2.000	16	40
Iron, Fe 1	mg	1.69	4	0.060	1.44	3.60
Magnesium, Mg 1	mg	22	4	0.000	19	47
Phosphorus, P 1	mg	204	4	5.000	173	435
Potassium, K 1	mg	328	4	8.000	279	699
Sodium, Na 1	mg	54	4	1.000	46	115
Zinc, Zn 1	mg	4.75	4	0.090	4.04	10.12
Copper, Cu 1	mg	0.079	4	0.005	0.067	0.168
Manganese, Mn 1	mg	0.009	5	0.001	0.008	0.019

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 steak 213g
Selenium, Se 1	µg	28.5	4	5.000	24.2	60.7
Fluoride, F 2 3 4 5	µg	22.4	57	5.200	19.0	47.7
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin 1	mg	0.071	4	0.005	0.060	0.151
Riboflavin 1	mg	0.127	4	0.013	0.108	0.271
Niacin 1	mg	7.037	4	0.341	5.981	14.989
Pantothenic acid 1	mg	0.521	--	--	0.443	1.110
Vitamin B-6 1	mg	0.553	4	0.033	0.470	1.178
Folate, total 1	µg	8	--	--	7	17
Folic acid	µg	0	--	--	0	0
Folate, food	µg	8	--	--	7	17
Folate, DFE	µg	8	--	--	7	17
Choline, total	mg	100.7	--	--	85.6	214.5
Betaine	mg	13.2	--	--	11.2	28.1
Vitamin B-12 1	µg	1.56	4	0.090	1.33	3.32
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	0.46	--	--	0.39	0.98
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	0.6
Vitamin D3 (cholecalciferol)	µg	0.3	--	--	0.3	0.6
Vitamin D	IU	11	--	--	9	23

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 steak 213g
Vitamin K (phylloquinone) 6	µg	1.6	12	--	1.4	3.4
Lipids						
Fatty acids, total saturated	g	6.608	--	--	5.617	14.075
4:0 1	g	0.000	--	--	0.000	0.000
6:0 1	g	0.000	--	--	0.000	0.000
8:0 1	g	0.000	--	--	0.000	0.000
10:0 1	g	0.042	--	--	0.036	0.089
12:0 1	g	0.038	--	--	0.032	0.081
14:0 1	g	0.510	--	--	0.433	1.086
16:0 1	g	3.990	--	--	3.392	8.499
18:0 1	g	2.028	--	--	1.724	4.320
Fatty acids, total monounsaturated	g	6.993	--	--	5.944	14.895
16:1 undifferentiated 1	g	0.632	--	--	0.537	1.346
18:1 undifferentiated 1	g	6.337	--	--	5.386	13.498
20:1 1	g	0.024	--	--	0.020	0.051
22:1 undifferentiated 1	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.621	--	--	0.528	1.323
18:2 undifferentiated 1	g	0.434	--	--	0.369	0.924
18:3 undifferentiated 1	g	0.149	--	--	0.127	0.317
18:4 1	g	0.000	--	--	0.000	0.000
20:4 undifferentiated 1	g	0.038	--	--	0.032	0.081
20:5 n-3 (EPA) 1	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA) 1	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	--	--	0.000	0.000
Cholesterol 1	mg	88	--	--	75	187
Amino Acids						
Tryptophan 1 6	g	0.174	--	--	0.148	0.371
Threonine 1 6	g	1.056	--	--	0.898	2.249
Isoleucine 1 6	g	1.203	--	--	1.023	2.562
Leucine 1 6	g	2.103	--	--	1.788	4.479
Lysine 1 6	g	2.234	--	--	1.899	4.758
Methionine 1 6	g	0.688	--	--	0.585	1.465

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 steak 213g
Cystine 1 6	g	0.341	--	--	0.290	0.726
Phenylalanine 1 6	g	1.044	--	--	0.887	2.224
Tyrosine 1 6	g	0.842	--	--	0.716	1.793
Valine 1 6	g	1.312	--	--	1.115	2.795
Arginine 1 6	g	1.710	--	--	1.454	3.642
Histidine 1 6	g	0.844	--	--	0.717	1.798
Alanine 1 6	g	1.607	--	--	1.366	3.423
Aspartic acid 1 6	g	2.408	--	--	2.047	5.129
Glutamic acid 1 6	g	3.969	--	--	3.374	8.454
Glycine 1 6	g	1.610	--	--	1.369	3.429
Proline 1 6	g	1.260	--	--	1.071	2.684
Serine 1 6	g	1.041	--	--	0.885	2.217
Hydroxyproline	g	0.276	--	--	0.235	0.588
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

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