

**Full Report (All Nutrients) 13491, Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

**Report Date: September 19, 2019 15:36 EDT**

Nutrient values and weights are for edible portion.

Food Group : Beef Products

**Common Name: Top Round Steak**

**Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25**

| Nutrient                    | Unit | 1 Value<br>Per100 g | Data<br>points | Std. Error | 3.0 oz<br>85g | 1 steak<br>277g |
|-----------------------------|------|---------------------|----------------|------------|---------------|-----------------|
| <b>Proximates</b>           |      |                     |                |            |               |                 |
| Water                       | g    | 64.28               | --             | --         | 54.64         | 178.06          |
| Energy                      | kcal | 162                 | --             | --         | 138           | 449             |
| Energy                      | kJ   | 680                 | --             | --         | 578           | 1884            |
| Protein                     | g    | 30.09               | --             | --         | 25.58         | 83.35           |
| Total lipid (fat)           | g    | 3.77                | --             | --         | 3.20          | 10.44           |
| Ash                         | g    | 1.29                | --             | --         | 1.10          | 3.57            |
| 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   | 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           |
| Copper, Cu                  | mg   | 0.066               | --             | --         | 0.056         | 0.183           |
| Manganese, Mn               | mg   | 0.005               | --             | --         | 0.004         | 0.014           |
| Selenium, Se                | µg   | 30.8                | --             | --         | 26.2          | 85.3            |

**Vitamins**

| Nutrient                               | Unit | 1<br>Value<br>Per100 g | Data<br>points | Std. Error | 3.0 oz<br>85g | 1 steak<br>277g |
|----------------------------------------|------|------------------------|----------------|------------|---------------|-----------------|
| 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          |
| Pantothenic acid                       | mg   | 0.497                  | --             | --         | 0.422         | 1.377           |
| Vitamin B-6                            | mg   | 0.882                  | --             | --         | 0.750         | 2.443           |
| Folate, total                          | µg   | 5                      | --             | --         | 4             | 14              |
| Folic acid                             | µg   | 0                      | --             | --         | 0             | 0               |
| Folate, food                           | µg   | 5                      | --             | --         | 4             | 14              |
| Folate, DFE                            | µg   | 5                      | --             | --         | 4             | 14              |
| Choline, total                         | mg   | 90.1                   | --             | --         | 76.6          | 249.6           |
| Betaine                                | mg   | 15.4                   | --             | --         | 13.1          | 42.7            |
| Vitamin B-12                           | µg   | 2.28                   | --             | --         | 1.94          | 6.32            |
| Vitamin B-12, added                    | µg   | 0.00                   | --             | --         | 0.00          | 0.00            |
| Vitamin A, RAE                         | µg   | 3                      | --             | --         | 3             | 8               |
| Retinol                                | µg   | 3                      | --             | --         | 3             | 8               |
| Carotene, beta                         | µg   | 0                      | --             | --         | 0             | 0               |
| Carotene, alpha                        | µg   | 0                      | --             | --         | 0             | 0               |
| Cryptoxanthin, beta                    | µg   | 0                      | --             | --         | 0             | 0               |
| Vitamin A, IU                          | IU   | 9                      | --             | --         | 8             | 25              |
| Lycopene                               | µg   | 0                      | --             | --         | 0             | 0               |
| Lutein + zeaxanthin                    | µg   | 0                      | --             | --         | 0             | 0               |
| Vitamin E (alpha-tocopherol)           | mg   | 0.32                   | --             | --         | 0.27          | 0.89            |
| Vitamin E, added                       | mg   | 0.00                   | --             | --         | 0.00          | 0.00            |
| Tocopherol, beta                       | mg   | 0.00                   | --             | --         | 0.00          | 0.00            |
| Tocopherol, gamma                      | mg   | 0.00                   | --             | --         | 0.00          | 0.00            |
| Tocopherol, delta                      | mg   | 0.00                   | --             | --         | 0.00          | 0.00            |
| Vitamin D (D2 + D3)                    | µg   | 0.0                    | --             | --         | 0.0           | 0.0             |
| Vitamin D3 (cholecalciferol)           | µg   | 0.0                    | --             | --         | 0.0           | 0.0             |
| Vitamin D                              | IU   | 1                      | --             | --         | 1             | 3               |
| Vitamin K (phylloquinone) <sup>1</sup> | µg   | 1.5                    | --             | --         | 1.3           | 4.2             |
| <b>Lipids</b>                          |      |                        |                |            |               |                 |
| Fatty acids, total saturated           | g    | 1.556                  | --             | --         | 1.323         | 4.310           |

| Nutrient                                | Unit | 1<br>Value<br>Per100 g | Data<br>points | Std. Error | 3.0 oz<br>85g | 1 steak<br>277g |
|-----------------------------------------|------|------------------------|----------------|------------|---------------|-----------------|
| 4:0                                     | g    | 0.000                  | --             | --         | 0.000         | 0.000           |
| 6:0                                     | g    | 0.000                  | --             | --         | 0.000         | 0.000           |
| 8:0                                     | g    | 0.000                  | --             | --         | 0.000         | 0.000           |
| 10:0                                    | g    | 0.006                  | --             | --         | 0.005         | 0.017           |
| 12:0                                    | g    | 0.003                  | --             | --         | 0.003         | 0.008           |
| 14:0                                    | g    | 0.090                  | --             | --         | 0.076         | 0.249           |
| 15:0                                    | g    | 0.014                  | --             | --         | 0.012         | 0.039           |
| 16:0                                    | g    | 0.893                  | --             | --         | 0.759         | 2.474           |
| 17:0                                    | g    | 0.044                  | --             | --         | 0.037         | 0.122           |
| 18:0                                    | g    | 0.501                  | --             | --         | 0.426         | 1.388           |
| 20:0                                    | g    | 0.002                  | --             | --         | 0.002         | 0.006           |
| 24:0                                    | g    | 0.003                  | --             | --         | 0.003         | 0.008           |
| Fatty acids, total monounsaturated      | g    | 1.794                  | --             | --         | 1.525         | 4.969           |
| 14:1                                    | g    | 0.022                  | --             | --         | 0.019         | 0.061           |
| 16:1 undifferentiated                   | g    | 0.124                  | --             | --         | 0.105         | 0.343           |
| 16:1 c                                  | g    | 0.115                  | --             | --         | 0.098         | 0.319           |
| 16:1 t                                  | g    | 0.009                  | --             | --         | 0.008         | 0.025           |
| 17:1                                    | g    | 0.033                  | --             | --         | 0.028         | 0.091           |
| 18:1 undifferentiated                   | g    | 1.608                  | --             | --         | 1.367         | 4.454           |
| 18:1 c                                  | g    | 1.442                  | --             | --         | 1.226         | 3.994           |
| 18:1 t                                  | g    | 0.165                  | --             | --         | 0.140         | 0.457           |
| 20:1                                    | g    | 0.007                  | --             | --         | 0.006         | 0.019           |
| 22:1 undifferentiated <a href="#">1</a> | g    | 0.000                  | --             | --         | 0.000         | 0.000           |
| Fatty acids, total polyunsaturated      | g    | 0.310                  | --             | --         | 0.264         | 0.859           |
| 18:2 undifferentiated                   | g    | 0.218                  | --             | --         | 0.185         | 0.604           |
| 18:2 n-6 c,c                            | g    | 0.189                  | --             | --         | 0.161         | 0.524           |
| 18:2 CLAs                               | g    | 0.012                  | --             | --         | 0.010         | 0.033           |
| 18:2 t not further defined              | g    | 0.017                  | --             | --         | 0.014         | 0.047           |
| 18:3 undifferentiated                   | g    | 0.006                  | --             | --         | 0.005         | 0.017           |
| 18:3 n-3 c,c,c (ALA)                    | g    | 0.006                  | --             | --         | 0.005         | 0.017           |
| 18:4                                    | g    | 0.000                  | --             | --         | 0.000         | 0.000           |
| 20:2 n-6 c,c                            | g    | 0.001                  | --             | --         | 0.001         | 0.003           |
| 20:3 undifferentiated                   | g    | 0.019                  | --             | --         | 0.016         | 0.053           |

| Nutrient                           | Unit | 1 Value<br>Per100 g | Data<br>points | Std. Error | 3.0 oz<br>85g | 1 steak<br>277g |
|------------------------------------|------|---------------------|----------------|------------|---------------|-----------------|
| 20:3 n-6                           | g    | 0.019               | --             | --         | 0.016         | 0.053           |
| 20:4 undifferentiated              | g    | 0.049               | --             | --         | 0.042         | 0.136           |
| 20:5 n-3 (EPA)                     | g    | 0.003               | --             | --         | 0.003         | 0.008           |
| 22:5 n-3 (DPA)                     | g    | 0.013               | --             | --         | 0.011         | 0.036           |
| 22:6 n-3 (DHA)                     | g    | 0.001               | --             | --         | 0.001         | 0.003           |
| Fatty acids, total trans           | g    | 0.191               | --             | --         | 0.162         | 0.529           |
| Fatty acids, total trans-monoenoic | g    | 0.175               | --             | --         | 0.149         | 0.485           |
| Cholesterol                        | mg   | 86                  | --             | --         | 73            | 238             |
| <b>Amino Acids</b>                 |      |                     |                |            |               |                 |
| Tryptophan <a href="#">2</a>       | g    | 0.402               | --             | --         | 0.342         | 1.114           |
| Threonine <a href="#">2</a>        | g    | 1.683               | --             | --         | 1.431         | 4.662           |
| Isoleucine <a href="#">2</a>       | g    | 1.670               | --             | --         | 1.419         | 4.626           |
| Leucine <a href="#">2</a>          | g    | 3.081               | --             | --         | 2.619         | 8.534           |
| Lysine <a href="#">2</a>           | g    | 3.443               | --             | --         | 2.927         | 9.537           |
| Methionine <a href="#">2</a>       | g    | 0.951               | --             | --         | 0.808         | 2.634           |
| Cystine <a href="#">2</a>          | g    | 0.359               | --             | --         | 0.305         | 0.994           |
| Phenylalanine <a href="#">2</a>    | g    | 1.427               | --             | --         | 1.213         | 3.953           |
| Tyrosine <a href="#">2</a>         | g    | 1.337               | --             | --         | 1.136         | 3.703           |
| Valine <a href="#">2</a>           | g    | 1.765               | --             | --         | 1.500         | 4.889           |
| Arginine <a href="#">2</a>         | g    | 2.402               | --             | --         | 2.042         | 6.654           |
| Histidine <a href="#">2</a>        | g    | 1.329               | --             | --         | 1.130         | 3.681           |
| Alanine <a href="#">2</a>          | g    | 2.138               | --             | --         | 1.817         | 5.922           |
| Aspartic acid <a href="#">2</a>    | g    | 3.459               | --             | --         | 2.940         | 9.581           |
| Glutamic acid <a href="#">2</a>    | g    | 5.840               | --             | --         | 4.964         | 16.177          |
| Glycine <a href="#">2</a>          | g    | 1.543               | --             | --         | 1.312         | 4.274           |
| Proline <a href="#">2</a>          | g    | 1.504               | --             | --         | 1.278         | 4.166           |
| Serine <a href="#">2</a>           | g    | 1.453               | --             | --         | 1.235         | 4.025           |
| Hydroxyproline                     | g    | 0.165               | --             | --         | 0.140         | 0.457           |
| <b>Other</b>                       |      |                     |                |            |               |                 |
| Alcohol, ethyl                     | g    | 0.0                 | --             | --         | 0.0           | 0.0             |
| Caffeine                           | mg   | 0                   | --             | --         | 0             | 0               |
| Theobromine                        | mg   | 0                   | --             | --         | 0             | 0               |

**Sources of Data**

<sup>1</sup>National Cattlemen's Beef Association (NCBA) **Nutrient Content of Retail Beef Cuts with 1/8 inch Trim Beef**, 2000 Chicago IL

<sup>2</sup>National Cattlemen's Beef Association (NCBA) **Nutrient Content of Beef**, 2010 Chicago IL

**Languag Code(s)**

- A0150 MEAT OR MEAT PRODUCT (FROM MAMMAL) (US CFR)
- A1283 1300 BEEF PRODUCTS (USDA SR)
- B1161 CATTLE
- C0270 SKELETAL MEAT PART, WITHOUT BONE AND SKIN, WITHOUT SEPARABLE FAT
- E0150 WHOLE, NATURAL SHAPE
- F0014 FULLY HEAT-TREATED
- G0006 BROILED OR GRILLED
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- R0001 GEOGRAPHIC PLACE OR REGION NOT KNOWN
- Z0024 ROUND OR LEG (MEAT CUT)
- Z0053 GRADE OF MEAT, MIXTURE
- Z0106 EXTERNAL FAT TRIMMED TO 0 INCH