

## Basic Report 13235, Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw

Report Date: October 23, 2017 18:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 steak 461g
<b>Proximates</b>				
Water	g	69.97	59.47	322.56
Energy	kcal	160	136	738
Protein	g	22.10	18.79	101.88
Total lipid (fat)	g	7.27	6.18	33.51
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	21	18	97
Iron, Fe	mg	1.65	1.40	7.61
Magnesium, Mg	mg	11	9	51
Phosphorus, P	mg	196	167	904
Potassium, K	mg	263	224	1212
Sodium, Na	mg	35	30	161
Zinc, Zn	mg	3.86	3.28	17.79
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.051	0.043	0.235
Riboflavin	mg	0.225	0.191	1.037
Niacin	mg	5.765	4.900	26.577
Vitamin B-6	mg	0.634	0.539	2.923
Folate, DFE	µg	4	3	18
Vitamin B-12	µg	1.79	1.52	8.25
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.28	0.24	1.29

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Vitamin D (D2 + D3)	µg	0.1	0.1	0.5
Vitamin D	IU	3	3	14
Vitamin K (phylloquinone)	µg	1.3	1.1	6.0
<b>Lipids</b>				
Fatty acids, total saturated	g	2.782	2.365	12.825
Fatty acids, total monounsaturated	g	3.091	2.627	14.250
Fatty acids, total polyunsaturated	g	0.374	0.318	1.724
Fatty acids, total trans	g	0.303	0.258	1.397
Cholesterol	mg	59	50	272
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0