

Basic Report 13791, Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw

Report Date: July 15, 2019 20:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 roast 761g
Proximates				
Water	g	69.61	78.66	529.73
Energy	kcal	173	195	1317
Protein	g	19.25	21.75	146.49
Total lipid (fat)	g	10.67	12.06	81.20
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	20	137
Iron, Fe	mg	2.12	2.40	16.13
Magnesium, Mg	mg	19	21	145
Phosphorus, P	mg	187	211	1423
Potassium, K	mg	367	415	2793
Sodium, Na	mg	82	93	624
Zinc, Zn	mg	7.66	8.66	58.29
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.070	0.079	0.533
Riboflavin	mg	0.155	0.175	1.180
Niacin	mg	4.560	5.153	34.702
Vitamin B-6	mg	0.414	0.468	3.151
Folate, DFE	µg	3	3	23
Vitamin B-12	µg	2.78	3.14	21.16
Vitamin A, RAE	µg	4	5	30
Vitamin A, IU	IU	13	15	99
Vitamin E (alpha-tocopherol)	mg	0.14	0.16	1.07

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 roast 761g
Vitamin D (D2 + D3)	µg	0.1	0.1	0.8
Vitamin D	IU	4	5	30
Vitamin K (phylloquinone)	µg	1.5	1.7	11.4
Lipids				
Fatty acids, total saturated	g	4.998	5.648	38.035
Fatty acids, total monounsaturated	g	5.732	6.477	43.621
Fatty acids, total polyunsaturated	g	0.525	0.593	3.995
Fatty acids, total trans	g	0.687	0.776	5.228
Cholesterol	mg	73	82	556
Amino Acids				
Other				
Caffeine	mg	0	0	0