

Full Report (All Nutrients) 13095, Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw

Report Date: July 23, 2019 18:16 EDT

Nutrient values and weights are for edible portion.

Food Group : Beef Products

Common Name: ribeye, Delmonico

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Refuse:4% Refuse Description: Connective tissue

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 lb 453.6g
Proximates						
Water	g	58.03	--	--	16.45	263.22
Energy	kcal	274	--	--	78	1243
Energy	kJ	1146	--	--	325	5198
Protein	g	17.51	--	--	4.96	79.43
Total lipid (fat)	g	22.07	--	--	6.26	100.11
Ash	g	0.85	--	--	0.24	3.86
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	10	--	--	3	45
Iron, Fe	mg	1.87	--	--	0.53	8.48
Magnesium, Mg	mg	18	--	--	5	82
Phosphorus, P	mg	168	--	--	48	762
Potassium, K	mg	305	--	--	86	1383
Sodium, Na	mg	56	--	--	16	254
Zinc, Zn	mg	3.85	--	--	1.09	17.46
Copper, Cu	mg	0.060	--	--	0.017	0.272
Manganese, Mn	mg	0.012	--	--	0.003	0.054
Selenium, Se	µg	16.5	--	--	4.7	74.8

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 lb 453.6g
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.080	--	--	0.023	0.363
Riboflavin	mg	0.130	--	--	0.037	0.590
Niacin	mg	3.230	--	--	0.916	14.651
Pantothenic acid	mg	0.290	--	--	0.082	1.315
Vitamin B-6	mg	0.360	--	--	0.102	1.633
Folate, total	µg	5	--	--	1	23
Folic acid	µg	0	--	--	0	0
Folate, food	µg	5	--	--	1	23
Folate, DFE	µg	5	--	--	1	23
Vitamin B-12	µg	3.11	--	--	0.88	14.11
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lipids						
Fatty acids, total saturated	g	9.000	--	--	2.551	40.824
10:0	g	0.070	--	--	0.020	0.318
12:0	g	0.050	--	--	0.014	0.227
14:0	g	0.710	--	--	0.201	3.221
16:0	g	5.410	--	--	1.534	24.540
18:0	g	2.760	--	--	0.782	12.519
Fatty acids, total monounsaturated	g	9.580	--	--	2.716	43.455
16:1 undifferentiated	g	1.080	--	--	0.306	4.899
18:1 undifferentiated	g	8.470	--	--	2.401	38.420
20:1	g	0.030	--	--	0.009	0.136
Fatty acids, total polyunsaturated	g	0.770	--	--	0.218	3.493
18:2 undifferentiated	g	0.510	--	--	0.145	2.313
18:3 undifferentiated	g	0.240	--	--	0.068	1.089
20:4 undifferentiated	g	0.020	--	--	0.006	0.091
Cholesterol	mg	68	--	--	19	308
Amino Acids						
Tryptophan	g	0.196	--	--	0.056	0.889
Threonine	g	0.765	--	--	0.217	3.470

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 lb 453.6g
Isoleucine	g	0.787	--	--	0.223	3.570
Leucine	g	1.384	--	--	0.392	6.278
Lysine	g	1.457	--	--	0.413	6.609
Methionine	g	0.448	--	--	0.127	2.032
Cystine	g	0.196	--	--	0.056	0.889
Phenylalanine	g	0.684	--	--	0.194	3.103
Tyrosine	g	0.588	--	--	0.167	2.667
Valine	g	0.852	--	--	0.242	3.865
Arginine	g	1.107	--	--	0.314	5.021
Histidine	g	0.600	--	--	0.170	2.722
Alanine	g	1.056	--	--	0.299	4.790
Aspartic acid	g	1.600	--	--	0.454	7.258
Glutamic acid	g	2.631	--	--	0.746	11.934
Glycine	g	0.955	--	--	0.271	4.332
Proline	g	0.773	--	--	0.219	3.506
Serine	g	0.670	--	--	0.190	3.039

Other

Languag Code(s)

- A0150 MEAT OR MEAT PRODUCT (FROM MAMMAL) (US CFR)
- A1283 1300 BEEF PRODUCTS (USDA SR)
- B1161 CATTLE
- C0269 SKELETAL MEAT PART, WITHOUT BONE AND SKIN, WITH SEPARABLE FAT
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- R0001 GEOGRAPHIC PLACE OR REGION NOT KNOWN
- Z0010 CHOICE GRADE
- Z0023 RIB (MEAT CUT)
- Z0106 EXTERNAL FAT TRIMMED TO 0 INCH