

**Basic Report 23428, Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised**

Report Date: August 25, 2019 02:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
<b>Proximates</b>			
Water	g	62.38	53.02
Energy	kcal	196	167
Protein	g	29.87	25.39
Total lipid (fat)	g	8.46	7.19
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
<b>Minerals</b>			
Calcium, Ca	mg	5	4
Iron, Fe	mg	2.78	2.36
Magnesium, Mg	mg	17	14
Phosphorus, P	mg	144	122
Potassium, K	mg	151	128
Sodium, Na	mg	25	21
Zinc, Zn	mg	5.28	4.49
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.023	0.020
Riboflavin	mg	0.148	0.126
Niacin	mg	1.647	1.400
Vitamin B-6	mg	0.099	0.084
Vitamin B-12	µg	1.86	1.58
Vitamin A, RAE	µg	11	9
Vitamin A, IU	IU	35	30
Vitamin E (alpha-tocopherol)	mg	0.76	0.65
Vitamin D (D2 + D3)	µg	0.2	0.2

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>3.0 oz 85g</b>
Vitamin D	IU	9	8
<b>Lipids</b>			
Fatty acids, total saturated	g	2.925	2.486
Fatty acids, total monounsaturated	g	3.022	2.569
Fatty acids, total polyunsaturated	g	0.348	0.296
Fatty acids, total trans	g	0.117	0.099
Cholesterol	mg	87	74
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0