

Basic Report 13816, Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Report Date: June 15, 2019 22:50 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) 247g
Proximates				
Water	g	47.67	40.52	117.74
Energy	kcal	341	290	842
Protein	g	26.78	22.76	66.15
Total lipid (fat)	g	25.12	21.35	62.05
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	13	11	32
Iron, Fe	mg	3.13	2.66	7.73
Magnesium, Mg	mg	19	16	47
Phosphorus, P	mg	202	172	499
Potassium, K	mg	233	198	576
Sodium, Na	mg	65	55	161
Zinc, Zn	mg	8.41	7.15	20.77
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.070	0.060	0.173
Riboflavin	mg	0.240	0.204	0.593
Niacin	mg	2.430	2.066	6.002
Vitamin B-6	mg	0.260	0.221	0.642
Folate, DFE	µg	5	4	12
Vitamin B-12	µg	2.29	1.95	5.66
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.20	0.17	0.49

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Vitamin D (D2 + D3)	µg	0.4	0.3	1.0
Vitamin D	IU	16	14	40
Vitamin K (phylloquinone)	µg	2.0	1.7	4.9
Lipids				
Fatty acids, total saturated	g	10.000	8.500	24.700
Fatty acids, total monounsaturated	g	10.860	9.231	26.824
Fatty acids, total polyunsaturated	g	0.900	0.765	2.223
Cholesterol	mg	104	88	257
Amino Acids				
Other				
Caffeine	mg	0	0	0