

**Basic Report 13156, Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled**

Report Date: November 19, 2018 00:10 EST

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) 285g
<b>Proximates</b>				
Water	g	60.50	51.42	172.43
Energy	kcal	191	162	544
Protein	g	29.21	24.83	83.25
Total lipid (fat)	g	7.31	6.21	20.83
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
<b>Minerals</b>				
Calcium, Ca	mg	5	4	14
Iron, Fe	mg	2.70	2.30	7.70
Magnesium, Mg	mg	28	24	80
Phosphorus, P	mg	256	218	730
Potassium, K	mg	422	359	1203
Sodium, Na	mg	64	54	182
Zinc, Zn	mg	4.64	3.94	13.22
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.100	0.085	0.285
Riboflavin	mg	0.220	0.187	0.627
Niacin	mg	4.260	3.621	12.141
Vitamin B-6	mg	0.400	0.340	1.140
Folate, DFE	µg	10	8	28
Vitamin B-12	µg	3.17	2.69	9.03
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.14	0.12	0.40

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Vitamin D (D2 + D3)	µg	0.1	0.1	0.3
Vitamin D	IU	5	4	14
Vitamin K (phylloquinone)	µg	1.5	1.3	4.3
<b>Lipids</b>				
Fatty acids, total saturated	g	2.560	2.176	7.296
Fatty acids, total monounsaturated	g	3.100	2.635	8.835
Fatty acids, total polyunsaturated	g	0.310	0.264	0.883
Cholesterol	mg	78	66	222
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0