

**Basic Report 36608, CRACKER BARREL, grilled sirloin steak**

Report Date: June 19, 2019 02:57 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 steak 151g
<b>Proximates</b>			
Water	g	59.40	89.69
Energy	kcal	203	307
Protein	g	31.52	47.60
Total lipid (fat)	g	8.52	12.87
Carbohydrate, by difference	g	0.00	0.00
<b>Minerals</b>			
Calcium, Ca	mg	7	11
Iron, Fe	mg	2.75	4.15
Magnesium, Mg	mg	28	42
Phosphorus, P	mg	249	376
Potassium, K	mg	408	616
Sodium, Na	mg	180	272
Zinc, Zn	mg	5.42	8.18
<b>Vitamins</b>			
Thiamin	mg	0.089	0.134
Riboflavin	mg	0.350	0.528
Niacin	mg	6.403	9.669
Vitamin B-6	mg	0.691	1.043
Vitamin B-12	µg	3.00	4.53
Vitamin A, RAE	µg	7	11
Vitamin A, IU	IU	23	35
Vitamin E (alpha-tocopherol)	mg	0.46	0.69
Vitamin K (phylloquinone)	µg	1.0	1.5
<b>Lipids</b>			
Fatty acids, total saturated	g	3.045	4.598
Fatty acids, total monounsaturated	g	3.405	5.142

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 steak 151g</b>
Fatty acids, total polyunsaturated	g	0.742	1.120
Fatty acids, total trans	g	0.426	0.643
Cholesterol	mg	87	131

**Amino Acids**

**Other**