

Basic Report 13380, Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Report Date: June 19, 2019 02:55 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 roast 658g
Proximates				
Water	g	51.93	44.14	341.70
Energy	kcal	306	260	2013
Protein	g	26.39	22.43	173.65
Total lipid (fat)	g	21.48	18.26	141.34
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	14	12	92
Iron, Fe	mg	2.68	2.28	17.63
Magnesium, Mg	mg	19	16	125
Phosphorus, P	mg	174	148	1145
Potassium, K	mg	262	223	1724
Sodium, Na	mg	61	52	401
Zinc, Zn	mg	9.05	7.69	59.55
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.066	0.056	0.434
Riboflavin	mg	0.214	0.182	1.408
Niacin	mg	3.636	3.091	23.925
Vitamin B-6	mg	0.296	0.252	1.948
Vitamin B-12	µg	3.10	2.63	20.40
Vitamin A, RAE	µg	8	7	53
Vitamin A, IU	IU	26	22	171
Vitamin E (alpha-tocopherol)	mg	0.09	0.08	0.59
Vitamin D (D2 + D3)	µg	0.2	0.2	1.3

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 roast 658g
Vitamin D	IU	6	5	39
Vitamin K (phylloquinone)	µg	1.6	1.4	10.5
Lipids				
Fatty acids, total saturated	g	8.532	7.252	56.141
Fatty acids, total monounsaturated	g	9.954	8.461	65.497
Fatty acids, total polyunsaturated	g	0.856	0.728	5.632
Fatty acids, total trans	g	1.193	1.014	7.850
Cholesterol	mg	100	85	658
Amino Acids				
Other				
Caffeine	mg	0	0	0