

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

Report Date: February 24, 2018 23:07 EST

Nutrient values and weights are for edible portion.

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

<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	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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0