

Basic Report 23445, Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw

Report Date: August 20, 2017 16:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g
Proximates			
Water	g	82.19	92.87
Energy	kcal	77	87
Protein	g	14.86	16.79
Total lipid (fat)	g	1.98	2.24
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	112	127
Iron, Fe	mg	4.44	5.02
Magnesium, Mg	mg	19	21
Phosphorus, P	mg	159	180
Potassium, K	mg	217	245
Sodium, Na	mg	81	92
Zinc, Zn	mg	1.72	1.94
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.051	0.058
Riboflavin	mg	0.191	0.216
Niacin	mg	7.943	8.976
Vitamin B-6	mg	0.035	0.040
Vitamin B-12	µg	7.12	8.05
Vitamin A, RAE	µg	6	7
Vitamin A, IU	IU	20	23
Vitamin E (alpha-tocopherol)	mg	0.45	0.51
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	1.020	1.153
Fatty acids, total monounsaturated	g	0.770	0.870
Fatty acids, total polyunsaturated	g	0.170	0.192
Fatty acids, total trans	g	0.101	0.114
Cholesterol	mg	117	132
Amino Acids			
Other			
Caffeine	mg	0	0