

Basic Report 23337, Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Report Date: July 23, 2019 18:23 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 roast 625g
Proximates				
Water	g	71.05	80.29	444.06
Energy	kcal	153	173	956
Protein	g	21.50	24.30	134.38
Total lipid (fat)	g	7.40	8.36	46.25
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	88
Iron, Fe	mg	2.52	2.85	15.75
Magnesium, Mg	mg	12	14	75
Phosphorus, P	mg	208	235	1300
Potassium, K	mg	279	315	1744
Sodium, Na	mg	44	50	275
Zinc, Zn	mg	3.21	3.63	20.06
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.050	0.057	0.312
Riboflavin	mg	0.300	0.339	1.875
Niacin	mg	4.461	5.041	27.881
Vitamin B-6	mg	0.601	0.679	3.756
Folate, DFE	µg	3	3	19
Vitamin B-12	µg	3.34	3.77	20.88
Vitamin A, RAE	µg	3	3	19
Vitamin A, IU	IU	11	12	69
Vitamin E (alpha-tocopherol)	mg	0.19	0.21	1.19

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 roast 625g
Vitamin D (D2 + D3)	µg	0.1	0.1	0.6
Vitamin D	IU	2	2	12
Vitamin K (phylloquinone)	µg	1.5	1.7	9.4
Lipids				
Fatty acids, total saturated	g	2.687	3.036	16.794
Fatty acids, total monounsaturated	g	2.956	3.340	18.475
Fatty acids, total polyunsaturated	g	0.496	0.560	3.100
Fatty acids, total trans	g	0.378	0.427	2.362
Cholesterol	mg	61	69	381
Amino Acids				
Other				
Caffeine	mg	0	0	0