

Basic Report 13147, Beef, rib, shortribs, separable lean and fat, choice, raw

Report Date: February 21, 2018 12:16 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 lb 453.6g
Proximates				
Water	g	48.29	13.69	219.04
Energy	kcal	388	110	1760
Protein	g	14.40	4.08	65.32
Total lipid (fat)	g	36.23	10.27	164.34
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	9	3	41
Iron, Fe	mg	1.55	0.44	7.03
Magnesium, Mg	mg	14	4	64
Phosphorus, P	mg	137	39	621
Potassium, K	mg	232	66	1052
Sodium, Na	mg	49	14	222
Zinc, Zn	mg	3.16	0.90	14.33
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.071	0.020	0.322
Riboflavin	mg	0.118	0.033	0.535
Niacin	mg	2.556	0.725	11.594
Vitamin B-6	mg	0.300	0.085	1.361
Folate, DFE	µg	5	1	23
Vitamin B-12	µg	2.56	0.73	11.61
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Lipids				
Fatty acids, total saturated	g	15.760	4.468	71.487

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 lb 453.6g
Fatty acids, total monounsaturated	g	16.390	4.647	74.345
Fatty acids, total polyunsaturated	g	1.320	0.374	5.988
Cholesterol	mg	76	22	345
Amino Acids				
Other				