

## Full Report (All Nutrients) 36608, CRACKER BARREL, grilled sirloin steak

Report Date: September 17, 2019 08:37 EDT

Nutrient values and weights are for edible portion.

Food Group : Restaurant Foods

Common Name: family style

Manufacturer Cracker Barrel

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 steak 151g
<b>Proximates</b>					
Water <a href="#">1</a>	g	59.40	6	0.580	89.69
Energy	kcal	203	--	--	307
Energy	kJ	848	--	--	1280
Protein <a href="#">1</a>	g	31.52	6	0.590	47.60
Total lipid (fat) <a href="#">1</a>	g	8.52	6	0.260	12.87
Ash <a href="#">1</a>	g	1.64	6	0.060	2.48
Carbohydrate, by difference	g	0.00	--	--	0.00
<b>Minerals</b>					
Calcium, Ca <a href="#">1</a>	mg	7	6	0.000	11
Iron, Fe <a href="#">1</a>	mg	2.75	6	0.060	4.15
Magnesium, Mg <a href="#">1</a>	mg	28	6	0.000	42
Phosphorus, P <a href="#">1</a>	mg	249	6	6.000	376
Potassium, K <a href="#">1</a>	mg	408	6	8.000	616
Sodium, Na <a href="#">1</a>	mg	180	6	40.000	272
Zinc, Zn <a href="#">1</a>	mg	5.42	6	0.200	8.18
Copper, Cu <a href="#">1</a>	mg	0.112	6	0.003	0.169
Manganese, Mn <a href="#">1</a>	mg	0.020	6	0.003	0.030
Selenium, Se <a href="#">1</a>	µg	31.8	3	1.400	48.0
<b>Vitamins</b>					
Thiamin <a href="#">1</a>	mg	0.089	3	0.002	0.134
Riboflavin <a href="#">1</a>	mg	0.350	3	0.020	0.528

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Niacin <a href="#">1</a>	mg	6.403	3	0.415	9.669
Pantothenic acid <a href="#">1</a>	mg	0.770	2	--	1.163
Vitamin B-6 <a href="#">1</a>	mg	0.691	3	0.022	1.043
Vitamin B-12 <a href="#">1</a>	µg	3.00	3	0.200	4.53
Vitamin A, RAE	µg	7	--	--	11
Retinol <a href="#">1</a>	µg	7	1	--	11
Vitamin A, IU	IU	23	--	--	35
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.46	3	0.020	0.69
Tocopherol, beta <a href="#">1</a>	mg	0.00	3	0.000	0.00
Tocopherol, gamma <a href="#">1</a>	mg	0.15	3	0.020	0.23
Tocopherol, delta <a href="#">1</a>	mg	0.03	3	0.010	0.05
Tocotrienol, alpha <a href="#">1</a>	mg	0.00	3	0.000	0.00
Tocotrienol, beta <a href="#">1</a>	mg	0.00	3	0.000	0.00
Tocotrienol, gamma <a href="#">1</a>	mg	0.00	3	0.000	0.00
Tocotrienol, delta <a href="#">1</a>	mg	0.00	3	0.000	0.00
Vitamin K (phylloquinone) <a href="#">2</a>	µg	1.0	1	--	1.5
<b>Lipids</b>					
Fatty acids, total saturated	g	3.045	--	--	4.598
4:0 <a href="#">1</a>	g	0.000	3	0.000	0.000
6:0 <a href="#">1</a>	g	0.000	3	0.000	0.000
8:0 <a href="#">1</a>	g	0.000	3	0.000	0.000
10:0 <a href="#">1</a>	g	0.008	3	0.001	0.012
12:0 <a href="#">1</a>	g	0.006	3	0.001	0.009
14:0 <a href="#">1</a>	g	0.185	3	0.021	0.279
15:0 <a href="#">1</a>	g	0.033	3	0.003	0.050
16:0 <a href="#">1</a>	g	1.705	3	0.111	2.575
17:0 <a href="#">1</a>	g	0.093	3	0.003	0.140
18:0 <a href="#">1</a>	g	0.996	3	0.060	1.504
20:0 <a href="#">1</a>	g	0.008	3	0.001	0.012
22:0 <a href="#">1</a>	g	0.007	3	0.000	0.011
24:0 <a href="#">1</a>	g	0.004	3	0.000	0.006
Fatty acids, total monounsaturated	g	3.405	--	--	5.142

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14:1 <a href="#">1</a>	g	0.044	3	0.005	0.066
15:1 <a href="#">1</a>	g	0.000	3	0.000	0.000
16:1 undifferentiated <a href="#">1</a>	g	0.229	3	0.006	0.346
16:1 c <a href="#">1</a>	g	0.206	3	0.006	0.311
16:1 t <a href="#">1</a>	g	0.023	3	0.001	0.035
17:1 <a href="#">1</a>	g	0.064	3	0.002	0.097
18:1 undifferentiated <a href="#">1</a>	g	3.042	3	0.091	4.593
18:1 c <a href="#">1</a>	g	2.677	3	0.067	4.042
18:1 t <a href="#">1</a>	g	0.365	3	0.049	0.551
20:1 <a href="#">1</a>	g	0.026	3	0.003	0.039
22:1 undifferentiated <a href="#">1</a>	g	0.000	3	0.000	0.000
22:1 c <a href="#">1</a>	g	0.000	3	0.000	0.000
22:1 t <a href="#">1</a>	g	0.000	3	0.000	0.000
24:1 c <a href="#">1</a>	g	0.000	3	0.000	0.000
Fatty acids, total polyunsaturated	g	0.742	--	--	1.120
18:2 undifferentiated <a href="#">1</a>	g	0.556	3	0.056	0.840
18:2 n-6 c,c <a href="#">1</a>	g	0.486	3	0.057	0.734
18:2 CLAs <a href="#">1</a>	g	0.032	3	0.001	0.048
18:2 t not further defined <a href="#">1</a>	g	0.037	3	0.005	0.056
18:3 undifferentiated <a href="#">1</a>	g	0.037	3	0.007	0.056
18:3 n-3 c,c,c (ALA) <a href="#">1</a>	g	0.035	3	0.007	0.053
18:3 n-6 c,c,c <a href="#">1</a>	g	0.002	3	0.001	0.003
18:3i <a href="#">1</a>	g	0.000	3	0.000	0.000
18:4 <a href="#">1</a>	g	0.000	3	0.000	0.000
20:2 n-6 c,c <a href="#">1</a>	g	0.005	3	0.001	0.008
20:3 undifferentiated <a href="#">1</a>	g	0.025	3	0.001	0.038
20:3 n-6 <a href="#">1</a>	g	0.025	3	0.001	0.038
20:4 undifferentiated <a href="#">1</a>	g	0.077	3	0.003	0.116
20:5 n-3 (EPA) <a href="#">1</a>	g	0.009	3	0.001	0.014
22:4 <a href="#">1</a>	g	0.009	3	0.001	0.014
22:5 n-3 (DPA) <a href="#">1</a>	g	0.022	3	0.002	0.033
22:6 n-3 (DHA) <a href="#">1</a>	g	0.002	3	0.001	0.003

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Fatty acids, total trans	g	0.426	--	--	0.643
Fatty acids, total trans-monoenoic	g	0.388	--	--	0.586
Cholesterol <sup>1</sup>	mg	87	3	3.000	131
<b>Amino Acids</b>					
Tryptophan <sup>2</sup>	g	0.410	--	--	0.619
Threonine <sup>2</sup>	g	1.523	--	--	2.300
Isoleucine <sup>2</sup>	g	1.618	--	--	2.443
Leucine <sup>2</sup>	g	2.795	--	--	4.220
Lysine <sup>2</sup>	g	3.100	--	--	4.681
Methionine <sup>2</sup>	g	0.830	--	--	1.253
Cystine <sup>2</sup>	g	0.315	--	--	0.476
Phenylalanine <sup>2</sup>	g	1.376	--	--	2.078
Tyrosine <sup>2</sup>	g	1.145	--	--	1.729
Valine <sup>2</sup>	g	2.889	--	--	4.362
Arginine <sup>2</sup>	g	2.238	--	--	3.379
Histidine <sup>2</sup>	g	1.219	--	--	1.841
Alanine <sup>2</sup>	g	1.923	--	--	2.904
Aspartic acid <sup>2</sup>	g	3.142	--	--	4.744
Glutamic acid <sup>2</sup>	g	5.127	--	--	7.742
Glycine <sup>2</sup>	g	1.502	--	--	2.268
Proline <sup>2</sup>	g	1.345	--	--	2.031
Serine <sup>2</sup>	g	1.271	--	--	1.919

**Other**

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 16i, 2012 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12g, 2008 Beltsville MD