

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

Report Date: February 25, 2018 06:47 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 steak 461g
Proximates				
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
Minerals				
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
Vitamins				
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

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 steak 461g
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0