

Basic Report 13325, Beef, variety meats and by-products, liver, raw

Report Date: February 25, 2018 12:34 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Proximates			
Water	g	70.81	60.19
Energy	kcal	135	115
Protein	g	20.36	17.31
Total lipid (fat)	g	3.63	3.09
Carbohydrate, by difference	g	3.89	3.31
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	5	4
Iron, Fe	mg	4.90	4.17
Magnesium, Mg	mg	18	15
Phosphorus, P	mg	387	329
Potassium, K	mg	313	266
Sodium, Na	mg	69	59
Zinc, Zn	mg	4.00	3.40
Vitamins			
Vitamin C, total ascorbic acid	mg	1.3	1.1
Thiamin	mg	0.189	0.161
Riboflavin	mg	2.755	2.342
Niacin	mg	13.175	11.199
Vitamin B-6	mg	1.083	0.921
Folate, DFE	µg	290	246
Vitamin B-12	µg	59.30	50.41
Vitamin A, RAE	µg	4968	4223
Vitamin A, IU	IU	16898	14363
Vitamin E (alpha-tocopherol)	mg	0.38	0.32

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Vitamin D (D2 + D3)	µg	1.2	1.0
Vitamin D	IU	49	42
Vitamin K (phylloquinone)	µg	3.1	2.6
Lipids			
Fatty acids, total saturated	g	1.233	1.048
Fatty acids, total monounsaturated	g	0.479	0.407
Fatty acids, total polyunsaturated	g	0.465	0.395
Fatty acids, total trans	g	0.170	0.145
Cholesterol	mg	275	234
Amino Acids			
Other			
Caffeine	mg	0	0