

**Statistics Report 13816, Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised**
**Report Date: July 19, 2019 17:03 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	47.67	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Energy	kcal	341	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2005
Energy	kJ	1427	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Protein	g	26.78	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Total lipid (fat)	g	25.12	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Ash	g	0.88	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Carbohydrate, by difference	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	12/1995
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	12/1995
Sugars, total	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	11/2004
<b>Minerals</b>													
Calcium, Ca	mg	13	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Iron, Fe	mg	3.13	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Magnesium, Mg	mg	19	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Phosphorus, P	mg	202	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Potassium, K	mg	233	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Sodium, Na	mg	65	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	8.41	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Copper, Cu	mg	0.126	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Manganese, Mn	mg	0.016	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Selenium, Se	µg	24.6	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/1998
Fluoride, F <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	µg	22.4	57	5.200	3.8	71.9	12.0	11.0	33.7	4	Analytical or derived from analytical	--	02/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	12/1995
Thiamin	mg	0.070	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Riboflavin	mg	0.240	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Niacin	mg	2.430	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Pantothenic acid	mg	0.310	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Vitamin B-6	mg	0.260	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Folate, total	µg	5	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	5	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Folate, DFE	µg	5	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/2009
Choline, total	mg	102.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/2006
Betaine	mg	13.4	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/2006
Vitamin B-12	µg	2.29	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	11/2004
Vitamin A, RAE	µg	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/2004
Retinol	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/2004
Carotene, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2004
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2004
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2004
Vitamin A, IU	IU	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2005
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2004
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2004
Vitamin E (alpha-tocopherol)	mg	0.20	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/2004
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	04/2005
Vitamin D (D2 + D3)	µg	0.4	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2009
Vitamin D3 (cholecalciferol)	µg	0.4	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D	IU	16	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin K (phylloquinone)	µg	2.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/2004
<b>Lipids</b>													
Fatty acids, total saturated	g	10.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
4:0	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	11/2004
6:0	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	11/2004
8:0	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	11/2004
10:0	g	0.060	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
12:0	g	0.060	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
14:0	g	0.800	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
16:0	g	6.080	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
18:0	g	3.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Fatty acids, total monounsaturated	g	10.860	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
16:1 undifferentiated	g	1.020	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
18:1 undifferentiated	g	9.790	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
20:1	g	0.040	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/2004
Fatty acids, total polyunsaturated	g	0.900	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
18:2 undifferentiated	g	0.620	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
18:3 undifferentiated	g	0.250	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
18:4	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	04/2005
20:4 undifferentiated	g	0.030	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA) <a href="#">5</a>	g	0.003	18	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
22:5 n-3 (DPA) <a href="#">5</a>	g	0.016	18	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
22:6 n-3 (DHA) <a href="#">5</a>	g	0.001	18	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Cholesterol	mg	104	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
<b>Amino Acids</b>													
Tryptophan	g	0.300	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Threonine	g	1.170	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Isoleucine	g	1.204	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Leucine	g	2.116	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Lysine	g	2.228	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Methionine	g	0.685	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Cystine	g	0.300	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Phenylalanine	g	1.045	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Tyrosine	g	0.900	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Valine	g	1.302	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Arginine	g	1.692	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Histidine	g	0.917	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alanine	g	1.615	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Aspartic acid	g	2.446	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Glutamic acid	g	4.023	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Glycine	g	1.461	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Proline	g	1.182	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Serine	g	1.024	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2004
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2004
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2004

**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