

Full Report (All Nutrients) 23424, Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled

Report Date: July 16, 2019 02:27 EDT

Nutrient values and weights are for edible portion.

Food Group : Beef Products

Nitrogen to Protein Conversion Factor:6.25

Refuse:2% Refuse Description: Connective tissue 2%

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
Proximates					
Water 1	g	66.44	1	--	56.47
Energy	kcal	150	--	--	128
Energy	kJ	629	--	--	535
Protein 1	g	23.30	1	--	19.80
Total lipid (fat) 1	g	4.68	1	--	3.98
Ash 1	g	1.80	1	--	1.53
Carbohydrate, by difference	g	3.78	--	--	3.21
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	0.00	--	--	0.00
Minerals					
Calcium, Ca 1	mg	4	1	--	3
Iron, Fe 1	mg	7.17	1	--	6.09
Magnesium, Mg 1	mg	21	1	--	18
Phosphorus, P 1	mg	397	1	--	337
Potassium, K 1	mg	336	1	--	286
Sodium, Na 1	mg	55	1	--	47
Zinc, Zn 1	mg	3.40	1	--	2.89
Copper, Cu 1	mg	5.730	1	--	4.870
Manganese, Mn 1	mg	0.328	1	--	0.279
Selenium, Se 1	µg	16.2	1	--	13.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin 1	mg	0.376	1	--	0.320
Riboflavin 1	mg	3.040	1	--	2.584
Niacin 1	mg	13.800	1	--	11.730
Pantothenic acid 1	mg	9.800	1	--	8.330
Vitamin B-6 1	mg	0.452	1	--	0.384
Vitamin B-12 1	µg	96.00	1	--	81.60
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	21014	--	--	17862
Retinol 1	µg	21014	1	--	17862
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	70046	--	--	59539
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol) 1	mg	1.28	1	--	1.09
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.1	--	--	0.1
Vitamin D3 (cholecalciferol) 1	µg	0.1	1	--	0.1
Vitamin D 1	IU	4	1	--	3
Lipids					
Fatty acids, total saturated	g	1.392	--	--	1.183
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0 1	g	0.000	1	--	0.000
10:0 1	g	0.002	1	--	0.002
12:0 1	g	0.000	1	--	0.000
14:0 1	g	0.019	1	--	0.016
16:0 1	g	0.394	1	--	0.335
17:0 1	g	0.054	1	--	0.046
18:0 1	g	0.902	1	--	0.767

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
20:0 1	g	0.004	1	--	0.003
22:0 1	g	0.007	1	--	0.006
24:0 1	g	0.011	1	--	0.009
Fatty acids, total monounsaturated	g	0.533	--	--	0.453
14:1 1	g	0.003	1	--	0.003
15:1 1	g	0.003	1	--	0.003
16:1 undifferentiated 1	g	0.056	--	--	0.048
16:1 c 1	g	0.037	1	--	0.031
16:1 t 1	g	0.019	1	--	0.016
17:1 1	g	0.000	1	--	0.000
18:1 undifferentiated 1	g	0.465	--	--	0.395
18:1 c 1	g	0.394	1	--	0.335
18:1 t 1	g	0.071	1	--	0.060
20:1 1	g	0.003	1	--	0.003
22:1 undifferentiated 1	g	0.000	--	--	0.000
22:1 c 1	g	0.000	1	--	0.000
24:1 c 1	g	0.003	1	--	0.003
Fatty acids, total polyunsaturated	g	0.824	--	--	0.700
18:2 undifferentiated 1	g	0.153	--	--	0.130
18:2 n-6 c,c 1	g	0.139	1	--	0.118
18:2 CLAs 1	g	0.014	1	--	0.012
18:2 t,t 1	g	0.000	1	--	0.000
18:3 undifferentiated 1	g	0.061	--	--	0.052
18:3 n-3 c,c,c (ALA) 1	g	0.050	1	--	0.043
18:3 n-6 c,c,c 1	g	0.010	1	--	0.009
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c 1	g	0.007	1	--	0.006
20:3 undifferentiated 1	g	0.096	--	--	0.082
20:3 n-6 1	g	0.094	1	--	0.080
20:4 undifferentiated 1	g	0.180	--	--	0.153
20:4 n-6 1	g	0.180	1	--	0.153
20:5 n-3 (EPA) 1	g	0.102	1	--	0.087

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
22:5 n-3 (DPA) 1	g	0.130	1	--	0.111
22:6 n-3 (DHA) 1	g	0.035	1	--	0.030
Fatty acids, total trans	g	0.090	--	--	0.076
Fatty acids, total trans-monoenoic	g	0.090	--	--	0.076
Cholesterol 1	mg	243	1	--	207
Amino Acids					
Tryptophan 1	g	0.244	--	--	0.207
Threonine 1	g	0.844	--	--	0.717
Isoleucine 1	g	0.969	--	--	0.824
Leucine 1	g	1.758	--	--	1.494
Lysine 1	g	1.845	--	--	1.568
Methionine 1	g	0.766	--	--	0.651
Phenylalanine 1	g	0.906	--	--	0.770
Tyrosine 1	g	0.784	--	--	0.666
Valine 1	g	1.028	--	--	0.874
Arginine 1	g	1.533	--	--	1.303
Histidine 1	g	0.839	--	--	0.713
Alanine 1	g	1.213	--	--	1.031
Glutamic acid 1	g	3.249	--	--	2.762
Glycine 1	g	1.269	--	--	1.079
Proline 1	g	0.748	--	--	0.636
Serine 1	g	0.819	--	--	0.696
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Beef + Lamb New Zealand Limited New Zealand Beef + Lamb Study, 2012 Wellington