

Full Report (All Nutrients) 45362705, BEEF LIVER, UPC: 079041226380
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Report Date: September 22, 2019 23:19 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Nutrient	Unit	Data points	Std. Error	1 PIECE 113g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	150	133
Protein	g	--	--	23.00	20.35
Total lipid (fat)	g	--	--	4.00	3.54
Carbohydrate, by difference	g	--	--	4.00	3.54
Fiber, total dietary	g	--	--	0.0	0.0
Sugars, total	g	--	--	0.00	0.00
Minerals					
Calcium, Ca	mg	--	--	0	0
Iron, Fe	mg	--	--	5.40	4.78
Sodium, Na	mg	--	--	80	71
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	1.2	1.1
Vitamin A, IU	IU	--	--	19000	16814
Lipids					
Fatty acids, total saturated	g	--	--	1.503	1.330
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	310	274

Amino Acids
Other
Ingredients

BEEF LIVER Date Available: 02/16/2018 Date Last Updated by Company: 02/16/2018