

Basic Report 23465, Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried

Report Date: July 18, 2019 09:11 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Proximates			
Water	g	61.45	52.23
Energy	kcal	192	163
Protein	g	30.01	25.51
Total lipid (fat)	g	7.96	6.77
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	5	4
Iron, Fe	mg	2.95	2.51
Magnesium, Mg	mg	29	25
Phosphorus, P	mg	253	215
Potassium, K	mg	425	361
Sodium, Na	mg	55	47
Zinc, Zn	mg	4.05	3.44
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.081	0.069
Riboflavin	mg	0.198	0.168
Niacin	mg	3.904	3.318
Vitamin B-6	mg	0.274	0.233
Vitamin B-12	µg	2.20	1.87
Vitamin A, RAE	µg	12	10
Vitamin A, IU	IU	38	32
Vitamin E (alpha-tocopherol)	mg	0.56	0.48
Vitamin D (D2 + D3)	µg	0.2	0.2

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Vitamin D	IU	7	6
Lipids			
Fatty acids, total saturated	g	2.795	2.376
Fatty acids, total monounsaturated	g	2.776	2.360
Fatty acids, total polyunsaturated	g	0.406	0.345
Fatty acids, total trans	g	0.173	0.147
Cholesterol	mg	78	66
Amino Acids			
Other			
Caffeine	mg	0	0