

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

Report Date: September 22, 2017 20:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>3.0 oz 85g</b>
Vitamin D (D2 + D3)	µg	1.2	1.0
Vitamin D	IU	49	42
Vitamin K (phylloquinone)	µg	3.1	2.6
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0