

**Basic Report 13069, Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised**

Report Date: June 18, 2019 07:10 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 3.0 oz<br>85g | 1 piece, cooked, excluding<br>refuse (yield from 1 lb raw<br>meat with refuse)<br>246g |
|--------------------------------|------|------------------------|---------------|--|
| <b>Proximates</b>              |      |                        |               |  |
| Water                          | g    | 57.27                  | 48.68         | 140.88   |
| Energy                         | kcal | 237                    | 201           | 583  |
| Protein                        | g    | 28.02                  | 23.82         | 68.93  |
| Total lipid (fat)              | g    | 13.00                  | 11.05         | 31.98  |
| 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   |
| <b>Minerals</b>                |      |                        |               |  |
| Calcium, Ca                    | mg   | 6                      | 5             | 15   |
| Iron, Fe                       | mg   | 3.47                   | 2.95          | 8.54   |
| Magnesium, Mg                  | mg   | 24                     | 20            | 59   |
| Phosphorus, P                  | mg   | 267                    | 227           | 657  |
| Potassium, K                   | mg   | 351                    | 298           | 863  |
| Sodium, Na                     | mg   | 72                     | 61            | 177  |
| Zinc, Zn                       | mg   | 6.05                   | 5.14          | 14.88  |
| <b>Vitamins</b>                |      |                        |               |  |
| Vitamin C, total ascorbic acid | mg   | 0.0                    | 0.0           | 0.0  |
| Thiamin                        | mg   | 0.140                  | 0.119         | 0.344  |
| Riboflavin                     | mg   | 0.190                  | 0.161         | 0.467  |
| Niacin                         | mg   | 4.600                  | 3.910         | 11.316   |
| Vitamin B-6                    | mg   | 0.360                  | 0.306         | 0.886  |
| Folate, DFE                    | µg   | 9                      | 8             | 22   |
| Vitamin B-12                   | µg   | 3.41                   | 2.90          | 8.39   |
| Vitamin A, RAE                 | µg   | 0                      | 0             | 0  |
| Vitamin A, IU                  | IU   | 0                      | 0             | 0  |
| Vitamin E (alpha-tocopherol)   | mg   | 0.14                   | 0.12          | 0.34   |

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|------------------------------------|-------------|---------------------------------|-----------------------|--|
| Vitamin D (D2 + D3)                | µg          | 0.2                             | 0.2                   | 0.5  |
| Vitamin D                          | IU          | 8                               | 7                     | 20   |
| Vitamin K (phylloquinone)          | µg          | 1.6                             | 1.4                   | 3.9  |
| <b>Lipids</b>                      |             |                                 |                       |  |
| Fatty acids, total saturated       | g           | 5.540                           | 4.709                 | 13.628   |
| Fatty acids, total monounsaturated | g           | 5.440                           | 4.624                 | 13.382   |
| Fatty acids, total polyunsaturated | g           | 0.390                           | 0.331                 | 0.959  |
| Cholesterol                        | mg          | 71                              | 60                    | 175  |
| <b>Amino Acids</b>                 |             |                                 |                       |  |
| <b>Other</b>                       |             |                                 |                       |  |
| Caffeine                           | mg          | 0                               | 0                     | 0  |