

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

Report Date: August 21, 2017 04:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>3.0 oz 85g</b>
Vitamin D	IU	7	6
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0