

Basic Report 23568, Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled
Report Date: March 23, 2018 10:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 patty (yield from 1/4 lb raw meat) 77g
Proximates				
Water	g	57.98	49.28	44.64
Energy	kcal	250	212	192
Protein	g	25.93	22.04	19.97
Total lipid (fat)	g	15.41	13.10	11.87
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	18	15	14
Iron, Fe	mg	2.60	2.21	2.00
Magnesium, Mg	mg	21	18	16
Phosphorus, P	mg	198	168	152
Potassium, K	mg	318	270	245
Sodium, Na	mg	72	61	55
Zinc, Zn	mg	6.31	5.36	4.86
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.046	0.039	0.035
Riboflavin	mg	0.176	0.150	0.136
Niacin	mg	5.378	4.571	4.141
Vitamin B-6	mg	0.382	0.325	0.294
Folate, DFE	µg	9	8	7
Vitamin B-12	µg	2.64	2.24	2.03
Vitamin A, RAE	µg	3	3	2
Vitamin A, IU	IU	9	8	7
Vitamin E (alpha-tocopherol)	mg	0.12	0.10	0.09

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	2	2	2
Vitamin K (phylloquinone)	µg	1.2	1.0	0.9
Lipids				
Fatty acids, total saturated	g	5.895	5.011	4.539
Fatty acids, total monounsaturated	g	6.668	5.668	5.134
Fatty acids, total polyunsaturated	g	0.484	0.411	0.373
Fatty acids, total trans	g	0.572	0.486	0.440
Cholesterol	mg	88	75	68
Amino Acids				
Other				
Caffeine	mg	0	0	0