

**Basic Report 23558, Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled**

Report Date: July 22, 2019 21:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
<b>Proximates</b>			
Water	g	65.78	55.91
Energy	kcal	174	148
Protein	g	26.29	22.35
Total lipid (fat)	g	6.80	5.78
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	7	6
Iron, Fe	mg	2.83	2.41
Magnesium, Mg	mg	22	19
Phosphorus, P	mg	206	175
Potassium, K	mg	347	295
Sodium, Na	mg	65	55
Zinc, Zn	mg	6.43	5.47
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.042	0.036
Riboflavin	mg	0.176	0.150
Niacin	mg	5.939	5.048
Vitamin B-6	mg	0.412	0.350
Folate, DFE	µg	7	6
Vitamin B-12	µg	2.47	2.10
Vitamin A, RAE	µg	3	3
Vitamin A, IU	IU	9	8
Vitamin E (alpha-tocopherol)	mg	0.12	0.10

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>3.0 oz 85g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	2	2
Vitamin K (phylloquinone)	µg	1.3	1.1
<b>Lipids</b>			
Fatty acids, total saturated	g	2.976	2.530
Fatty acids, total monounsaturated	g	2.720	2.312
Fatty acids, total polyunsaturated	g	0.327	0.278
Fatty acids, total trans	g	0.174	0.148
Cholesterol	mg	88	75
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0