

## Basic Report 13327, Beef, variety meats and by-products, liver, cooked, pan-fried

Report Date: December 17, 2017 04:55 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 slice 81g
<b>Proximates</b>			
Water	g	62.01	50.23
Energy	kcal	175	142
Protein	g	26.52	21.48
Total lipid (fat)	g	4.68	3.79
Carbohydrate, by difference	g	5.16	4.18
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
<b>Minerals</b>			
Calcium, Ca	mg	6	5
Iron, Fe	mg	6.17	5.00
Magnesium, Mg	mg	22	18
Phosphorus, P	mg	485	393
Potassium, K	mg	351	284
Sodium, Na	mg	77	62
Zinc, Zn	mg	5.23	4.24
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.7	0.6
Thiamin	mg	0.177	0.143
Riboflavin	mg	3.425	2.774
Niacin	mg	17.475	14.155
Vitamin B-6	mg	1.027	0.832
Folate, DFE	µg	260	211
Vitamin B-12	µg	83.13	67.34
Vitamin A, RAE	µg	7744	6273
Vitamin A, IU	IU	26088	21131
Vitamin E (alpha-tocopherol)	mg	0.46	0.37

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 slice 81g</b>
Vitamin D (D2 + D3)	µg	1.2	1.0
Vitamin D	IU	49	40
Vitamin K (phylloquinone)	µg	3.9	3.2
<b>Lipids</b>			
Fatty acids, total saturated	g	2.530	2.049
Fatty acids, total monounsaturated	g	1.106	0.896
Fatty acids, total polyunsaturated	g	1.021	0.827
Fatty acids, total trans	g	0.335	0.271
Cholesterol	mg	381	309
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0