

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

Report Date: June 28, 2017 06:40 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 |

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| 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 |