

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

Report Date: May 28, 2017 04:31 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
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0