

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

Report Date: June 25, 2019 21:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 246g
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0