

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

Report Date: March 24, 2018 19:22 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 slice 81g
Proximates			
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
Minerals			
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
Vitamins			
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

Nutrient	Unit	1 Value Per100 g	1 slice 81g
Vitamin D (D2 + D3)	µg	1.2	1.0
Vitamin D	IU	49	40
Vitamin K (phylloquinone)	µg	3.9	3.2
Lipids			
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
Amino Acids			
Other			
Caffeine	mg	0	0