

**Basic Report 13971, Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw**

Report Date: July 20, 2019 01:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 steak 173g
<b>Proximates</b>				
Water	g	71.99	81.35	124.54
Energy	kcal	145	164	251
Protein	g	21.22	23.98	36.71
Total lipid (fat)	g	6.06	6.85	10.48
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	24	27	42
Iron, Fe	mg	1.54	1.74	2.66
Magnesium, Mg	mg	22	25	38
Phosphorus, P	mg	197	223	341
Potassium, K	mg	326	368	564
Sodium, Na	mg	54	61	93
Zinc, Zn	mg	3.60	4.07	6.23
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.076	0.086	0.131
Riboflavin	mg	0.115	0.130	0.199
Niacin	mg	5.671	6.408	9.811
Vitamin B-6	mg	0.586	0.662	1.014
Folate, DFE	µg	11	12	19
Vitamin B-12	µg	1.01	1.14	1.75
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.30	0.34	0.52

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Vitamin K (phylloquinone)	µg	1.2	1.4	2.1
<b>Lipids</b>				
Fatty acids, total saturated	g	2.514	2.841	4.349
Fatty acids, total monounsaturated	g	2.469	2.790	4.271
Fatty acids, total polyunsaturated	g	0.234	0.264	0.405
Cholesterol	mg	62	70	107
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0