

**Basic Report 13972, Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw**

Report Date: August 17, 2019 16:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 roast 1,289g
<b>Proximates</b>				
Water	g	72.48	81.90	934.27
Energy	kcal	137	155	1766
Protein	g	20.61	23.29	265.66
Total lipid (fat)	g	6.01	6.79	77.47
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	18	20	232
Iron, Fe	mg	2.18	2.46	28.10
Magnesium, Mg	mg	21	24	271
Phosphorus, P	mg	204	231	2630
Potassium, K	mg	357	403	4602
Sodium, Na	mg	85	96	1096
Zinc, Zn	mg	8.21	9.28	105.83
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.065	0.073	0.838
Riboflavin	mg	0.160	0.181	2.062
Niacin	mg	4.593	5.190	59.204
Vitamin B-6	mg	0.403	0.455	5.195
Folate, DFE	µg	3	3	39
Vitamin B-12	µg	2.95	3.33	38.03
Vitamin A, RAE	µg	2	2	26
Vitamin A, IU	IU	6	7	77
Vitamin E (alpha-tocopherol)	mg	0.20	0.23	2.58

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Vitamin D (D2 + D3)	µg	0.1	0.1	1.3
Vitamin D	IU	4	5	52
Vitamin K (phylloquinone)	µg	1.5	1.7	19.3
<b>Lipids</b>				
Fatty acids, total saturated	g	2.550	2.881	32.869
Fatty acids, total monounsaturated	g	3.110	3.514	40.088
Fatty acids, total polyunsaturated	g	0.310	0.350	3.996
Fatty acids, total trans	g	0.264	0.298	3.403
Cholesterol	mg	69	78	889
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0