

Basic Report 23044, Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Report Date: September 15, 2019 13:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 steak 186g
Proximates				
Water	g	62.22	52.89	115.73
Energy	kcal	212	180	394
Protein	g	25.29	21.50	47.04
Total lipid (fat)	g	11.52	9.79	21.43
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
Minerals				
Calcium, Ca	mg	6	5	11
Iron, Fe	mg	3.10	2.63	5.77
Magnesium, Mg	mg	24	20	45
Phosphorus, P	mg	211	179	392
Potassium, K	mg	333	283	619
Sodium, Na	mg	76	65	141
Zinc, Zn	mg	9.61	8.17	17.87
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.079	0.067	0.147
Riboflavin	mg	0.382	0.325	0.711
Niacin	mg	4.060	3.451	7.552
Vitamin B-6	mg	0.410	0.349	0.763
Folate, DFE	µg	6	5	11
Vitamin B-12	µg	6.18	5.25	11.49
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.14	0.12	0.26

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Vitamin K (phylloquinone)	µg	0.9	0.8	1.7
Lipids				
Fatty acids, total saturated	g	4.423	3.760	8.227
Fatty acids, total monounsaturated	g	4.568	3.883	8.496
Fatty acids, total polyunsaturated	g	0.572	0.486	1.064
Fatty acids, total trans	g	0.487	0.414	0.906
Cholesterol	mg	83	71	154
Amino Acids				
Other				
Caffeine	mg	0	0	0