

Statistics Report 13069, Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised
Report Date: July 20, 2019 05:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	57.27	11	0.010	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
Energy	kcal	237	--	--	0	0	--	--	--	--	Calculated or imputed	--	05/1990
Energy	kJ	992	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Protein	g	28.02	11	0.580	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
Total lipid (fat)	g	13.00	11	0.990	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
Ash	g	2.14	7	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
Carbohydrate, by difference	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	05/1990
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	05/1990
Sugars, total	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	07/2002
Minerals													
Calcium, Ca	mg	6	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990

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Iron, Fe	mg	3.47	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
Magnesium, Mg	mg	24	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
Phosphorus, P	mg	267	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
Potassium, K	mg	351	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
Sodium, Na	mg	72	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
Zinc, Zn	mg	6.05	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
Copper, Cu	mg	0.124	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
Manganese, Mn	mg	0.019	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
Selenium, Se	µg	30.8	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/1998
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	05/1990
Thiamin	mg	0.140	7	0.061	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.190	7	0.200	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
Niacin	mg	4.600	7	0.212	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
Pantothenic acid	mg	0.380	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
Vitamin B-6	mg	0.360	7	0.049	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
Folate, total	µg	9	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	9	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2009
Folate, DFE	µg	9	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2010
Choline, total	mg	106.7	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/2006
Betaine	mg	14.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/2006
Vitamin B-12	µg	3.41	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2002
Retinol	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2002
Carotene, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	07/2002
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	07/2002
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	07/2002
Vitamin A, IU	IU	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	07/2002
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	07/2002
Vitamin E (alpha-tocopherol)	mg	0.14	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2002
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.2	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2009
Vitamin D3 (cholecalciferol)	µg	0.2	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D	IU	8	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin K (phylloquinone)	µg	1.6	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Lipids													
Fatty acids, total saturated	g	5.540	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990

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4:0	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
6:0	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
8:0	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
10:0	g	0.010	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
12:0	g	0.010	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
14:0	g	0.420	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
16:0	g	3.200	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
18:0	g	1.710	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
Fatty acids, total monounsaturated	g	5.440	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
16:1 undifferentiated	g	0.480	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
18:1 undifferentiated	g	4.850	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990

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20:1	g	0.010	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
22:1 undifferentiated	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
Fatty acids, total polyunsaturated	g	0.390	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
18:2 undifferentiated	g	0.280	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
18:3 undifferentiated	g	0.090	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
18:4	g	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
20:4 undifferentiated	g	0.020	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
20:5 n-3 (EPA) 3	g	0.003	18	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
22:5 n-3 (DPA) 3	g	0.015	18	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
22:6 n-3 (DHA) 3	g	0.001	18	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	71	6	8.000	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1990
Amino Acids													
Tryptophan 1 2	g	0.184	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Threonine 1 2	g	1.119	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Isoleucine 1 2	g	1.275	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Leucine 1 2	g	2.229	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Lysine 1 2	g	2.368	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Methionine 1 2	g	0.730	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Cystine 1 2	g	0.362	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Phenylalanine 1 2	g	1.107	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Tyrosine 1 2	g	0.893	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Valine 1 2	g	1.390	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Arginine 1 2	g	1.812	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Histidine 1 2	g	0.894	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Alanine 1 2	g	1.703	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Aspartic acid 1 2	g	2.552	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Glutamic acid 1 2	g	4.206	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Glycine 1 2	g	1.706	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Proline 1 2	g	1.336	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine 1 2	g	1.104	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Hydroxyproline	g	0.294	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2003
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	07/2002
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	07/2002

Sources of Data

¹National Cattleman's Beef Association **Nutrient Content of Ground Beef**, 2000

²National Cattlemen's Beef Association (NCBA) **Nutrient Content of Retail Beef Cuts with 1/8 inch Trim Beef**, 2000 Chicago IL

³National Cattlemen's Beef Association (NCBA) **Nutrient Content of Beef**, 2010 Chicago IL