

## Basic Report 13047, Beef, grass-fed, ground, raw

Report Date: March 20, 2018 01:57 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 85g
<b>Proximates</b>			
Water	g	67.13	57.06
Energy	kcal	198	168
Protein	g	19.42	16.51
Total lipid (fat)	g	12.73	10.82
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	12	10
Iron, Fe	mg	1.99	1.69
Magnesium, Mg	mg	19	16
Phosphorus, P	mg	175	149
Potassium, K	mg	289	246
Sodium, Na	mg	68	58
Zinc, Zn	mg	4.55	3.87
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.049	0.042
Riboflavin	mg	0.154	0.131
Niacin	mg	4.818	4.095
Vitamin B-6	mg	0.355	0.302
Folate, DFE	µg	6	5
Vitamin B-12	µg	1.97	1.67
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.35	0.30

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 serving 85g</b>
Vitamin K (phylloquinone)	µg	1.1	0.9
<b>Lipids</b>			
Fatty acids, total saturated	g	5.335	4.535
Fatty acids, total monounsaturated	g	4.800	4.080
Fatty acids, total polyunsaturated	g	0.532	0.452
Fatty acids, total trans	g	0.751	0.638
Cholesterol	mg	62	53
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0