

Basic Report 23434, Beef, New Zealand, imported, striploin, separable lean only, raw

Report Date: November 21, 2017 06:51 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g
Proximates			
Water	g	70.41	79.56
Energy	kcal	150	170
Protein	g	20.93	23.65
Total lipid (fat)	g	7.00	7.91
Carbohydrate, by difference	g	0.74	0.84
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	4	5
Iron, Fe	mg	1.61	1.82
Magnesium, Mg	mg	20	23
Phosphorus, P	mg	177	200
Potassium, K	mg	309	349
Sodium, Na	mg	47	53
Zinc, Zn	mg	2.76	3.12
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.048	0.054
Riboflavin	mg	0.086	0.097
Niacin	mg	4.243	4.795
Vitamin B-6	mg	0.316	0.357
Vitamin B-12	µg	0.71	0.80
Vitamin A, RAE	µg	12	14
Vitamin A, IU	IU	41	46
Vitamin E (alpha-tocopherol)	mg	0.35	0.40
Vitamin D (D2 + D3)	µg	0.2	0.2

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g
Vitamin D	IU	8	9
Lipids			
Fatty acids, total saturated	g	2.488	2.811
Fatty acids, total monounsaturated	g	2.814	3.180
Fatty acids, total polyunsaturated	g	0.243	0.275
Fatty acids, total trans	g	0.125	0.141
Cholesterol	mg	54	61
Amino Acids			
Other			
Caffeine	mg	0	0