

**Basic Report 23570, Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned**

Report Date: September 24, 2019 04:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
<b>Proximates</b>			
Water	g	55.90	47.52
Energy	kcal	256	218
Protein	g	27.73	23.57
Total lipid (fat)	g	15.30	13.01
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
<b>Minerals</b>			
Calcium, Ca	mg	22	19
Iron, Fe	mg	2.93	2.49
Magnesium, Mg	mg	25	21
Phosphorus, P	mg	238	202
Potassium, K	mg	407	346
Sodium, Na	mg	89	76
Zinc, Zn	mg	6.62	5.63
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.044	0.037
Riboflavin	mg	0.191	0.162
Niacin	mg	6.318	5.370
Vitamin B-6	mg	0.428	0.364
Folate, DFE	µg	10	8
Vitamin B-12	µg	2.80	2.38
Vitamin A, RAE	µg	3	3
Vitamin A, IU	IU	9	8
Vitamin E (alpha-tocopherol)	mg	0.12	0.10

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>3.0 oz 85g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	2	2
Vitamin K (phylloquinone)	µg	1.7	1.4
<b>Lipids</b>			
Fatty acids, total saturated	g	5.806	4.935
Fatty acids, total monounsaturated	g	6.572	5.586
Fatty acids, total polyunsaturated	g	0.477	0.405
Fatty acids, total trans	g	0.556	0.473
Cholesterol	mg	89	76
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0