

Basic Report 13855, Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Report Date: March 22, 2018 00:24 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) 278g
Proximates				
Water	g	47.18	40.10	131.16
Energy	kcal	359	305	998
Protein	g	22.28	18.94	61.94
Total lipid (fat)	g	29.21	24.83	81.20
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	13	11	36
Iron, Fe	mg	2.39	2.03	6.64
Magnesium, Mg	mg	20	17	56
Phosphorus, P	mg	181	154	503
Potassium, K	mg	319	271	887
Sodium, Na	mg	63	54	175
Zinc, Zn	mg	4.86	4.13	13.51
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.060	0.051	0.167
Riboflavin	mg	0.160	0.136	0.445
Niacin	mg	3.130	2.661	8.701
Vitamin B-6	mg	0.240	0.204	0.667
Folate, DFE	µg	6	5	17
Vitamin B-12	µg	2.85	2.42	7.92
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Lipids				
Fatty acids, total saturated	g	11.780	10.013	32.748

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Fatty acids, total monounsaturated	g	12.630	10.736	35.111
Fatty acids, total polyunsaturated	g	1.070	0.909	2.975
Cholesterol	mg	83	71	231
Amino Acids				
Other				