

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

Report Date: November 21, 2017 07:04 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 lb 453.6g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
Fatty acids, total saturated	g	15.760	4.468	71.487

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 oz 28.35g</b>	<b>1 lb 453.6g</b>
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
<b>Amino Acids</b>				
<b>Other</b>				