

## Basic Report 23424, Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled

Report Date: June 26, 2019 06:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
<b>Proximates</b>			
Water	g	66.44	56.47
Energy	kcal	150	128
Protein	g	23.30	19.80
Total lipid (fat)	g	4.68	3.98
Carbohydrate, by difference	g	3.78	3.21
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
<b>Minerals</b>			
Calcium, Ca	mg	4	3
Iron, Fe	mg	7.17	6.09
Magnesium, Mg	mg	21	18
Phosphorus, P	mg	397	337
Potassium, K	mg	336	286
Sodium, Na	mg	55	47
Zinc, Zn	mg	3.40	2.89
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.376	0.320
Riboflavin	mg	3.040	2.584
Niacin	mg	13.800	11.730
Vitamin B-6	mg	0.452	0.384
Vitamin B-12	µg	96.00	81.60
Vitamin A, RAE	µg	21014	17862
Vitamin A, IU	IU	70046	59539
Vitamin E (alpha-tocopherol)	mg	1.28	1.09
Vitamin D (D2 + D3)	µg	0.1	0.1

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>3.0 oz 85g</b>
Vitamin D	IU	4	3
<b>Lipids</b>			
Fatty acids, total saturated	g	1.392	1.183
Fatty acids, total monounsaturated	g	0.533	0.453
Fatty acids, total polyunsaturated	g	0.824	0.700
Fatty acids, total trans	g	0.090	0.076
Cholesterol	mg	243	207
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0