

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

Report Date: September 23, 2017 18:02 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>4.0 oz 113g</b>
Vitamin D	IU	8	9
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0