

Basic Report 13491, Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Report Date: June 19, 2019 15:33 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 3.0 oz 85g | 1 steak 277g |
|--------------------------------|------|------------------------|---------------|-----------------|
| Proximates | | | | |
| Water | g | 64.28 | 54.64 | 178.06 |
| Energy | kcal | 162 | 138 | 449 |
| Protein | g | 30.09 | 25.58 | 83.35 |
| Total lipid (fat) | g | 3.77 | 3.20 | 10.44 |
| 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 | 18 | 15 | 50 |
| Iron, Fe | mg | 3.25 | 2.76 | 9.00 |
| Magnesium, Mg | mg | 17 | 14 | 47 |
| Phosphorus, P | mg | 306 | 260 | 848 |
| Potassium, K | mg | 435 | 370 | 1205 |
| Sodium, Na | mg | 75 | 64 | 208 |
| Zinc, Zn | mg | 5.15 | 4.38 | 14.27 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.089 | 0.076 | 0.247 |
| Riboflavin | mg | 0.328 | 0.279 | 0.909 |
| Niacin | mg | 8.975 | 7.629 | 24.861 |
| Vitamin B-6 | mg | 0.882 | 0.750 | 2.443 |
| Folate, DFE | µg | 5 | 4 | 14 |
| Vitamin B-12 | µg | 2.28 | 1.94 | 6.32 |
| Vitamin A, RAE | µg | 3 | 3 | 8 |
| Vitamin A, IU | IU | 9 | 8 | 25 |
| Vitamin E (alpha-tocopherol) | mg | 0.32 | 0.27 | 0.89 |

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| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 1 | 1 | 3 |
| Vitamin K (phylloquinone) | µg | 1.5 | 1.3 | 4.2 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 1.556 | 1.323 | 4.310 |
| Fatty acids, total monounsaturated | g | 1.794 | 1.525 | 4.969 |
| Fatty acids, total polyunsaturated | g | 0.310 | 0.264 | 0.859 |
| Fatty acids, total trans | g | 0.191 | 0.162 | 0.529 |
| Cholesterol | mg | 86 | 73 | 238 |
| Amino Acids | | | | |
| Other | | | | |
| Caffeine | mg | 0 | 0 | 0 |