

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

Report Date: July 17, 2019 07:23 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	66.44	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Energy	kcal	150	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2014
Energy	kJ	629	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2014
Protein 1	g	23.30	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Total lipid (fat) 1	g	4.68	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Ash 1	g	1.80	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Carbohydrate, by difference	g	3.78	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2014
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2014
Sugars, total	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	02/2014
Minerals													
Calcium, Ca 1	mg	4	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe 1	mg	7.17	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Magnesium, Mg 1	mg	21	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Phosphorus, P 1	mg	397	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Potassium, K 1	mg	336	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Sodium, Na 1	mg	55	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Zinc, Zn 1	mg	3.40	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Copper, Cu 1	mg	5.730	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Manganese, Mn 1	mg	0.328	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Selenium, Se 1	µg	16.2	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2014

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Thiamin 1	mg	0.376	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Riboflavin 1	mg	3.040	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Niacin 1	mg	13.800	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Pantothenic acid 1	mg	9.800	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Vitamin B-6 1	mg	0.452	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Vitamin B-12 1	µg	96.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	02/2014
Vitamin A, RAE	µg	21014	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Retinol 1	µg	21014	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Carotene, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2014
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2014
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	70046	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2014
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2014
Vitamin E (alpha-tocopherol) 1	mg	1.28	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	02/2014
Vitamin D (D2 + D3)	µg	0.1	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Vitamin D3 (cholecalciferol) 1	µg	0.1	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Vitamin D 1	IU	4	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Lipids													
Fatty acids, total saturated	g	1.392	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2014
4:0	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	02/2014
6:0	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	02/2014
8:0 1	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
10:0 1	g	0.002	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0 1	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
14:0 1	g	0.019	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
16:0 1	g	0.394	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
17:0 1	g	0.054	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
18:0 1	g	0.902	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
20:0 1	g	0.004	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
22:0 1	g	0.007	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
24:0 1	g	0.011	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Fatty acids, total monounsaturated	g	0.533	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2014
14:1 1	g	0.003	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:1 1	g	0.003	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
16:1 undifferentiated 1	g	0.056	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
16:1 c 1	g	0.037	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
16:1 t 1	g	0.019	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
17:1 1	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
18:1 undifferentiated 1	g	0.465	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
18:1 c 1	g	0.394	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
18:1 t 1	g	0.071	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
20:1 1	g	0.003	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
22:1 undifferentiated 1	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 c 1	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
24:1 c 1	g	0.003	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Fatty acids, total polyunsaturated	g	0.824	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2014
18:2 undifferentiated 1	g	0.153	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
18:2 n-6 c,c 1	g	0.139	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
18:2 CLAs 1	g	0.014	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
18:2 t,t 1	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
18:3 undifferentiated 1	g	0.061	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
18:3 n-3 c,c,c (ALA) 1	g	0.050	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
18:3 n-6 c,c,c 1	g	0.010	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
18:4	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	02/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:2 n-6 c,c 1	g	0.007	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
20:3 undifferentiated 1	g	0.096	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
20:3 n-6 1	g	0.094	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
20:4 undifferentiated 1	g	0.180	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
20:4 n-6 1	g	0.180	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
20:5 n-3 (EPA) 1	g	0.102	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
22:5 n-3 (DPA) 1	g	0.130	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
22:6 n-3 (DHA) 1	g	0.035	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Fatty acids, total trans	g	0.090	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2014
Fatty acids, total trans-monoenoic	g	0.090	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2014
Cholesterol 1	mg	243	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan 1	g	0.244	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Threonine 1	g	0.844	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Isoleucine 1	g	0.969	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Leucine 1	g	1.758	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Lysine 1	g	1.845	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Methionine 1	g	0.766	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Phenylalanine 1	g	0.906	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Tyrosine 1	g	0.784	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Valine 1	g	1.028	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Arginine 1	g	1.533	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine ¹	g	0.839	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Alanine ¹	g	1.213	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Glutamic acid ¹	g	3.249	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Glycine ¹	g	1.269	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Proline ¹	g	0.748	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Serine ¹	g	0.819	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2014
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2014
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2014
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2014

Sources of Data

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