

**Full Report (All Nutrients) 13816, Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised**

**Report Date: September 21, 2019 18:16 EDT**

Nutrient values and weights are for edible portion.

Food Group : Beef Products

**Common Name: Top Blade Steak**

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

**Refuse:23% Refuse Description: Bone**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 247g
<b>Proximates</b>						
Water	g	47.67	--	--	40.52	117.74
Energy	kcal	341	--	--	290	842
Energy	kJ	1427	--	--	1213	3525
Protein	g	26.78	--	--	22.76	66.15
Total lipid (fat)	g	25.12	--	--	21.35	62.05
Ash	g	0.88	--	--	0.75	2.17
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	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
Copper, Cu	mg	0.126	--	--	0.107	0.311
Manganese, Mn	mg	0.016	--	--	0.014	0.040
Selenium, Se	µg	24.6	--	--	20.9	60.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 247g
Fluoride, F <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	µg	22.4	57	5.200	19.0	55.3
<b>Vitamins</b>						
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
Pantothenic acid	mg	0.310	--	--	0.264	0.766
Vitamin B-6	mg	0.260	--	--	0.221	0.642
Folate, total	µg	5	--	--	4	12
Folic acid	µg	0	--	--	0	0
Folate, food	µg	5	--	--	4	12
Folate, DFE	µg	5	--	--	4	12
Choline, total	mg	102.0	--	--	86.7	251.9
Betaine	mg	13.4	--	--	11.4	33.1
Vitamin B-12	µg	2.29	--	--	1.95	5.66
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.20	--	--	0.17	0.49
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.4	--	--	0.3	1.0
Vitamin D3 (cholecalciferol)	µg	0.4	--	--	0.3	1.0
Vitamin D	IU	16	--	--	14	40
Vitamin K (phylloquinone)	µg	2.0	--	--	1.7	4.9
<b>Lipids</b>						
Fatty acids, total saturated	g	10.000	--	--	8.500	24.700
4:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 247g
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.060	--	--	0.051	0.148
12:0	g	0.060	--	--	0.051	0.148
14:0	g	0.800	--	--	0.680	1.976
16:0	g	6.080	--	--	5.168	15.018
18:0	g	3.000	--	--	2.550	7.410
Fatty acids, total monounsaturated	g	10.860	--	--	9.231	26.824
16:1 undifferentiated	g	1.020	--	--	0.867	2.519
18:1 undifferentiated	g	9.790	--	--	8.322	24.181
20:1	g	0.040	--	--	0.034	0.099
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.900	--	--	0.765	2.223
18:2 undifferentiated	g	0.620	--	--	0.527	1.531
18:3 undifferentiated	g	0.250	--	--	0.212	0.618
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.030	--	--	0.025	0.074
20:5 n-3 (EPA) <a href="#">5</a>	g	0.003	18	--	0.003	0.007
22:5 n-3 (DPA) <a href="#">5</a>	g	0.016	18	--	0.014	0.040
22:6 n-3 (DHA) <a href="#">5</a>	g	0.001	18	--	0.001	0.002
Cholesterol	mg	104	--	--	88	257
<b>Amino Acids</b>						
Tryptophan	g	0.300	--	--	0.255	0.741
Threonine	g	1.170	--	--	0.994	2.890
Isoleucine	g	1.204	--	--	1.023	2.974
Leucine	g	2.116	--	--	1.799	5.227
Lysine	g	2.228	--	--	1.894	5.503
Methionine	g	0.685	--	--	0.582	1.692
Cystine	g	0.300	--	--	0.255	0.741
Phenylalanine	g	1.045	--	--	0.888	2.581
Tyrosine	g	0.900	--	--	0.765	2.223
Valine	g	1.302	--	--	1.107	3.216
Arginine	g	1.692	--	--	1.438	4.179

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 247g
Histidine	g	0.917	--	--	0.779	2.265
Alanine	g	1.615	--	--	1.373	3.989
Aspartic acid	g	2.446	--	--	2.079	6.042
Glutamic acid	g	4.023	--	--	3.420	9.937
Glycine	g	1.461	--	--	1.242	3.609
Proline	g	1.182	--	--	1.005	2.920
Serine	g	1.024	--	--	0.870	2.529
<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>Donald Taves **Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods**, 1983 British Journal of Nutrition 49 pp.295-301
- <sup>2</sup>J.D.B. Featherstone, Carol Shields **A Study of Fluoride Intake in New York State Residents**, 1988 New York State Fluoride Analysis Contract - report date 12/1/1988
- <sup>3</sup>Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffision
- <sup>4</sup>A. Kingman **Unpublished data. NIDR/NIH, 1984**, 1984 Unpublished data. NIDR/NIH, 1984.
- <sup>5</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
- C0269 SKELETAL MEAT PART, WITHOUT BONE AND SKIN, WITH SEPARABLE FAT
- E0150 WHOLE, NATURAL SHAPE
- F0014 FULLY HEAT-TREATED
- G0019 BRAISED
- 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
- Z0053 GRADE OF MEAT, MIXTURE
- Z0252 EXTERNAL FAT TRIMMED TO 1/8 INCH