

Basic Report 13067, Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Report Date: June 24, 2019 05:02 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 steak (yield from 483 g raw meat) 387g
Proximates				
Water	g	63.33	53.83	245.09
Energy	kcal	202	172	782
Protein	g	27.55	23.42	106.62
Total lipid (fat)	g	9.31	7.91	36.03
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
Minerals				
Calcium, Ca	mg	18	15	70
Iron, Fe	mg	1.80	1.53	6.97
Magnesium, Mg	mg	22	19	85
Phosphorus, P	mg	201	171	778
Potassium, K	mg	326	277	1262
Sodium, Na	mg	53	45	205
Zinc, Zn	mg	4.79	4.07	18.54
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.069	0.059	0.267
Riboflavin	mg	0.121	0.103	0.468
Niacin	mg	7.471	6.350	28.913
Vitamin B-6	mg	0.549	0.467	2.125
Folate, DFE	µg	9	8	35
Vitamin B-12	µg	1.82	1.55	7.04
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.39	0.33	1.51

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Vitamin K (phylloquinone)	µg	1.4	1.2	5.4
Lipids				
Fatty acids, total saturated	g	3.840	3.264	14.861
Fatty acids, total monounsaturated	g	3.751	3.188	14.516
Fatty acids, total polyunsaturated	g	0.364	0.309	1.409
Cholesterol	mg	81	69	313
Amino Acids				
Other				
Caffeine	mg	0	0	0