

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

Report Date: July 26, 2017 06:26 EDT

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 |

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| 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 |