

Basic Report 13367, Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Report Date: November 20, 2017 21:44 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 314g
Proximates				
Water	g	51.54	43.81	161.84
Energy	kcal	291	247	914
Protein	g	26.79	22.77	84.12
Total lipid (fat)	g	19.52	16.59	61.29
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	7	6	22
Iron, Fe	mg	2.53	2.15	7.94
Magnesium, Mg	mg	21	18	66
Phosphorus, P	mg	216	184	678
Potassium, K	mg	259	220	813
Sodium, Na	mg	65	55	204
Zinc, Zn	mg	5.96	5.07	18.71
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.070	0.060	0.220
Riboflavin	mg	0.200	0.170	0.628
Niacin	mg	3.370	2.865	10.582
Vitamin B-6	mg	0.270	0.230	0.848
Folate, DFE	µg	7	6	22
Vitamin B-12	µg	2.45	2.08	7.69
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.19	0.16	0.60

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 314g
Vitamin D (D2 + D3)	µg	0.3	0.3	0.9
Vitamin D	IU	13	11	41
Vitamin K (phylloquinone)	µg	1.8	1.5	5.7
Lipids				
Fatty acids, total saturated	g	7.530	6.401	23.644
Fatty acids, total monounsaturated	g	8.680	7.378	27.255
Fatty acids, total polyunsaturated	g	0.670	0.570	2.104
Cholesterol	mg	93	79	292
Amino Acids				
Other				
Caffeine	mg	0	0	0