

**Full Report (All Nutrients) 23570, Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned**

Report Date: November 15, 2018 22:20 EST

Nutrient values and weights are for edible portion.

Food Group : Beef Products

Common Name: ground round, hamburger

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
<b>Proximates</b>					
Water <a href="#">1</a>	g	55.90	36	0.490	47.52
Energy	kcal	256	--	--	218
Energy	kJ	1073	--	--	912
Protein <a href="#">1</a>	g	27.73	36	0.210	23.57
Total lipid (fat) <a href="#">1</a>	g	15.30	36	0.360	13.01
Ash <a href="#">1</a>	g	1.22	36	0.030	1.04
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 <a href="#">1</a>	mg	22	12	2.000	19
Iron, Fe <a href="#">1</a>	mg	2.93	12	0.070	2.49
Magnesium, Mg <a href="#">1</a>	mg	25	12	0.000	21
Phosphorus, P <a href="#">1</a>	mg	238	12	2.000	202
Potassium, K <a href="#">1</a>	mg	407	12	6.000	346
Sodium, Na <a href="#">1</a>	mg	89	12	1.000	76
Zinc, Zn <a href="#">1</a>	mg	6.62	12	0.080	5.63
Copper, Cu <a href="#">1</a>	mg	0.093	12	0.007	0.079
Manganese, Mn <a href="#">1</a>	mg	0.012	12	0.001	0.010
Selenium, Se <a href="#">1</a>	µg	21.6	12	1.200	18.4

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
Fluoride, F <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	µg	22.4	57	5.200	19.0
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin <a href="#">1</a>	mg	0.044	12	0.003	0.037
Riboflavin <a href="#">1</a>	mg	0.191	12	0.009	0.162
Niacin <a href="#">1</a>	mg	6.318	12	0.118	5.370
Pantothenic acid <a href="#">1</a>	mg	0.807	6	0.036	0.686
Vitamin B-6 <a href="#">1</a>	mg	0.428	12	0.019	0.364
Folate, total <a href="#">1</a>	µg	10	6	0.000	8
Folic acid	µg	0	--	--	0
Folate, food <a href="#">6</a>	µg	10	6	0.000	8
Folate, DFE	µg	10	--	--	8
Choline, total	mg	91.4	--	--	77.7
Betaine	mg	12.0	--	--	10.2
Vitamin B-12 <a href="#">1</a>	µg	2.80	12	0.330	2.38
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	3	--	--	3
Retinol <a href="#">1</a>	µg	3	--	--	3
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	9	--	--	8
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.12	--	--	0.10
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3) <a href="#">1</a>	µg	0.0	--	--	0.0
Vitamin D3 (cholecalciferol) <a href="#">1</a>	µg	0.0	--	--	0.0
Vitamin D <a href="#">1</a>	IU	2	--	--	2
Vitamin K (phylloquinone)	µg	1.7	--	--	1.4
<b>Lipids</b>					
Fatty acids, total saturated	g	5.806	--	--	4.935
4:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0 <a href="#">1</a>	g	0.007	8	0.001	0.006
14:0 <a href="#">1</a>	g	0.415	8	0.049	0.353
15:0 <a href="#">1</a>	g	0.069	8	0.008	0.059
16:0 <a href="#">1</a>	g	3.175	8	0.330	2.699
17:0 <a href="#">1</a>	g	0.160	8	0.017	0.136
18:0 <a href="#">1</a>	g	1.973	6	0.208	1.677
20:0 <a href="#">1</a>	g	0.008	8	0.001	0.007
Fatty acids, total monounsaturated	g	6.572	--	--	5.586
14:1 <a href="#">1</a>	g	0.123	8	0.015	0.105
16:1 undifferentiated <a href="#">1</a>	g	0.568	8	0.062	0.483
17:1 <a href="#">1</a>	g	0.147	8	0.017	0.125
18:1 undifferentiated <a href="#">1</a>	g	6.132	--	--	5.212
18:1 t <a href="#">1</a>	g	0.556	--	--	0.473
20:1 <a href="#">1</a>	g	0.057	8	0.007	0.048
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.477	--	--	0.405
18:2 undifferentiated <a href="#">1</a>	g	0.400	6	0.031	0.340
18:3 undifferentiated <a href="#">1</a>	g	0.009	--	--	0.008
18:3 n-6 c,c,c <a href="#">1</a>	g	0.009	8	0.001	0.008
18:4	g	0.000	--	--	0.000
20:4 undifferentiated <a href="#">1</a>	g	0.046	8	0.004	0.039
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.556	--	--	0.473
Fatty acids, total trans-monoenoic	g	0.556	--	--	0.473
Cholesterol <a href="#">1</a>	mg	89	12	2.000	76
<b>Amino Acids</b>					
Tryptophan <a href="#">1</a>	g	0.141	--	--	0.120

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Threonine <sup>1</sup>	g	1.073	--	--	0.912
Isoleucine <sup>1</sup>	g	1.225	--	--	1.041
Leucine <sup>1</sup>	g	2.161	--	--	1.837
Lysine <sup>1</sup>	g	2.295	--	--	1.951
Methionine <sup>1</sup>	g	0.713	--	--	0.606
Cystine <sup>1</sup>	g	0.285	--	--	0.242
Phenylalanine <sup>1</sup>	g	1.081	--	--	0.919
Tyrosine <sup>1</sup>	g	0.852	--	--	0.724
Valine <sup>1</sup>	g	1.362	--	--	1.158
Arginine <sup>1</sup>	g	1.804	--	--	1.533
Histidine <sup>1</sup>	g	0.900	--	--	0.765
Alanine <sup>1</sup>	g	1.736	--	--	1.476
Aspartic acid <sup>1</sup>	g	2.495	--	--	2.121
Glutamic acid <sup>1</sup>	g	4.155	--	--	3.532
Glycine <sup>1</sup>	g	1.881	--	--	1.599
Proline <sup>1</sup>	g	1.412	--	--	1.200
Serine <sup>1</sup>	g	1.109	--	--	0.943
Hydroxyproline	g	0.402	--	--	0.342
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

**Sources of Data**

- <sup>1</sup>National Cattlemen's Beef Association (NCBA) **Ground Beef Study**, 2014 Chicago IL
- <sup>2</sup>Donald Taves **Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods**, 1983 British Journal of Nutrition 49 pp.295-301
- <sup>3</sup>J.D.B. Featherstone, Carol Shields **A Study of Fluoride Intake in New York State Residents**, 1988 New York State Fluoride Analysis Contract - report date 12/1/1988
- <sup>4</sup>Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffision
- <sup>5</sup>A. Kingman **Unpublished data. NIDR/NIH, 1984**, 1984 Unpublished data. NIDR/NIH, 1984.
- <sup>6</sup>National Cattlemen's Beef Association **Nutrient Content of Ground Beef**, 2000

**Langual Code(s)**

- A0150 MEAT OR MEAT PRODUCT (FROM MAMMAL) (US CFR)
- A1283 1300 BEEF PRODUCTS (USDA SR)
- B1161 CATTLE
- C0125 SKELETAL MEAT PART, WITHOUT BONE OR SHELL
- E0136 DISINTEGRATED OR GROUND
- F0014 FULLY HEAT-TREATED
- G0030 COOKED WITH INHERENT FAT OR OIL
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED

- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- R0001 GEOGRAPHIC PLACE OR REGION NOT KNOWN