

Basic Report 23432, Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried

Report Date: December 12, 2017 07:08 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Proximates			
Water	g	61.77	52.50
Energy	kcal	188	160
Protein	g	30.17	25.64
Total lipid (fat)	g	7.48	6.36
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	5	4
Iron, Fe	mg	2.96	2.52
Magnesium, Mg	mg	29	25
Phosphorus, P	mg	254	216
Potassium, K	mg	427	363
Sodium, Na	mg	55	47
Zinc, Zn	mg	4.08	3.47
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.081	0.069
Riboflavin	mg	0.199	0.169
Niacin	mg	3.922	3.334
Vitamin B-6	mg	0.276	0.235
Vitamin B-12	µg	2.21	1.88
Vitamin A, RAE	µg	12	10
Vitamin A, IU	IU	39	33
Vitamin E (alpha-tocopherol)	mg	0.56	0.48
Vitamin D (D2 + D3)	µg	0.2	0.2

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Vitamin D	IU	7	6
Lipids			
Fatty acids, total saturated	g	2.609	2.218
Fatty acids, total monounsaturated	g	2.622	2.229
Fatty acids, total polyunsaturated	g	0.398	0.338
Fatty acids, total trans	g	0.156	0.133
Cholesterol	mg	78	66
Amino Acids			
Other			
Caffeine	mg	0	0