

**Basic Report 23568, Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled**

Report Date: June 16, 2019 04:49 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 3.0 oz<br>85g | 1 patty (yield from 1/4 lb<br>raw meat)<br>77g |
|--------------------------------|------|------------------------|---------------|--|
| <b>Proximates</b>              |      |                        |               |  |
| Water                          | g    | 57.98                  | 49.28         | 44.64  |
| Energy                         | kcal | 250                    | 212           | 192  |
| Protein                        | g    | 25.93                  | 22.04         | 19.97  |
| Total lipid (fat)              | g    | 15.41                  | 13.10         | 11.87  |
| 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   |
| <b>Minerals</b>                |      |                        |               |  |
| Calcium, Ca                    | mg   | 18                     | 15            | 14   |
| Iron, Fe                       | mg   | 2.60                   | 2.21          | 2.00   |
| Magnesium, Mg                  | mg   | 21                     | 18            | 16   |
| Phosphorus, P                  | mg   | 198                    | 168           | 152  |
| Potassium, K                   | mg   | 318                    | 270           | 245  |
| Sodium, Na                     | mg   | 72                     | 61            | 55   |
| Zinc, Zn                       | mg   | 6.31                   | 5.36          | 4.86   |
| <b>Vitamins</b>                |      |                        |               |  |
| Vitamin C, total ascorbic acid | mg   | 0.0                    | 0.0           | 0.0  |
| Thiamin                        | mg   | 0.046                  | 0.039         | 0.035  |
| Riboflavin                     | mg   | 0.176                  | 0.150         | 0.136  |
| Niacin                         | mg   | 5.378                  | 4.571         | 4.141  |
| Vitamin B-6                    | mg   | 0.382                  | 0.325         | 0.294  |
| Folate, DFE                    | µg   | 9                      | 8             | 7  |
| Vitamin B-12                   | µg   | 2.64                   | 2.24          | 2.03   |
| Vitamin A, RAE                 | µg   | 3                      | 3             | 2  |
| Vitamin A, IU                  | IU   | 9                      | 8             | 7  |
| Vitamin E (alpha-tocopherol)   | mg   | 0.12                   | 0.10          | 0.09   |

| <b>Nutrient</b>                    | <b>Unit</b> | <b>1<br/>Value<br/>Per100 g</b> | <b>3.0 oz<br/>85g</b> | <b>1 patty (yield from 1/4 lb<br/>raw meat)<br/>77g</b> |
|------------------------------------|-------------|---------------------------------|-----------------------|---|
| Vitamin D (D2 + D3)                | µg          | 0.0                             | 0.0                   | 0.0   |
| Vitamin D                          | IU          | 2                               | 2                     | 2   |
| Vitamin K (phylloquinone)          | µg          | 1.2                             | 1.0                   | 0.9   |
| <b>Lipids</b>                      |             |                                 |                       |   |
| Fatty acids, total saturated       | g           | 5.895                           | 5.011                 | 4.539   |
| Fatty acids, total monounsaturated | g           | 6.668                           | 5.668                 | 5.134   |
| Fatty acids, total polyunsaturated | g           | 0.484                           | 0.411                 | 0.373   |
| Fatty acids, total trans           | g           | 0.572                           | 0.486                 | 0.440   |
| Cholesterol                        | mg          | 88                              | 75                    | 68  |
| <b>Amino Acids</b>                 |             |                                 |                       |   |
| <b>Other</b>                       |             |                                 |                       |   |
| Caffeine                           | mg          | 0                               | 0                     | 0   |