

Basic Report 23143, Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Report Date: June 26, 2019 18:11 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 steak 384g
Proximates				
Water	g	64.48	72.86	247.60
Energy	kcal	223	252	856
Protein	g	18.86	21.31	72.42
Total lipid (fat)	g	16.35	18.48	62.78
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	14	16	54
Iron, Fe	mg	2.10	2.37	8.06
Magnesium, Mg	mg	19	21	73
Phosphorus, P	mg	179	202	687
Potassium, K	mg	329	372	1263
Sodium, Na	mg	66	75	253
Zinc, Zn	mg	7.26	8.20	27.88
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.074	0.084	0.284
Riboflavin	mg	0.144	0.163	0.553
Niacin	mg	4.351	4.917	16.708
Vitamin B-6	mg	0.362	0.409	1.390
Folate, DFE	µg	3	3	12
Vitamin B-12	µg	2.70	3.05	10.37
Vitamin A, RAE	µg	4	5	15
Vitamin A, IU	IU	14	16	54
Vitamin E (alpha-tocopherol)	mg	0.15	0.17	0.58

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Vitamin D (D2 + D3)	µg	0.1	0.1	0.4
Vitamin D	IU	5	6	19
Vitamin K (phylloquinone)	µg	1.5	1.7	5.8
Lipids				
Fatty acids, total saturated	g	6.963	7.868	26.738
Fatty acids, total monounsaturated	g	7.739	8.745	29.718
Fatty acids, total polyunsaturated	g	0.666	0.753	2.557
Fatty acids, total trans	g	1.052	1.189	4.040
Cholesterol	mg	68	77	261
Amino Acids				
Other				
Caffeine	mg	0	0	0