NDB No. 13953

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.63	0.567	20	PAK	1		356.38		
Energy....kcal	211		0	NC	4		1201		
Energy....kJ	883		0	NC	4		5025		
Protein (N x 6.25)....g	26.05	0.343	20	PAK	1		148.22		
Total lipid (fat)....g	11.07	0.731	20	PAK	1		62.99		
Ash....g	1.05	0.025	20	PAK	1		5.96		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0	BFFN	4		108		
Iron, Fe....mg	1.66		0	BFFN	4		9.45		
Magnesium, Mg....mg	22		0	BFFN	4		123		
Phosphorus, P....mg	201		0	BFFN	4		1141		
Potassium, K....mg	323		0	BFFN	4		1836		
Sodium, Na....mg	53		0	BFFN	4		303		
Zinc, Zn....mg	4.67		0	BFFN	4		26.57		
Copper, Cu....mg	0.078		0	BFFN	4		0.442		
Manganese, Mn....mg	0.009		0	BFFN	4		0.051		
Selenium, Se....mcg	28.0		0	BFFN	4		159.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.070		0	BFPN	4		0.401		
Riboflavin....mg	0.126		0	BFPN	4		0.714		
Niacin....mg	6.933		0	BFPN	4		39.449		
Pantothenic acid....mg	0.514		0	BFPN	4		2.922		
Vitamin B-6....mg	0.545		0	BFPN	4		3.102		
Folate, total....mcg	8		0	BFPN	4		46		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	8		0	BFPN	4		46		
Folate, DFE....mcg_DFE	8		0	NC	4		46		
Choline, total....mg	99.2		0	BFPN	4		564.5		
Betaine....mg	13.0		0	BFPN	4		74.2		
Vitamin B-12....mcg	1.53		0	BFPN	4		8.72		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFSN	4		2.27		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		8.1		
Lipids:									
Fatty acids, total saturated....g	4.071		0	NC	4		23.161		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13953

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.005		0	BFFN	4		0.030		
12:0 g	0.015		0	BFFN	4		0.085		
13:0 g									
14:0 g	0.247		0	BFFN	4		1.405		
15:0 g									
16:0 g	2.586		0	BFFN	4		14.714		
17:0 g									
18:0 g	1.218		0	BFFN	4		6.928		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.481		0	NC	4		31.185		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.353		0	BFFN	4		2.007		
17:1 g									
18:1 undifferentiated g	5.125		0	BFFN	4		29.160		
20:1 g	0.003		0	BFFN	4		0.019		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.363		0	NC	4		2.066		
18:2 undifferentiated g	0.272		0	BFFN	4		1.550		
18:3 undifferentiated g	0.051		0	BFFN	4		0.288		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0	BFFN	4		0.228		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	84		0	BFFN	4		480		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.171		0	PAK	1		0.974		
Threonine g	1.041		0	PAK	1		5.921		
Isoleucine g	1.185		0	PAK	1		6.743		
Leucine g	2.072		0	PAK	1		11.790		
Lysine g	2.201		0	PAK	1		12.526		
Methionine g	0.678		0	PAK	1		3.860		
Cystine g	0.336		0	PAK	1		1.913		
Phenylalanine g	1.029		0	PAK	1		5.854		
Tyrosine g	0.830		0	PAK	1		4.723		
Valine g	1.292		0	PAK	1		7.353		
Arginine g	1.684		0	PAK	1		9.584		
Histidine g	0.831		0	PAK	1		4.730		
Alanine g	1.584		0	PAK	1		9.011		
Aspartic acid g	2.373		0	PAK	1		13.501		
Glutamic acid g	3.911		0	PAK	1		22.251		
Glycine g	1.586		0	PAK	1		9.025		
Proline g	1.242		0	PAK	1		7.066		
Serine g	1.026		0	PAK	1		5.839		
Hydroxyproline g	0.274		0	BFPN	4		1.557		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13953

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Common Measures:

Measure 1 = 569g: 1 roast (yield from 690g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13954

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.08	0.861	19	PAK	1				
Energy....kcal	165		0	NC	4				
Energy....kJ	692		0	NC	4				
Protein (N x 6.25)....g	20.64	0.195	19	PAK	1				
Total lipid (fat)....g	8.55	0.797	19	PAK	1				
Ash....g	1.03	0.025	19	PAK	1				
Carbohydrate, by difference....g	0.00		0	Z	7				
Fiber, total dietary....g	0.0		0	Z	7				
Sugars, total....g	0.00		0	Z	7				
Starch....g									
Minerals:									
Calcium, Ca....mg	25		0	BFFN	4				
Iron, Fe....mg	1.49		0	BFFN	4				
Magnesium, Mg....mg	21		0	BFFN	4				
Phosphorus, P....mg	189		0	BFFN	4				
Potassium, K....mg	317		0	BFFN	4				
Sodium, Na....mg	52		0	BFFN	4				
Zinc, Zn....mg	3.58		0	BFFN	4				
Copper, Cu....mg	0.070		0	BFFN	4				
Manganese, Mn....mg	0.011		0	BFFN	4				
Selenium, Se....mcg	23.1		0	BFFN	4				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7				
Thiamin....mg	0.064		0	BFPN	4				
Riboflavin....mg	0.100		0	BFPN	4				
Niacin....mg	6.087		0	BFPN	4				
Pantothenic acid....mg	0.594		0	BFPN	4				
Vitamin B-6....mg	0.563		0	BFPN	4				
Folate, total....mcg	11		0	BFPN	4				
Folic acid....mcg	0		0	Z	7				
Folate, food....mcg	11		0	BFPN	4				
Folate, DFE....mcg_DFE	11		0	NC	4				
Choline, total....mg	86.2		0	BFPN	4				
Betaine....mg	12.7		0	BFPN	4				
Vitamin B-12....mcg	1.06		0	BFPN	4				
Vitamin B-12, added....mcg	0.00		0	Z	7				
Vitamin A, RAE....mcg_RAE	0		0	AS	1				
Retinol....mcg	0		0	Z	7				
Carotene, beta....mcg	0		0	Z	7				
Carotene, alpha....mcg	0		0	Z	7				
Cryptoxanthin, beta....mcg	0		0	Z	7				
Vitamin A, IU....IU	0		0	AS	1				
Lycopene....mcg	0		0	Z	7				
Lutein + zeaxanthin....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)....mg	0.32		0	BFSN	4				
Vitamin E, added....mg	0.00		0	Z	7				
Tocopherol, beta....mg	0.00		0	Z	7				
Tocopherol, gamma....mg	0.00		0	Z	7				
Tocopherol, delta....mg	0.00		0	Z	7				
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4				
Lipids:									
Fatty acids, total saturated....g	3.140		0	NC	4				
4:0....g	0.000		0	BFFN	4				

NDB No. 13954

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4				
8:0 ... g	0.000		0	BFFN	4				
10:0 ... g	0.007		0	BFFN	4				
12:0 ... g	0.005		0	BFFN	4				
13:0 ... g									
14:0 ... g	0.206		0	BFFN	4				
15:0 ... g									
16:0 ... g	1.969		0	BFFN	4				
17:0 ... g									
18:0 ... g	0.954		0	BFFN	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.246		0	NC	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.325		0	BFFN	4				
17:1 ... g									
18:1 undifferentiated ... g	3.918		0	BFFN	4				
20:1 ... g	0.002		0	BFFN	4				
22:1 undifferentiated ... g	0.000		0	BFFN	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.394		0	NC	4				
18:2 undifferentiated ... g	0.303		0	BFFN	4				
18:3 undifferentiated ... g	0.052		0	BFFN	4				
18:4 ... g	0.000		0	BFFN	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.039		0	BFFN	4				
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4				
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4				
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	65		0	BFFN	4				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.136		0	PAK	1				
Threonine ... g	0.825		0	PAK	1				
Isoleucine ... g	0.939		0	PAK	1				
Leucine ... g	1.642		0	PAK	1				
Lysine ... g	1.745		0	PAK	1				
Methionine ... g	0.538		0	PAK	1				
Cystine ... g	0.266		0	PAK	1				
Phenylalanine ... g	0.815		0	PAK	1				
Tyrosine ... g	0.658		0	PAK	1				
Valine ... g	1.024		0	PAK	1				
Arginine ... g	1.335		0	PAK	1				
Histidine ... g	0.659		0	PAK	1				
Alanine ... g	1.255		0	PAK	1				
Aspartic acid ... g	1.880		0	PAK	1				
Glutamic acid ... g	3.099		0	PAK	1				
Glycine ... g	1.257		0	PAK	1				
Proline ... g	0.984		0	PAK	1				
Serine ... g	0.813		0	PAK	1				
Hydroxyproline ... g	0.217		0	BFPN	4				
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg	0		0	Z	7				
Theobromine ... mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13954

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13955

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

URMIS #2244

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.82	0.899	10	PAK	1		365.36		
Energy....kcal	221		0	NC	4		1307		
Energy....kJ	925		0	NC	4		5467		
Protein (N x 6.25)....g	25.66	0.516	10	PAK	1		151.65		
Total lipid (fat)....g	12.36	1.158	10	PAK	1		73.06		
Ash....g	1.03	0.027	10	PAK	1		6.11		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0	BFFN	4		98		
Iron, Fe....mg	1.70		0	BFFN	4		10.04		
Magnesium, Mg....mg	20		0	BFFN	4		121		
Phosphorus, P....mg	189		0	BFFN	4		1118		
Potassium, K....mg	308		0	BFFN	4		1818		
Sodium, Na....mg	50		0	BFFN	4		298		
Zinc, Zn....mg	4.52		0	BFFN	4		26.72		
Copper, Cu....mg	0.083		0	BFFN	4		0.488		
Manganese, Mn....mg	0.009		0	BFFN	4		0.053		
Selenium, Se....mcg	27.3		0	BFFN	4		161.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.064		0	BFPN	4		0.378		
Riboflavin....mg	0.113		0	BFPN	4		0.666		
Niacin....mg	6.959		0	BFPN	4		41.129		
Pantothenic acid....mg	0.505		0	BFPN	4		2.986		
Vitamin B-6....mg	0.511		0	BFPN	4		3.022		
Folate, total....mcg	8		0	BFPN	4		47		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	8		0	BFPN	4		47		
Folate, DFE....mcg_DFE	8		0	NC	4		47		
Choline, total....mg	97.7		0	BFPN	4		577.6		
Betaine....mg	12.8		0	BFPN	4		75.9		
Vitamin B-12....mcg	1.69		0	BFPN	4		10.01		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.41		0	BFSN	4		2.40		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		8.6		
Lipids:									
Fatty acids, total saturated....g	4.546		0	NC	4		26.866		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13955

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.006		0	BFFN	4		0.035		
12:0 g	0.017		0	BFFN	4		0.099		
13:0 g									
14:0 g	0.276		0	BFFN	4		1.630		
15:0 g									
16:0 g	2.888		0	BFFN	4		17.067		
17:0 g									
18:0 g	1.360		0	BFFN	4		8.035		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.121		0	NC	4		36.172		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.394		0	BFFN	4		2.328		
17:1 g									
18:1 undifferentiated g	5.723		0	BFFN	4		33.822		
20:1 g	0.004		0	BFFN	4		0.022		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.406		0	NC	4		2.397		
18:2 undifferentiated g	0.304		0	BFFN	4		1.798		
18:3 undifferentiated g	0.057		0	BFFN	4		0.335		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.045		0	BFFN	4		0.264		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	94		0	BFFN	4		556		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.169		0	PAK	1		0.997		
Threonine g	1.025		0	PAK	1		6.058		
Isoleucine g	1.167		0	PAK	1		6.899		
Leucine g	2.041		0	PAK	1		12.064		
Lysine g	2.169		0	PAK	1		12.816		
Methionine g	0.668		0	PAK	1		3.949		
Cystine g	0.331		0	PAK	1		1.957		
Phenylalanine g	1.014		0	PAK	1		5.990		
Tyrosine g	0.818		0	PAK	1		4.832		
Valine g	1.273		0	PAK	1		7.523		
Arginine g	1.659		0	PAK	1		9.806		
Histidine g	0.819		0	PAK	1		4.840		
Alanine g	1.560		0	PAK	1		9.220		
Aspartic acid g	2.337		0	PAK	1		13.814		
Glutamic acid g	3.852		0	PAK	1		22.766		
Glycine g	1.562		0	PAK	1		9.234		
Proline g	1.223		0	PAK	1		7.230		
Serine g	1.011		0	PAK	1		5.974		
Hydroxyproline g	0.270		0	BFPN	4		1.593		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13955

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 591g: 1 roast (yield from 714 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13956

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw

URMIS #2244

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	69.37	1.314	9	PAK	1				
Energy ... kcal	174		0	NC	4				
Energy ... kJ	728		0	NC	4				
Protein (N x 6.25) ... g	20.64	0.361	9	PAK	1				
Total lipid (fat) ... g	9.51	1.324	9	PAK	1				
Ash ... g	1.00	0.037	9	PAK	1				
Carbohydrate, by difference ... g	0.00		0	Z	7				
Fiber, total dietary ... g	0.0		0	Z	7				
Sugars, total ... g	0.00		0	Z	7				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	25		0	BFFN	4				
Iron, Fe ... mg	1.47		0	BFFN	4				
Magnesium, Mg ... mg	21		0	BFFN	4				
Phosphorus, P ... mg	183		0	BFFN	4				
Potassium, K ... mg	313		0	BFFN	4				
Sodium, Na ... mg	51		0	BFFN	4				
Zinc, Zn ... mg	3.61		0	BFFN	4				
Copper, Cu ... mg	0.067		0	BFFN	4				
Manganese, Mn ... mg	0.013		0	BFFN	4				
Selenium, Se ... mcg	22.1		0	BFFN	4				
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7				
Thiamin ... mg	0.055		0	BFPN	4				
Riboflavin ... mg	0.087		0	BFPN	4				
Niacin ... mg	6.658		0	BFPN	4				
Pantothenic acid ... mg	0.603		0	BFPN	4				
Vitamin B-6 ... mg	0.556		0	BFPN	4				
Folate, total ... mcg	11		0	BFPN	4				
Folic acid ... mcg	0		0	Z	7				
Folate, food ... mcg	11		0	BFPN	4				
Folate, DFE ... mcg_DFE	11		0	NC	4				
Choline, total ... mg	86.2		0	BFPN	4				
Betaine ... mg	12.7		0	BFPN	4				
Vitamin B-12 ... mcg	1.15		0	BFPN	4				
Vitamin B-12, added ... mcg	0.00		0	Z	7				
Vitamin A, RAE ... mcg_RAE	0		0	AS	1				
Retinol ... mcg	0		0	Z	7				
Carotene, beta ... mcg	0		0	Z	7				
Carotene, alpha ... mcg	0		0	Z	7				
Cryptoxanthin, beta ... mcg	0		0	Z	7				
Vitamin A, IU ... IU	0		0	AS	1				
Lycopene ... mcg	0		0	Z	7				
Lutein + zeaxanthin ... mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol) ... mg	0.33		0	BFSN	4				
Vitamin E, added ... mg	0.00		0	Z	7				
Tocopherol, beta ... mg	0.00		0	Z	7				
Tocopherol, gamma ... mg	0.00		0	Z	7				
Tocopherol, delta ... mg	0.00		0	Z	7				
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	1.3		0	BFSN	4				
Lipids:									
Fatty acids, total saturated ... g	3.493		0	NC	4				
4:0 ... g	0.000		0	BFFN	4				

NDB No. 13956

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4				
8:0....g	0.000		0	BFFN	4				
10:0....g	0.007		0	BFFN	4				
12:0....g	0.005		0	BFFN	4				
13:0....g									
14:0....g	0.230		0	BFFN	4				
15:0....g									
16:0....g	2.190		0	BFFN	4				
17:0....g									
18:0....g	1.061		0	BFFN	4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.724		0	NC	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.362		0	BFFN	4				
17:1....g									
18:1 undifferentiated....g	4.359		0	BFFN	4				
20:1....g	0.003		0	BFFN	4				
22:1 undifferentiated....g	0.000		0	BFFN	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.438		0	NC	4				
18:2 undifferentiated....g	0.337		0	BFFN	4				
18:3 undifferentiated....g	0.058		0	BFFN	4				
18:4....g	0.000		0	BFFN	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.043		0	BFFN	4				
20:5 n-3 (EPA)....g	0.000		0	BFFN	4				
22:5 n-3 (DPA)....g	0.000		0	BFFN	4				
22:6 n-3 (DHA)....g	0.000		0	BFFN	4				
Fatty acids, total trans....g									
Cholesterol....mg	72		0	BFFN	4				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.136		0	PAK	1				
Threonine....g	0.825		0	PAK	1				
Isoleucine....g	0.939		0	PAK	1				
Leucine....g	1.642		0	PAK	1				
Lysine....g	1.745		0	PAK	1				
Methionine....g	0.538		0	PAK	1				
Cystine....g	0.266		0	PAK	1				
Phenylalanine....g	0.815		0	PAK	1				
Tyrosine....g	0.658		0	PAK	1				
Valine....g	1.024		0	PAK	1				
Arginine....g	1.335		0	PAK	1				
Histidine....g	0.659		0	PAK	1				
Alanine....g	1.255		0	PAK	1				
Aspartic acid....g	1.880		0	PAK	1				
Glutamic acid....g	3.099		0	PAK	1				
Glycine....g	1.257		0	PAK	1				
Proline....g	0.984		0	PAK	1				
Serine....g	0.813		0	PAK	1				
Hydroxyproline....g	0.217		0	BFPN	4				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13956

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13957

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

URMIS #1429

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.45	0.634	10	PAK	1		347.05		
Energy....kcal	201		0	NC	4		1100		
Energy....kJ	841		0	NC	4		4602		
Protein (N x 6.25)....g	26.44	0.443	10	PAK	1		144.61		
Total lipid (fat)....g	9.78	0.736	10	PAK	1		53.48		
Ash....g	1.06	0.043	10	PAK	1		5.81		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0	BFFN	4		117		
Iron, Fe....mg	1.62		0	BFFN	4		8.86		
Magnesium, Mg....mg	23		0	BFFN	4		124		
Phosphorus, P....mg	212		0	BFFN	4		1160		
Potassium, K....mg	338		0	BFFN	4		1848		
Sodium, Na....mg	56		0	BFFN	4		307		
Zinc, Zn....mg	4.82		0	BFFN	4		26.35		
Copper, Cu....mg	0.073		0	BFFN	4		0.397		
Manganese, Mn....mg	0.009		0	BFFN	4		0.050		
Selenium, Se....mcg	28.7		0	BFFN	4		156.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.077		0	BFPN	4		0.421		
Riboflavin....mg	0.138		0	BFPN	4		0.757		
Niacin....mg	6.906		0	BFPN	4		37.774		
Pantothenic acid....mg	0.522		0	BFPN	4		2.854		
Vitamin B-6....mg	0.579		0	BFPN	4		3.168		
Folate, total....mcg	8		0	BFPN	4		45		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	8		0	BFPN	4		45		
Folate, DFE....mcg_DFE	8		0	NC	4		45		
Choline, total....mg	100.7		0	BFPN	4		550.8		
Betaine....mg	13.2		0	BFPN	4		72.4		
Vitamin B-12....mcg	1.37		0	BFPN	4		7.49		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.39		0	BFSN	4		2.13		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		7.6		
Lipids:									
Fatty acids, total saturated....g	3.595		0	NC	4		19.666		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13957

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.005		0	BFFN	4		0.026		
12:0 g	0.013		0	BFFN	4		0.072		
13:0 g									
14:0 g	0.218		0	BFFN	4		1.193		
15:0 g									
16:0 g	2.284		0	BFFN	4		12.493		
17:0 g									
18:0 g	1.075		0	BFFN	4		5.882		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.841		0	NC	4		26.480		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.312		0	BFFN	4		1.704		
17:1 g									
18:1 undifferentiated g	4.527		0	BFFN	4		24.760		
20:1 g	0.003		0	BFFN	4		0.016		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.321		0	NC	4		1.754		
18:2 undifferentiated g	0.241		0	BFFN	4		1.316		
18:3 undifferentiated g	0.045		0	BFFN	4		0.245		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.035		0	BFFN	4		0.193		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	74		0	BFFN	4		407		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.174		0	PAK	1		0.950		
Threonine g	1.056		0	PAK	1		5.777		
Isoleucine g	1.203		0	PAK	1		6.579		
Leucine g	2.103		0	PAK	1		11.504		
Lysine g	2.234		0	PAK	1		12.222		
Methionine g	0.688		0	PAK	1		3.766		
Cystine g	0.341		0	PAK	1		1.866		
Phenylalanine g	1.044		0	PAK	1		5.712		
Tyrosine g	0.842		0	PAK	1		4.608		
Valine g	1.312		0	PAK	1		7.174		
Arginine g	1.710		0	PAK	1		9.351		
Histidine g	0.844		0	PAK	1		4.615		
Alanine g	1.607		0	PAK	1		8.792		
Aspartic acid g	2.408		0	PAK	1		13.172		
Glutamic acid g	3.969		0	PAK	1		21.710		
Glycine g	1.610		0	PAK	1		8.806		
Proline g	1.260		0	PAK	1		6.894		
Serine g	1.041		0	PAK	1		5.697		
Hydroxyproline g	0.278		0	BFPN	4		1.519		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13957

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Common Measures:

Measure 1 = 547g: 1 roast (yield from 666 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13958

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw

URMIS #1429

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	70.73	1.158	10	PAK	1				
Energy ... kcal	157		0	NC	4				
Energy ... kJ	659		0	NC	4				
Protein (N x 6.25) ... g	20.64	0.200	10	PAK	1				
Total lipid (fat) ... g	7.68	0.914	10	PAK	1				
Ash ... g	1.06	0.033	10	PAK	1				
Carbohydrate, by difference ... g	0.00		0	Z	7				
Fiber, total dietary ... g	0.0		0	Z	7				
Sugars, total ... g	0.00		0	Z	7				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	24		0	BFFN	4				
Iron, Fe ... mg	1.51		0	BFFN	4				
Magnesium, Mg ... mg	21		0	BFFN	4				
Phosphorus, P ... mg	194		0	BFFN	4				
Potassium, K ... mg	321		0	BFFN	4				
Sodium, Na ... mg	53		0	BFFN	4				
Zinc, Zn ... mg	3.54		0	BFFN	4				
Copper, Cu ... mg	0.073		0	BFFN	4				
Manganese, Mn ... mg	0.010		0	BFFN	4				
Selenium, Se ... mcg	24.1		0	BFFN	4				
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7				
Thiamin ... mg	0.074		0	BFPN	4				
Riboflavin ... mg	0.112		0	BFPN	4				
Niacin ... mg	5.516		0	BFPN	4				
Pantothenic acid ... mg	0.585		0	BFPN	4				
Vitamin B-6 ... mg	0.570		0	BFPN	4				
Folate, total ... mcg	11		0	BFPN	4				
Folic acid ... mcg	0		0	Z	7				
Folate, food ... mcg	11		0	BFPN	4				
Folate, DFE ... mcg_DFE	11		0	NC	4				
Choline, total ... mg	86.2		0	BFPN	4				
Betaine ... mg	12.7		0	BFPN	4				
Vitamin B-12 ... mcg	0.98		0	BFPN	4				
Vitamin B-12, added ... mcg	0.00		0	Z	7				
Vitamin A, RAE ... mcg_RAE	0		0	AS	1				
Retinol ... mcg	0		0	Z	7				
Carotene, beta ... mcg	0		0	Z	7				
Carotene, alpha ... mcg	0		0	Z	7				
Cryptoxanthin, beta ... mcg	0		0	Z	7				
Vitamin A, IU ... IU	0		0	AS	1				
Lycopene ... mcg	0		0	Z	7				
Lutein + zeaxanthin ... mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol) ... mg	0.31		0	BFSN	4				
Vitamin E, added ... mg	0.00		0	Z	7				
Tocopherol, beta ... mg	0.00		0	Z	7				
Tocopherol, gamma ... mg	0.00		0	Z	7				
Tocopherol, delta ... mg	0.00		0	Z	7				
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	1.2		0	BFSN	4				
Lipids:									
Fatty acids, total saturated ... g	2.822		0	NC	4				
4:0 ... g	0.000		0	BFFN	4				

NDB No. 13958

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4				
8:0....g	0.000		0	BFFN	4				
10:0....g	0.006		0	BFFN	4				
12:0....g	0.004		0	BFFN	4				
13:0....g									
14:0....g	0.185		0	BFFN	4				
15:0....g									
16:0....g	1.769		0	BFFN	4				
17:0....g									
18:0....g	0.857		0	BFFN	4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.816		0	NC	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.293		0	BFFN	4				
17:1....g									
18:1 undifferentiated....g	3.521		0	BFFN	4				
20:1....g	0.002		0	BFFN	4				
22:1 undifferentiated....g	0.000		0	BFFN	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.354		0	NC	4				
18:2 undifferentiated....g	0.272		0	BFFN	4				
18:3 undifferentiated....g	0.047		0	BFFN	4				
18:4....g	0.000		0	BFFN	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.035		0	BFFN	4				
20:5 n-3 (EPA)....g	0.000		0	BFFN	4				
22:5 n-3 (DPA)....g	0.000		0	BFFN	4				
22:6 n-3 (DHA)....g	0.000		0	BFFN	4				
Fatty acids, total trans....g									
Cholesterol....mg	58		0	BFFN	4				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.136		0	PAK	1				
Threonine....g	0.825		0	PAK	1				
Isoleucine....g	0.939		0	PAK	1				
Leucine....g	1.642		0	PAK	1				
Lysine....g	1.744		0	PAK	1				
Methionine....g	0.538		0	PAK	1				
Cystine....g	0.266		0	PAK	1				
Phenylalanine....g	0.815		0	PAK	1				
Tyrosine....g	0.658		0	PAK	1				
Valine....g	1.024		0	PAK	1				
Arginine....g	1.335		0	PAK	1				
Histidine....g	0.659		0	PAK	1				
Alanine....g	1.255		0	PAK	1				
Aspartic acid....g	1.880		0	PAK	1				
Glutamic acid....g	3.099		0	PAK	1				
Glycine....g	1.257		0	PAK	1				
Proline....g	0.984		0	PAK	1				
Serine....g	0.813		0	PAK	1				
Hydroxyproline....g	0.217		0	BFPN	4				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13958

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23646

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw

Refuse: 6% Bone and connective tissue 1%, sep fat 5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.41	0.639	20	A	1		188.98		
Energy....kcal	142		0	NC	4		369		
Energy....kJ	592		0	NC	4		1546		
Protein (N x 6.25)....g	21.26	0.214	20	A	1		55.49		
Total lipid (fat)....g	5.63	0.544	20	A	1		14.70		
Ash....g	1.06	0.024	20	A	1		2.78		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	23		0	BFNN	4		61		
Iron, Fe....mg	1.54		0	BFNN	4		4.01		
Magnesium, Mg....mg	22		0	BFNN	4		58		
Phosphorus, P....mg	198		0	BFNN	4		517		
Potassium, K....mg	333		0	BFNN	4		869		
Sodium, Na....mg	54		0	BFNN	4		140		
Zinc, Zn....mg	3.85		0	BFNN	4		10.05		
Copper, Cu....mg	0.072		0	BFNN	4		0.187		
Manganese, Mn....mg	0.012		0	BFNN	4		0.032		
Selenium, Se....mcg	25.9		0	BFNN	4		67.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.065		0	BFPN	4		0.170		
Riboflavin....mg	0.107		0	BFPN	4		0.279		
Niacin....mg	6.585		0	BFPN	4		17.188		
Pantothenic acid....mg	0.629		0	BFPN	4		1.641		
Vitamin B-6....mg	0.595		0	BFPN	4		1.554		
Folate, total....mcg	13		0	BFPN	4		33		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	13		0	BFPN	4		33		
Folate, DFE....mcg_DFE	13		0	NC	4		33		
Choline, total....mg	88.8		0	BFPN	4		231.8		
Betaine....mg	13.1		0	BFPN	4		34.1		
Vitamin B-12....mcg	1.04		0	BFPN	4		2.73		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.29		0	BFSN	4		0.77		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.2		0	BFSN	4		3.1		
Lipids:									
Fatty acids, total saturated....g	1.729		0	NC	4		4.513		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 23646

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.000		0	BFFN	4		0.000		
12:0 ... g	0.000		0	BFFN	4		0.000		
13:0 ... g									
14:0 ... g	0.107		0	BFFN	4		0.279		
15:0 ... g									
16:0 ... g	1.095		0	BFFN	4		2.858		
17:0 ... g									
18:0 ... g	0.527		0	BFFN	4		1.377		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.470		0	NC	4		6.447		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.167		0	BFFN	4		0.436		
17:1 ... g									
18:1 undifferentiated ... g	2.303		0	BFFN	4		6.012		
20:1 ... g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.234		0	NC	4		0.610		
18:2 undifferentiated ... g	0.187		0	BFFN	4		0.488		
18:3 undifferentiated ... g	0.020		0	BFFN	4		0.052		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.027		0	BFFN	4		0.070		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	43		0	BFFN	4		113		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.140		0	A	1		0.365		
Threonine ... g	0.849		0	A	1		2.217		
Isoleucine ... g	0.967		0	A	1		2.524		
Leucine ... g	1.691		0	A	1		4.414		
Lysine ... g	1.797		0	A	1		4.689		
Methionine ... g	0.554		0	A	1		1.445		
Cystine ... g	0.274		0	A	1		0.716		
Phenylalanine ... g	0.840		0	A	1		2.192		
Tyrosine ... g	0.677		0	A	1		1.768		
Valine ... g	1.055		0	A	1		2.753		
Arginine ... g	1.375		0	A	1		3.588		
Histidine ... g	0.678		0	A	1		1.771		
Alanine ... g	1.292		0	A	1		3.373		
Aspartic acid ... g	1.936		0	A	1		5.054		
Glutamic acid ... g	3.191		0	A	1		8.330		
Glycine ... g	1.294		0	A	1		3.379		
Proline ... g	1.013		0	A	1		2.645		
Serine ... g	0.837		0	A	1		2.186		
Hydroxyproline ... g	0.223		0	BFPN	4		0.583		
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23646

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw

Common Measures:

Measure 1 = 261g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23647

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

URMIS #2244

Refuse: 6% Bone and connective tissue 2%, sep fat 4%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.79	0.753	10	A	1		376.99		
Energy....kcal	193		0	NC	4		1140		
Energy....kJ	807		0	NC	4		4771		
Protein (N x 6.25)....g	26.34	0.484	10	A	1		155.65		
Total lipid (fat)....g	9.73	0.861	10	A	1		57.53		
Ash....g	1.06	0.029	10	A	1		6.28		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0	BFNN	4		86		
Iron, Fe....mg	1.77		0	BFNN	4		10.45		
Magnesium, Mg....mg	22		0	BFNN	4		130		
Phosphorus, P....mg	202		0	BFNN	4		1195		
Potassium, K....mg	324		0	BFNN	4		1915		
Sodium, Na....mg	54		0	BFNN	4		318		
Zinc, Zn....mg	4.90		0	BFNN	4		28.93		
Copper, Cu....mg	0.082		0	BFNN	4		0.486		
Manganese, Mn....mg	0.010		0	BFNN	4		0.057		
Selenium, Se....mcg	29.9		0	BFNN	4		177.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.070		0	BFPN	4		0.413		
Riboflavin....mg	0.135		0	BFPN	4		0.797		
Niacin....mg	7.770		0	BFPN	4		45.920		
Pantothenic acid....mg	0.517		0	BFPN	4		3.057		
Vitamin B-6....mg	0.548		0	BFPN	4		3.239		
Folate, total....mcg	9		0	BFPN	4		52		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFPN	4		52		
Folate, DFE....mcg_DFE	9		0	NC	4		52		
Choline, total....mg	100.3		0	BFPN	4		592.8		
Betaine....mg	13.2		0	BFPN	4		77.9		
Vitamin B-12....mcg	1.64		0	BFPN	4		9.71		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.39		0	BFSN	4		2.28		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		8.1		
Lipids:									
Fatty acids, total saturated....g	3.527		0	NC	4		20.842		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 23647

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.000		0	BFFN	4		0.000		
12:0 ... g	0.010		0	BFFN	4		0.059		
13:0 ... g									
14:0 ... g	0.202		0	BFFN	4		1.191		
15:0 ... g									
16:0 ... g	2.247		0	BFFN	4		13.280		
17:0 ... g									
18:0 ... g	1.068		0	BFFN	4		6.312		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.907		0	NC	4		29.002		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.292		0	BFFN	4		1.727		
17:1 ... g									
18:1 undifferentiated ... g	4.615		0	BFFN	4		27.275		
20:1 ... g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.312		0	NC	4		1.846		
18:2 undifferentiated ... g	0.242		0	BFFN	4		1.429		
18:3 undifferentiated ... g	0.030		0	BFFN	4		0.178		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.040		0	BFFN	4		0.238		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	83		0	BFFN	4		490		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.173		0	A	1		1.023		
Threonine ... g	1.052		0	A	1		6.218		
Isoleucine ... g	1.198		0	A	1		7.081		
Leucine ... g	2.095		0	A	1		12.381		
Lysine ... g	2.226		0	A	1		13.154		
Methionine ... g	0.686		0	A	1		4.053		
Cystine ... g	0.340		0	A	1		2.009		
Phenylalanine ... g	1.040		0	A	1		6.148		
Tyrosine ... g	0.839		0	A	1		4.960		
Valine ... g	1.307		0	A	1		7.722		
Arginine ... g	1.703		0	A	1		10.064		
Histidine ... g	0.840		0	A	1		4.967		
Alanine ... g	1.601		0	A	1		9.462		
Aspartic acid ... g	2.399		0	A	1		14.177		
Glutamic acid ... g	3.954		0	A	1		23.366		
Glycine ... g	1.604		0	A	1		9.477		
Proline ... g	1.255		0	A	1		7.420		
Serine ... g	1.037		0	A	1		6.131		
Hydroxyproline ... g	0.277		0	BFPN	4		1.635		
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23647

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 591g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23648

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw

URMIS #2244

Refuse: 6% Bone and connective tissue 2%, sep fat 4%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.33	0.907	10	A	1		193.32		
Energy....kcal	154		0	NC	4		417		
Energy....kJ	645		0	NC	4		1747		
Protein (N x 6.25)....g	21.17	0.354	10	A	1		57.38		
Total lipid (fat)....g	7.06	0.761	10	A	1		19.12		
Ash....g	1.02	0.030	10	A	1		2.77		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	27		0	BFNN	4		73		
Iron, Fe....mg	1.54		0	BFNN	4		4.18		
Magnesium, Mg....mg	22		0	BFNN	4		60		
Phosphorus, P....mg	193		0	BFNN	4		524		
Potassium, K....mg	323		0	BFNN	4		875		
Sodium, Na....mg	54		0	BFNN	4		146		
Zinc, Zn....mg	3.92		0	BFNN	4		10.61		
Copper, Cu....mg	0.069		0	BFNN	4		0.186		
Manganese, Mn....mg	0.013		0	BFNN	4		0.036		
Selenium, Se....mcg	24.1		0	BFNN	4		65.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.059		0	BFPN	4		0.159		
Riboflavin....mg	0.104		0	BFPN	4		0.281		
Niacin....mg	7.170		0	BFPN	4		19.431		
Pantothenic acid....mg	0.630		0	BFPN	4		1.708		
Vitamin B-6....mg	0.581		0	BFPN	4		1.575		
Folate, total....mcg	13		0	BFPN	4		34		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	13		0	BFPN	4		34		
Folate, DFE....mcg_DFE	13		0	NC	4		34		
Choline, total....mg	88.4		0	BFPN	4		239.7		
Betaine....mg	13.0		0	BFPN	4		35.2		
Vitamin B-12....mcg	1.15		0	BFPN	4		3.11		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.31		0	BFSN	4		0.83		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.2		0	BFSN	4		3.3		
Lipids:									
Fatty acids, total saturated....g	2.132		0	NC	4		5.777		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 23648

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.000		0	BFFN	4		0.000		
12:0 ... g	0.000		0	BFFN	4		0.000		
13:0 ... g									
14:0 ... g	0.132		0	BFFN	4		0.357		
15:0 ... g									
16:0 ... g	1.350		0	BFFN	4		3.658		
17:0 ... g									
18:0 ... g	0.650		0	BFFN	4		1.762		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.045		0	NC	4		8.253		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.206		0	BFFN	4		0.557		
17:1 ... g									
18:1 undifferentiated ... g	2.840		0	BFFN	4		7.696		
20:1 ... g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.288		0	NC	4		0.780		
18:2 undifferentiated ... g	0.230		0	BFFN	4		0.624		
18:3 undifferentiated ... g	0.025		0	BFFN	4		0.067		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.033		0	BFFN	4		0.089		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	53		0	BFFN	4		144		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.139		0	A	1		0.377		
Threonine ... g	0.846		0	A	1		2.292		
Isoleucine ... g	0.963		0	A	1		2.611		
Leucine ... g	1.684		0	A	1		4.565		
Lysine ... g	1.789		0	A	1		4.849		
Methionine ... g	0.551		0	A	1		1.494		
Cystine ... g	0.273		0	A	1		0.740		
Phenylalanine ... g	0.836		0	A	1		2.266		
Tyrosine ... g	0.675		0	A	1		1.828		
Valine ... g	1.050		0	A	1		2.847		
Arginine ... g	1.369		0	A	1		3.710		
Histidine ... g	0.676		0	A	1		1.831		
Alanine ... g	1.287		0	A	1		3.488		
Aspartic acid ... g	1.929		0	A	1		5.227		
Glutamic acid ... g	3.179		0	A	1		8.614		
Glycine ... g	1.289		0	A	1		3.494		
Proline ... g	1.009		0	A	1		2.736		
Serine ... g	0.834		0	A	1		2.260		
Hydroxyproline ... g	0.222		0	BFPN	4		0.603		
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23648

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw

Common Measures:

Measure 1 = 271g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23649

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

URMIS #1429

Refuse: 6% Bone and connective tissue 1%, sep fat 5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.55	0.582	10	A	1		358.56		
Energy....kcal	179		0	NC	4		977		
Energy....kJ	748		0	NC	4		4089		
Protein (N x 6.25)....g	27.17	0.398	10	A	1		148.60		
Total lipid (fat)....g	6.95	0.526	10	A	1		38.00		
Ash....g	1.09	0.043	10	A	1		5.96		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	BFNN	4		107		
Iron, Fe....mg	1.68		0	BFNN	4		9.19		
Magnesium, Mg....mg	24		0	BFNN	4		129		
Phosphorus, P....mg	222		0	BFNN	4		1212		
Potassium, K....mg	359		0	BFNN	4		1963		
Sodium, Na....mg	58		0	BFNN	4		316		
Zinc, Zn....mg	5.00		0	BFNN	4		27.33		
Copper, Cu....mg	0.074		0	BFNN	4		0.406		
Manganese, Mn....mg	0.010		0	BFNN	4		0.054		
Selenium, Se....mcg	34.1		0	BFNN	4		186.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.078		0	BFPN	4		0.424		
Riboflavin....mg	0.144		0	BFPN	4		0.787		
Niacin....mg	7.939		0	BFPN	4		43.429		
Pantothenic acid....mg	0.535		0	BFPN	4		2.928		
Vitamin B-6....mg	0.600		0	BFPN	4		3.283		
Folate, total....mcg	9		0	BFPN	4		50		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFPN	4		50		
Folate, DFE....mcg_DFE	9		0	NC	4		50		
Choline, total....mg	103.5		0	BFPN	4		566.0		
Betaine....mg	13.6		0	BFPN	4		74.4		
Vitamin B-12....mcg	1.30		0	BFPN	4		7.10		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.37		0	BFSN	4		2.00		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		7.1		
Lipids:									
Fatty acids, total saturated....g	2.517		0	NC	4		13.767		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 23649

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.000		0	BFFN	4		0.000		
12:0 g	0.007		0	BFFN	4		0.039		
13:0 g									
14:0 g	0.144		0	BFFN	4		0.787		
15:0 g									
16:0 g	1.604		0	BFFN	4		8.772		
17:0 g									
18:0 g	0.762		0	BFFN	4		4.170		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.502		0	NC	4		19.157		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.209		0	BFFN	4		1.140		
17:1 g									
18:1 undifferentiated g	3.294		0	BFFN	4		18.017		
20:1 g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.223		0	NC	4		1.218		
18:2 undifferentiated g	0.173		0	BFFN	4		0.944		
18:3 undifferentiated g	0.022		0	BFFN	4		0.118		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.029		0	BFFN	4		0.157		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	59		0	BFFN	4		324		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.179		0	A	1		0.977		
Threonine g	1.085		0	A	1		5.936		
Isoleucine g	1.236		0	A	1		6.761		
Leucine g	2.161		0	A	1		11.821		
Lysine g	2.296		0	A	1		12.559		
Methionine g	0.707		0	A	1		3.870		
Cystine g	0.351		0	A	1		1.918		
Phenylalanine g	1.073		0	A	1		5.870		
Tyrosine g	0.866		0	A	1		4.735		
Valine g	1.348		0	A	1		7.372		
Arginine g	1.757		0	A	1		9.609		
Histidine g	0.867		0	A	1		4.743		
Alanine g	1.652		0	A	1		9.034		
Aspartic acid g	2.475		0	A	1		13.536		
Glutamic acid g	4.078		0	A	1		22.309		
Glycine g	1.654		0	A	1		9.049		
Proline g	1.295		0	A	1		7.084		
Serine g	1.070		0	A	1		5.854		
Hydroxyproline g	0.285		0	BFPN	4		1.561		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23649

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Common Measures:

Measure 1 = 547g: 1 roast (yield from 666 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23650

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw

URMIS #1429

Refuse: 6% Bone and connective tissue 1%, sep fat 5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.48	0.803	10	A	1		185.16		
Energy....kcal	129		0	NC	4		325		
Energy....kJ	540		0	NC	4		1361		
Protein (N x 6.25)....g	21.34	0.258	10	A	1		53.79		
Total lipid (fat)....g	4.21	0.469	10	A	1		10.60		
Ash....g	1.10	0.033	10	A	1		2.78		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0	BFNN	4		54		
Iron, Fe....mg	1.55		0	BFNN	4		3.92		
Magnesium, Mg....mg	23		0	BFNN	4		57		
Phosphorus, P....mg	204		0	BFNN	4		513		
Potassium, K....mg	344		0	BFNN	4		866		
Sodium, Na....mg	54		0	BFNN	4		136		
Zinc, Zn....mg	3.85		0	BFNN	4		9.71		
Copper, Cu....mg	0.074		0	BFNN	4		0.186		
Manganese, Mn....mg	0.011		0	BFNN	4		0.027		
Selenium, Se....mcg	29.7		0	BFNN	4		74.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.072		0	BFPN	4		0.181		
Riboflavin....mg	0.115		0	BFPN	4		0.289		
Niacin....mg	6.201		0	BFPN	4		15.626		
Pantothenic acid....mg	0.627		0	BFPN	4		1.580		
Vitamin B-6....mg	0.602		0	BFPN	4		1.517		
Folate, total....mcg	12		0	BFPN	4		31		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	12		0	BFPN	4		31		
Folate, DFE....mcg_DFE	12		0	NC	4		31		
Choline, total....mg	89.2		0	BFPN	4		224.7		
Betaine....mg	13.1		0	BFPN	4		33.0		
Vitamin B-12....mcg	0.90		0	BFPN	4		2.28		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.28		0	BFSN	4		0.71		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.1		0	BFSN	4		2.8		
Lipids:									
Fatty acids, total saturated....g	1.500		0	NC	4		3.781		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 23650

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.093		0	BFFN	4		0.233		
15:0....g									
16:0....g	0.950		0	BFFN	4		2.394		
17:0....g									
18:0....g	0.458		0	BFFN	4		1.153		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.144		0	NC	4		5.402		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.145		0	BFFN	4		0.365		
17:1....g									
18:1 undifferentiated....g	1.999		0	BFFN	4		5.037		
20:1....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.203		0	NC	4		0.511		
18:2 undifferentiated....g	0.162		0	BFFN	4		0.409		
18:3 undifferentiated....g	0.017		0	BFFN	4		0.044		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.023		0	BFFN	4		0.058		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	37		0	BFFN	4		94		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.140		0	A	1		0.353		
Threonine....g	0.853		0	A	1		2.149		
Isoleucine....g	0.971		0	A	1		2.447		
Leucine....g	1.698		0	A	1		4.279		
Lysine....g	1.804		0	A	1		4.546		
Methionine....g	0.556		0	A	1		1.401		
Cystine....g	0.275		0	A	1		0.694		
Phenylalanine....g	0.843		0	A	1		2.125		
Tyrosine....g	0.680		0	A	1		1.714		
Valine....g	1.059		0	A	1		2.668		
Arginine....g	1.380		0	A	1		3.478		
Histidine....g	0.681		0	A	1		1.717		
Alanine....g	1.298		0	A	1		3.270		
Aspartic acid....g	1.944		0	A	1		4.899		
Glutamic acid....g	3.204		0	A	1		8.075		
Glycine....g	1.300		0	A	1		3.275		
Proline....g	1.018		0	A	1		2.564		
Serine....g	0.841		0	A	1		2.119		
Hydroxyproline....g	0.224		0	BFPN	4		0.565		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23650

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw

Common Measures:

Measure 1 = 252g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13369

Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.90	0.392	20	PAK	1		159.02		
Energy....kcal	213		0	NC	4		574		
Energy....kJ	890		0	NC	4		2403		
Protein (N x 6.25)....g	32.90	0.361	20	PAK	1		88.83		
Total lipid (fat)....g	8.01	0.504	20	PAK	1		21.62		
Ash....g	1.03	0.225	20	PAK	1		2.79		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0	BFFN	4		50		
Iron, Fe....mg	2.76		0	BFFN	4		7.46		
Magnesium, Mg....mg	21		0	BFFN	4		58		
Phosphorus, P....mg	200		0	BFFN	4		539		
Potassium, K....mg	264		0	BFFN	4		714		
Sodium, Na....mg	54		0	BFFN	4		146		
Zinc, Zn....mg	7.61		0	BFFN	4		20.56		
Copper, Cu....mg	0.114		0	BFFN	4		0.306		
Manganese, Mn....mg	0.011		0	BFFN	4		0.029		
Selenium, Se....mcg	30.9		0	BFFN	4		83.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.067		0	BFPN	4		0.180		
Riboflavin....mg	0.195		0	BFPN	4		0.525		
Niacin....mg	4.667		0	BFPN	4		12.601		
Pantothenic acid....mg	0.649		0	BFPN	4		1.751		
Vitamin B-6....mg	0.322		0	BFPN	4		0.869		
Folate, total....mcg	10		0	BFPN	4		28		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	10		0	BFPN	4		28		
Folate, DFE....mcg_DFE	10		0	NC	4		28		
Choline, total....mg	125.3		0	BFPN	4		338.3		
Betaine....mg	16.5		0	BFPN	4		44.5		
Vitamin B-12....mcg	2.43		0	BFPN	4		6.55		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.44		0	BFSN	4		1.18		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		4.2		
Lipids:									
Fatty acids, total saturated....g	3.152		0	NC	4		8.510		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13369

Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.020		0	BFFN	4		0.053		
12:0 g	0.018		0	BFFN	4		0.047		
13:0 g									
14:0 g	0.249		0	BFFN	4		0.672		
15:0 g									
16:0 g	1.924		0	BFFN	4		5.196		
17:0 g									
18:0 g	0.942		0	BFFN	4		2.543		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.444		0	NC	4		9.298		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.327		0	BFFN	4		0.883		
17:1 g									
18:1 undifferentiated g	3.103		0	BFFN	4		8.379		
20:1 g	0.014		0	BFFN	4		0.037		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.296		0	NC	4		0.798		
18:2 undifferentiated g	0.202		0	BFFN	4		0.546		
18:3 undifferentiated g	0.080		0	BFFN	4		0.215		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.014		0	BFFN	4		0.037		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	40		0	BFFN	4		107		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.216		0	PAK	1		0.584		
Threonine g	1.314		0	PAK	1		3.549		
Isoleucine g	1.497		0	PAK	1		4.041		
Leucine g	2.617		0	PAK	1		7.066		
Lysine g	2.780		0	PAK	1		7.507		
Methionine g	0.857		0	PAK	1		2.313		
Cystine g	0.425		0	PAK	1		1.146		
Phenylalanine g	1.300		0	PAK	1		3.509		
Tyrosine g	1.048		0	PAK	1		2.831		
Valine g	1.632		0	PAK	1		4.407		
Arginine g	2.127		0	PAK	1		5.744		
Histidine g	1.050		0	PAK	1		2.835		
Alanine g	2.000		0	PAK	1		5.400		
Aspartic acid g	2.997		0	PAK	1		8.091		
Glutamic acid g	4.939		0	PAK	1		13.335		
Glycine g	2.003		0	PAK	1		5.409		
Proline g	1.568		0	PAK	1		4.235		
Serine g	1.296		0	PAK	1		3.499		
Hydroxyproline g	0.346		0	BFPN	4		0.933		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13369

Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 270g: 1 steak (Yield from 418 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13165

Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

URMIS #2438

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	58.42	0.484	10	PAK	1				
Energy ... kcal	221		0	NC	4				
Energy ... kJ	924		0	NC	4				
Protein (N x 6.25) ... g	32.21	0.595	10	PAK	1				
Total lipid (fat) ... g	9.24	0.779	10	PAK	1				
Ash ... g	1.09	0.079	10	PAK	1				
Carbohydrate, by difference ... g	0.00		0	Z	7				
Fiber, total dietary ... g	0.0		0	Z	7				
Sugars, total ... g	0.00		0	Z	7				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	17		0	BFFN	4				
Iron, Fe ... mg	2.75		0	BFFN	4				
Magnesium, Mg ... mg	21		0	BFFN	4				
Phosphorus, P ... mg	191		0	BFFN	4				
Potassium, K ... mg	254		0	BFFN	4				
Sodium, Na ... mg	52		0	BFFN	4				
Zinc, Zn ... mg	7.23		0	BFFN	4				
Copper, Cu ... mg	0.122		0	BFFN	4				
Manganese, Mn ... mg	0.011		0	BFFN	4				
Selenium, Se ... mcg	29.3		0	BFFN	4				
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7				
Thiamin ... mg	0.061		0	BFPN	4				
Riboflavin ... mg	0.206		0	BFPN	4				
Niacin ... mg	4.496		0	BFPN	4				
Pantothenic acid ... mg	0.634		0	BFPN	4				
Vitamin B-6 ... mg	0.313		0	BFPN	4				
Folate, total ... mcg	10		0	BFPN	4				
Folic acid ... mcg	0		0	Z	7				
Folate, food ... mcg	10		0	BFPN	4				
Folate, DFE ... mcg_DFE	10		0	NC	4				
Choline, total ... mg	122.7		0	BFPN	4				
Betaine ... mg	16.1		0	BFPN	4				
Vitamin B-12 ... mcg	2.62		0	BFPN	4				
Vitamin B-12, added ... mcg	0.00		0	Z	7				
Vitamin A, RAE ... mcg_RAE	0		0	AS	1				
Retinol ... mcg	0		0	Z	7				
Carotene, beta ... mcg	0		0	Z	7				
Carotene, alpha ... mcg	0		0	Z	7				
Cryptoxanthin, beta ... mcg	0		0	Z	7				
Vitamin A, IU ... IU	0		0	AS	1				
Lycopene ... mcg	0		0	Z	7				
Lutein + zeaxanthin ... mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol) ... mg	0.44		0	BFSN	4				
Vitamin E, added ... mg	0.00		0	Z	7				
Tocopherol, beta ... mg	0.00		0	Z	7				
Tocopherol, gamma ... mg	0.00		0	Z	7				
Tocopherol, delta ... mg	0.00		0	Z	7				
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	1.6		0	BFSN	4				
Lipids:									
Fatty acids, total saturated ... g	3.638		0	NC	4				
4:0 ... g	0.000		0	BFFN	4				

NDB No. 13165

Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4				
8:0 ... g	0.000		0	BFFN	4				
10:0 ... g	0.023		0	BFFN	4				
12:0 ... g	0.020		0	BFFN	4				
13:0 ... g									
14:0 ... g	0.287		0	BFFN	4				
15:0 ... g									
16:0 ... g	2.221		0	BFFN	4				
17:0 ... g									
18:0 ... g	1.087		0	BFFN	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.975		0	NC	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.377		0	BFFN	4				
17:1 ... g									
18:1 undifferentiated ... g	3.582		0	BFFN	4				
20:1 ... g	0.016		0	BFFN	4				
22:1 undifferentiated ... g	0.000		0	BFFN	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.341		0	NC	4				
18:2 undifferentiated ... g	0.234		0	BFFN	4				
18:3 undifferentiated ... g	0.092		0	BFFN	4				
18:4 ... g	0.000		0	BFFN	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.016		0	BFFN	4				
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4				
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4				
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	46		0	BFFN	4				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.212		0	PAK	1				
Threonine ... g	1.287		0	PAK	1				
Isoleucine ... g	1.465		0	PAK	1				
Leucine ... g	2.562		0	PAK	1				
Lysine ... g	2.722		0	PAK	1				
Methionine ... g	0.839		0	PAK	1				
Cystine ... g	0.416		0	PAK	1				
Phenylalanine ... g	1.272		0	PAK	1				
Tyrosine ... g	1.026		0	PAK	1				
Valine ... g	1.598		0	PAK	1				
Arginine ... g	2.083		0	PAK	1				
Histidine ... g	1.028		0	PAK	1				
Alanine ... g	1.958		0	PAK	1				
Aspartic acid ... g	2.934		0	PAK	1				
Glutamic acid ... g	4.836		0	PAK	1				
Glycine ... g	1.961		0	PAK	1				
Proline ... g	1.536		0	PAK	1				
Serine ... g	1.269		0	PAK	1				
Hydroxyproline ... g	0.338		0	BFPN	4				
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg	0		0	Z	7				
Theobromine ... mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13165

Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13950

Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised

URMIS #1623

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.38	0.602	10	PAK	1		146.67		
Energy....kcal	205		0	NC	4		505		
Energy....kJ	856		0	NC	4		2114		
Protein (N x 6.25)....g	33.59	0.299	10	PAK	1		82.97		
Total lipid (fat)....g	6.77	0.355	10	PAK	1		16.73		
Ash....g	0.98	0.061	10	PAK	1		2.42		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	BFFN	4		49		
Iron, Fe....mg	2.78		0	BFFN	4		6.86		
Magnesium, Mg....mg	22		0	BFFN	4		55		
Phosphorus, P....mg	208		0	BFFN	4		514		
Potassium, K....mg	275		0	BFFN	4		679		
Sodium, Na....mg	57		0	BFFN	4		140		
Zinc, Zn....mg	8.01		0	BFFN	4		19.79		
Copper, Cu....mg	0.105		0	BFFN	4		0.259		
Manganese, Mn....mg	0.011		0	BFFN	4		0.028		
Selenium, Se....mcg	32.5		0	BFFN	4		80.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.063		0	BFPN	4		0.155		
Riboflavin....mg	0.158		0	BFPN	4		0.389		
Niacin....mg	4.175		0	BFPN	4		10.313		
Pantothenic acid....mg	0.572		0	BFPN	4		1.412		
Vitamin B-6....mg	0.285		0	BFPN	4		0.705		
Folate, total....mcg	9		0	BFPN	4		22		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFPN	4		22		
Folate, DFE....mcg_DFE	9		0	NC	4		22		
Choline, total....mg	127.9		0	BFPN	4		316.0		
Betaine....mg	16.8		0	BFPN	4		41.5		
Vitamin B-12....mcg	1.92		0	BFPN	4		4.73		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.43		0	BFSN	4		1.07		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		3.8		
Lipids:									
Fatty acids, total saturated....g	2.666		0	NC	4		6.586		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13950

Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.017		0	BFFN	4		0.041		
12:0....g	0.015		0	BFFN	4		0.037		
13:0....g									
14:0....g	0.211		0	BFFN	4		0.520		
15:0....g									
16:0....g	1.628		0	BFFN	4		4.020		
17:0....g									
18:0....g	0.797		0	BFFN	4		1.968		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.913		0	NC	4		7.195		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.277		0	BFFN	4		0.683		
17:1....g									
18:1 undifferentiated....g	2.625		0	BFFN	4		6.484		
20:1....g	0.012		0	BFFN	4		0.028		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.250		0	NC	4		0.618		
18:2 undifferentiated....g	0.171		0	BFFN	4		0.423		
18:3 undifferentiated....g	0.068		0	BFFN	4		0.167		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.012		0	BFFN	4		0.028		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	34		0	BFFN	4		83		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.221		0	PAK	1		0.545		
Threonine....g	1.342		0	PAK	1		3.314		
Isoleucine....g	1.528		0	PAK	1		3.775		
Leucine....g	2.672		0	PAK	1		6.600		
Lysine....g	2.839		0	PAK	1		7.012		
Methionine....g	0.875		0	PAK	1		2.161		
Cystine....g	0.433		0	PAK	1		1.071		
Phenylalanine....g	1.327		0	PAK	1		3.277		
Tyrosine....g	1.070		0	PAK	1		2.644		
Valine....g	1.666		0	PAK	1		4.116		
Arginine....g	2.172		0	PAK	1		5.365		
Histidine....g	1.072		0	PAK	1		2.648		
Alanine....g	2.042		0	PAK	1		5.044		
Aspartic acid....g	3.060		0	PAK	1		7.557		
Glutamic acid....g	5.043		0	PAK	1		12.455		
Glycine....g	2.045		0	PAK	1		5.052		
Proline....g	1.601		0	PAK	1		3.955		
Serine....g	1.323		0	PAK	1		3.268		
Hydroxyproline....g	0.353		0	BFPN	4		0.872		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13950

Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Common Measures:

Measure 1 = 247g: 1 steak (yield from 388 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13806

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.48	0.582	20	PAK	1		199.44	44.61	
Energy....kcal	289		0	NC	4		1099	246	
Energy....kJ	1210		0	NC	4		4598	1029	
Protein (N x 6.25)....g	28.82	0.331	20	PAK	1		109.50	24.49	
Total lipid (fat)....g	18.42	0.745	20	PAK	1		70.00	15.66	
Ash....g	0.94	0.046	20	PAK	1		3.57	0.80	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	BFNN	4		62	14	
Iron, Fe....mg	2.43		0	BFNN	4		9.23	2.07	
Magnesium, Mg....mg	19		0	BFNN	4		72	16	
Phosphorus, P....mg	175		0	BFNN	4		667	149	
Potassium, K....mg	232		0	BFNN	4		883	197	
Sodium, Na....mg	48		0	BFNN	4		181	41	
Zinc, Zn....mg	6.69		0	BFNN	4		25.43	5.69	
Copper, Cu....mg	0.100		0	BFNN	4		0.379	0.085	
Manganese, Mn....mg	0.010		0	BFNN	4		0.036	0.008	
Selenium, Se....mcg	27.1		0	BFNN	4		103.1	23.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.059		0	BFPN	4		0.222	0.050	
Riboflavin....mg	0.171		0	BFPN	4		0.648	0.145	
Niacin....mg	4.087		0	BFPN	4		15.532	3.474	
Pantothenic acid....mg	0.568		0	PAK	1		2.158	0.483	
Vitamin B-6....mg	0.282		0	BFPN	4		1.071	0.240	
Folate, total....mcg	9		0	PAK	1		34	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	PAK	1		34	8	
Folate, DFE....mcg_DFE	9		0	NC	4		34	8	
Choline, total....mg	109.8		0	BFPN	4		417.1	93.3	
Betaine....mg	14.4		0	BFPN	4		54.8	12.3	
Vitamin B-12....mcg	2.12		0	BFPN	4		8.07	1.81	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.51		0	BFSN	4		1.92	0.43	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.8		0	BFSN	4		6.8	1.5	
Lipids:									
Fatty acids, total saturated....g	7.305		0	NC	4		27.760	6.210	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13806

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.052		0	BFFN	4		0.198	0.044	
12:0 g	0.048		0	BFFN	4		0.184	0.041	
13:0 g									
14:0 g	0.584		0	BFFN	4		2.220	0.497	
15:0 g									
16:0 g	4.477		0	BFFN	4		17.013	3.806	
17:0 g									
18:0 g	2.144		0	BFFN	4		8.146	1.822	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.934		0	NC	4		30.150	6.744	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.770		0	BFFN	4		2.927	0.655	
17:1 g									
18:1 undifferentiated g	7.134		0	BFFN	4		27.110	6.064	
20:1 g	0.030		0	BFFN	4		0.113	0.025	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.681		0	NC	4		2.587	0.579	
18:2 undifferentiated g	0.458		0	BFFN	4		1.739	0.389	
18:3 undifferentiated g	0.201		0	BFFN	4		0.763	0.171	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.022		0	BFFN	4		0.085	0.019	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	76		0	BFFN	4		287	64	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.181		0	NR	4		0.688	0.154	
Threonine g	1.101		0	NR	4		4.182	0.935	
Isoleucine g	1.253		0	NR	4		4.763	1.065	
Leucine g	2.192		0	NR	4		8.328	1.863	
Lysine g	2.328		0	NR	4		8.848	1.979	
Methionine g	0.717		0	NR	4		2.726	0.610	
Cystine g	0.356		0	NR	4		1.351	0.302	
Phenylalanine g	1.088		0	NR	4		4.135	0.925	
Tyrosine g	0.878		0	NR	4		3.336	0.746	
Valine g	1.367		0	NR	4		5.194	1.162	
Arginine g	1.781		0	NR	4		6.770	1.514	
Histidine g	0.879		0	NR	4		3.341	0.747	
Alanine g	1.675		0	NR	4		6.365	1.424	
Aspartic acid g	2.509		0	NR	4		9.536	2.133	
Glutamic acid g	4.136		0	NR	4		15.716	3.516	
Glycine g	1.678		0	NR	4		6.375	1.426	
Proline g	1.313		0	NR	4		4.991	1.116	
Serine g	1.085		0	NR	4		4.124	0.922	
Hydroxyproline g	0.289		0	BFPN	4		1.100	0.246	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13806

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 380g: 1 steak (yield from raw steak weighing 550 g)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13805

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.07	1.006	20	PAK	1		266.99	16.75	66.75
Energy....kcal	277		0	NC	4		1251	78	313
Energy....kJ	1158		0	NC	4		5233	328	1308
Protein (N x 6.25)....g	17.94	0.386	20	PAK	1		81.10	5.09	20.28
Total lipid (fat)....g	22.18	1.329	20	PAK	1		100.26	6.29	25.07
Ash....g	0.81	0.021	20	PAK	1		3.65	0.23	0.91
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	BFNN	4		72	5	18
Iron, Fe....mg	1.59		0	BFNN	4		7.18	0.45	1.80
Magnesium, Mg....mg	18		0	BFNN	4		83	5	21
Phosphorus, P....mg	165		0	BFNN	4		747	47	187
Potassium, K....mg	276		0	BFNN	4		1248	78	312
Sodium, Na....mg	59		0	BFNN	4		269	17	67
Zinc, Zn....mg	4.32		0	BFNN	4		19.54	1.23	4.89
Copper, Cu....mg	0.077		0	BFNN	4		0.348	0.022	0.087
Manganese, Mn....mg	0.011		0	BFNN	4		0.048	0.003	0.012
Selenium, Se....mcg	19.4		0	BFNN	4		87.5	5.5	21.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.065		0	BFPN	4		0.293	0.018	0.073
Riboflavin....mg	0.130		0	BFPN	4		0.587	0.037	0.147
Niacin....mg	4.041		0	BFPN	4		18.264	1.146	4.566
Pantothenic acid....mg	0.516		0	PAK	1		2.332	0.146	0.583
Vitamin B-6....mg	0.425		0	BFPN	4		1.921	0.120	0.480
Folate, total....mcg	10		0	PAK	1		44	3	11
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	10		0	PAK	1		44	3	11
Folate, DFE....mcg_DFE	10		0	NC	4		44	3	11
Choline, total....mg	74.9		0	BFPN	4		338.8	21.2	84.7
Betaine....mg	11.0		0	BFPN	4		49.8	3.1	12.5
Vitamin B-12....mcg	1.54		0	BFPN	4		6.94	0.44	1.74
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.44		0	BFSN	4		1.97	0.12	0.49
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.7		0	BFSN	4		7.9	0.5	2.0
Lipids:									
Fatty acids, total saturated....g	8.951		0	NC	4		40.459	2.538	10.115
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000

NDB No. 13805

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0 g	0.071		0	BFFN	4		0.322	0.020	0.081
12:0 g	0.048		0	BFFN	4		0.215	0.013	0.054
13:0 g									
14:0 g	0.701		0	BFFN	4		3.170	0.199	0.792
15:0 g									
16:0 g	5.389		0	BFFN	4		24.358	1.528	6.090
17:0 g									
18:0 g	2.742		0	BFFN	4		12.394	0.777	3.098
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.498		0	NC	4		42.931	2.693	10.733
14:1 g									
15:1 g									
16:1 undifferentiated g	1.082		0	BFFN	4		4.889	0.307	1.222
17:1 g									
18:1 undifferentiated g	8.385		0	BFFN	4		37.899	2.377	9.475
20:1 g	0.032		0	BFFN	4		0.143	0.009	0.036
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.844		0	NC	4		3.814	0.239	0.953
18:2 undifferentiated g	0.543		0	BFFN	4		2.453	0.154	0.613
18:3 undifferentiated g	0.265		0	BFFN	4		1.200	0.075	0.300
18:4 g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.036		0	BFFN	4		0.161	0.010	0.040
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	81		0	BFFN	4		367	23	92
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.127		0	NR	4		0.572	0.036	0.143
Threonine g	0.769		0	NR	4		3.476	0.218	0.869
Isoleucine g	0.876		0	NR	4		3.959	0.248	0.990
Leucine g	1.531		0	NR	4		6.921	0.434	1.730
Lysine g	1.627		0	NR	4		7.353	0.461	1.838
Methionine g	0.501		0	NR	4		2.266	0.142	0.566
Cystine g	0.248		0	NR	4		1.123	0.070	0.281
Phenylalanine g	0.760		0	NR	4		3.437	0.216	0.859
Tyrosine g	0.613		0	NR	4		2.773	0.174	0.693
Valine g	0.955		0	NR	4		4.317	0.271	1.079
Arginine g	1.245		0	NR	4		5.626	0.353	1.407
Histidine g	0.614		0	NR	4		2.777	0.174	0.694
Alanine g	1.170		0	NR	4		5.290	0.332	1.322
Aspartic acid g	1.753		0	NR	4		7.926	0.497	1.981
Glutamic acid g	2.890		0	NR	4		13.062	0.819	3.266
Glycine g	1.172		0	NR	4		5.298	0.332	1.325
Proline g	0.918		0	NR	4		4.148	0.260	1.037
Serine g	0.758		0	NR	4		3.427	0.215	0.857
Hydroxyproline g	0.202		0	BFPN	4		0.914	0.057	0.229
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13805

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 452g: 1 steak

Measure 2 = 28.35g: 1 oz

Measure 3 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23660

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

URMIS #2438

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.58	0.759	10	PAK	1		210.97		
Energy....kcal	298		0	NC	4		1219		
Energy....kJ	1247		0	NC	4		5100		
Protein (N x 6.25)....g	28.66	0.548	10	PAK	1		117.23		
Total lipid (fat)....g	19.47	1.154	10	PAK	1		79.65		
Ash....g	0.95	0.064	10	PAK	1		3.88		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	BFNN	4		63		
Iron, Fe....mg	2.46		0	BFNN	4		10.05		
Magnesium, Mg....mg	18		0	BFNN	4		75		
Phosphorus, P....mg	171		0	BFNN	4		700		
Potassium, K....mg	227		0	BFNN	4		930		
Sodium, Na....mg	46		0	BFNN	4		190		
Zinc, Zn....mg	6.47		0	BFNN	4		26.47		
Copper, Cu....mg	0.109		0	BFNN	4		0.445		
Manganese, Mn....mg	0.010		0	BFNN	4		0.039		
Selenium, Se....mcg	26.2		0	BFNN	4		107.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.054		0	BFPN	4		0.222		
Riboflavin....mg	0.183		0	BFPN	4		0.749		
Niacin....mg	4.001		0	BFPN	4		16.362		
Pantothenic acid....mg	0.564		0	PAK	1		2.308		
Vitamin B-6....mg	0.278		0	BFPN	4		1.139		
Folate, total....mcg	9		0	PAK	1		37		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	PAK	1		37		
Folate, DFE....mcg_DFE	9		0	NC	4		37		
Choline, total....mg	109.2		0	BFPN	4		446.5		
Betaine....mg	14.3		0	BFPN	4		58.7		
Vitamin B-12....mcg	2.33		0	BFPN	4		9.54		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.52		0	BFSN	4		2.11		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	PAK	1		0.00		
Tocopherol, gamma....mg	0.00		0	PAK	1		0.00		
Tocopherol, delta....mg	0.00		0	PAK	1		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.8		0	BFSN	4		7.5		
Lipids:									
Fatty acids, total saturated....g	8.219		0	NC	4		33.614		

NDB No. 23660

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0 g	0.000		0	BFFN	4		0.000		
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.551		0	BFFN	4		2.253		
12:0 g	0.051		0	BFFN	4		0.209		
13:0 g									
14:0 g	0.618		0	BFFN	4		2.526		
15:0 g									
16:0 g	4.733		0	BFFN	4		19.358		
17:0 g									
18:0 g	2.266		0	BFFN	4		9.268		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.388		0	NC	4		34.306		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.814		0	BFFN	4		3.331		
17:1 g									
18:1 undifferentiated g	7.542		0	BFFN	4		30.847		
20:1 g	0.031		0	BFFN	4		0.128		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.720		0	NC	4		2.944		
18:2 undifferentiated g	0.484		0	BFFN	4		1.979		
18:3 undifferentiated g	0.212		0	BFFN	4		0.869		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.024		0	BFFN	4		0.097		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	80		0	BFFN	4		327		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.188		0	PAK	1		0.770		
Threonine g	1.145		0	PAK	1		4.683		
Isoleucine g	1.304		0	PAK	1		5.333		
Leucine g	2.280		0	PAK	1		9.325		
Lysine g	2.422		0	PAK	1		9.907		
Methionine g	0.746		0	PAK	1		3.053		
Cystine g	0.370		0	PAK	1		1.513		
Phenylalanine g	1.132		0	PAK	1		4.630		
Tyrosine g	0.913		0	PAK	1		3.735		
Valine g	1.422		0	PAK	1		5.816		
Arginine g	1.853		0	PAK	1		7.580		
Histidine g	0.915		0	PAK	1		3.741		
Alanine g	1.742		0	PAK	1		7.127		
Aspartic acid g	2.611		0	PAK	1		10.678		
Glutamic acid g	4.303		0	PAK	1		17.598		
Glycine g	1.745		0	PAK	1		7.138		
Proline g	1.366		0	PAK	1		5.588		
Serine g	1.129		0	PAK	1		4.618		
Hydroxyproline g	0.301		0	BFPN	4		1.232		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 23660

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 409g: 1 steak (yield from 593 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23658

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw

URMIS #2438

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.80	1.309	10	PAK	1		255.18		
Energy....kcal	278		0	NC	4		1205		
Energy....kJ	1162		0	NC	4		5041		
Protein (N x 6.25)....g	18.12	0.714	10	PAK	1		78.63		
Total lipid (fat)....g	22.15	2.010	10	PAK	1		96.14		
Ash....g	0.82	0.037	10	PAK	1		3.54		
Carbohydrate, by difference....g	0.12		0	NC	4		0.50		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0	BFNN	4		66		
Iron, Fe....mg	1.68		0	BFNN	4		7.29		
Magnesium, Mg....mg	19		0	BFNN	4		82		
Phosphorus, P....mg	166		0	BFNN	4		720		
Potassium, K....mg	281		0	BFNN	4		1219		
Sodium, Na....mg	61		0	BFNN	4		265		
Zinc, Zn....mg	4.42		0	BFNN	4		19.17		
Copper, Cu....mg	0.079		0	BFNN	4		0.343		
Manganese, Mn....mg	0.012		0	BFNN	4		0.054		
Selenium, Se....mcg	19.3		0	BFNN	4		83.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.060		0	BFPN	4		0.261		
Riboflavin....mg	0.135		0	BFPN	4		0.587		
Niacin....mg	4.098		0	BFPN	4		17.785		
Pantothenic acid....mg	0.529		0	PAK	1		2.295		
Vitamin B-6....mg	0.403		0	BFPN	4		1.748		
Folate, total....mcg	10		0	PAK	1		43		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	10		0	PAK	1		43		
Folate, DFE....mcg_DFE	10		0	NC	4		43		
Choline, total....mg	75.7		0	BFPN	4		328.4		
Betaine....mg	11.1		0	BFPN	4		48.3		
Vitamin B-12....mcg	1.69		0	BFPN	4		7.35		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.44		0	BFSN	4		1.91		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	PAK	1		0.00		
Tocopherol, gamma....mg	0.00		0	PAK	1		0.00		
Tocopherol, delta....mg	0.00		0	PAK	1		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.8		0	BFSN	4		7.6		
Lipids:									
Fatty acids, total saturated....g	8.939		0	NC	4		38.796		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 23658

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.071		0	BFFN	4		0.309		
12:0 ... g	0.047		0	BFFN	4		0.206		
13:0 ... g									
14:0 ... g	0.700		0	BFFN	4		3.040		
15:0 ... g									
16:0 ... g	5.382		0	BFFN	4		23.357		
17:0 ... g									
18:0 ... g	2.738		0	BFFN	4		11.885		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	9.485		0	NC	4		41.167		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.080		0	BFFN	4		4.689		
17:1 ... g									
18:1 undifferentiated ... g	8.374		0	BFFN	4		36.341		
20:1 ... g	0.032		0	BFFN	4		0.137		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.843		0	NC	4		3.658		
18:2 undifferentiated ... g	0.542		0	BFFN	4		2.353		
18:3 undifferentiated ... g	0.265		0	BFFN	4		1.151		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.036		0	BFFN	4		0.155		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	81		0	BFFN	4		352		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.119		0	PAK	1		0.517		
Threonine ... g	0.724		0	PAK	1		3.141		
Isoleucine ... g	0.824		0	PAK	1		3.577		
Leucine ... g	1.441		0	PAK	1		6.255		
Lysine ... g	1.531		0	PAK	1		6.645		
Methionine ... g	0.472		0	PAK	1		2.048		
Cystine ... g	0.234		0	PAK	1		1.015		
Phenylalanine ... g	0.716		0	PAK	1		3.106		
Tyrosine ... g	0.577		0	PAK	1		2.506		
Valine ... g	0.899		0	PAK	1		3.901		
Arginine ... g	1.172		0	PAK	1		5.085		
Histidine ... g	0.578		0	PAK	1		2.509		
Alanine ... g	1.101		0	PAK	1		4.780		
Aspartic acid ... g	1.650		0	PAK	1		7.162		
Glutamic acid ... g	2.720		0	PAK	1		11.805		
Glycine ... g	1.103		0	PAK	1		4.788		
Proline ... g	0.864		0	PAK	1		3.749		
Serine ... g	0.714		0	PAK	1		3.097		
Hydroxyproline ... g	0.190		0	BFPN	4		0.826		
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23658

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 434g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13055

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

URMIS #1623

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	53.39	0.821	10	PAK	1				
Energy ... kcal	280		0	NC	4				
Energy ... kJ	1173		0	NC	4				
Protein (N x 6.25) ... g	28.97	0.395	10	PAK	1				
Total lipid (fat) ... g	17.37	0.877	10	PAK	1				
Ash ... g	0.93	0.070	10	PAK	1				
Carbohydrate, by difference ... g	0.00		0	Z	7				
Fiber, total dietary ... g	0.0		0	Z	7				
Sugars, total ... g	0.00		0	Z	7				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	17		0	BFNN	4				
Iron, Fe ... mg	2.40		0	BFNN	4				
Magnesium, Mg ... mg	19		0	BFNN	4				
Phosphorus, P ... mg	180		0	BFNN	4				
Potassium, K ... mg	237		0	BFNN	4				
Sodium, Na ... mg	49		0	BFNN	4				
Zinc, Zn ... mg	6.92		0	BFNN	4				
Copper, Cu ... mg	0.090		0	BFNN	4				
Manganese, Mn ... mg	0.010		0	BFNN	4				
Selenium, Se ... mcg	28.1		0	BFNN	4				
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7				
Thiamin ... mg	0.063		0	BFPN	4				
Riboflavin ... mg	0.158		0	BFPN	4				
Niacin ... mg	4.175		0	BFPN	4				
Pantothenic acid ... mg	0.572		0	PAK	1				
Vitamin B-6 ... mg	0.285		0	BFPN	4				
Folate, total ... mcg	9		0	PAK	1				
Folic acid ... mcg	0		0	Z	7				
Folate, food ... mcg	9		0	PAK	1				
Folate, DFE ... mcg_DFE	9		0	NC	4				
Choline, total ... mg	110.3		0	BFPN	4				
Betaine ... mg	14.5		0	BFPN	4				
Vitamin B-12 ... mcg	1.92		0	BFPN	4				
Vitamin B-12, added ... mcg	0.00		0	Z	7				
Vitamin A, RAE ... mcg_RAE	0		0	AS	1				
Retinol ... mcg	0		0	Z	7				
Carotene, beta ... mcg	0		0	Z	7				
Carotene, alpha ... mcg	0		0	Z	7				
Cryptoxanthin, beta ... mcg	0		0	Z	7				
Vitamin A, IU ... IU	0		0	AS	1				
Lycopene ... mcg	0		0	Z	7				
Lutein + zeaxanthin ... mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol) ... mg	0.50		0	BFSN	4				
Vitamin E, added ... mg	0.00		0	Z	7				
Tocopherol, beta ... mg	0.00		0	PAK	1				
Tocopherol, gamma ... mg	0.00		0	PAK	1				
Tocopherol, delta ... mg	0.00		0	PAK	1				
Vitamin D (D2 + D3) ... mcg	0.3		0	AS	1				
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.3		0	BFFN	4				
Vitamin D ... IU	11		0	BFFN	4				
Vitamin K (phylloquinone) ... mcg	1.8		0	BFSN	4				
Lipids:									
Fatty acids, total saturated ... g	6.888		0	NC	4				
4:0 ... g	0.000		0	Z	7				

NDB No. 13055

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	Z	7				
8:0 ... g	0.000		0	Z	7				
10:0 ... g	0.049		0	BFFN	4				
12:0 ... g	0.046		0	BFFN	4				
13:0 ... g									
14:0 ... g	0.551		0	BFFN	4				
15:0 ... g									
16:0 ... g	4.221		0	BFFN	4				
17:0 ... g									
18:0 ... g	2.021		0	BFFN	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.481		0	NC	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.726		0	BFFN	4				
17:1 ... g									
18:1 undifferentiated ... g	6.727		0	BFFN	4				
20:1 ... g	0.028		0	BFFN	4				
22:1 undifferentiated ... g	0.000		0	BFFN	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.642		0	NC	4				
18:2 undifferentiated ... g	0.432		0	BFFN	4				
18:3 undifferentiated ... g	0.189		0	BFFN	4				
18:4 ... g	0.000		0	BFFN	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.021		0	BFFN	4				
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4				
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4				
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	71		0	BFFN	4				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.190		0	PAK	1				
Threonine ... g	1.157		0	PAK	1				
Isoleucine ... g	1.318		0	PAK	1				
Leucine ... g	2.304		0	PAK	1				
Lysine ... g	2.448		0	PAK	1				
Methionine ... g	0.754		0	PAK	1				
Cystine ... g	0.374		0	PAK	1				
Phenylalanine ... g	1.144		0	PAK	1				
Tyrosine ... g	0.923		0	PAK	1				
Valine ... g	1.437		0	PAK	1				
Arginine ... g	1.873		0	PAK	1				
Histidine ... g	0.925		0	PAK	1				
Alanine ... g	1.761		0	PAK	1				
Aspartic acid ... g	2.639		0	PAK	1				
Glutamic acid ... g	4.349		0	PAK	1				
Glycine ... g	1.764		0	PAK	1				
Proline ... g	1.381		0	PAK	1				
Serine ... g	1.141		0	PAK	1				
Hydroxyproline ... g	0.304		0	BFPN	4				
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg	0		0	Z	7				
Theobromine ... mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13055

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23659

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw

URMIS #1623

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.34	1.594	10	PAK	1		278.90		
Energy....kcal	276		0	NC	4		1298		
Energy....kJ	1156		0	NC	4		5432		
Protein (N x 6.25)....g	17.77	0.337	10	PAK	1		83.51		
Total lipid (fat)....g	22.21	1.848	10	PAK	1		104.39		
Ash....g	0.80	0.022	10	PAK	1		3.75		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0	BFNN	4		79		
Iron, Fe....mg	1.50		0	BFNN	4		7.06		
Magnesium, Mg....mg	18		0	BFNN	4		85		
Phosphorus, P....mg	164		0	BFNN	4		773		
Potassium, K....mg	271		0	BFNN	4		1275		
Sodium, Na....mg	58		0	BFNN	4		273		
Zinc, Zn....mg	4.23		0	BFNN	4		19.88		
Copper, Cu....mg	0.075		0	BFNN	4		0.352		
Manganese, Mn....mg	0.009		0	BFNN	4		0.042		
Selenium, Se....mcg	19.4		0	BFNN	4		91.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.070		0	BFPN	4		0.327		
Riboflavin....mg	0.124		0	BFPN	4		0.585		
Niacin....mg	3.984		0	BFPN	4		18.724		
Pantothenic acid....mg	0.503		0	PAK	1		2.366		
Vitamin B-6....mg	0.446		0	BFPN	4		2.098		
Folate, total....mcg	9		0	PAK	1		44		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	PAK	1		44		
Folate, DFE....mcg_DFE	9		0	NC	4		44		
Choline, total....mg	74.2		0	BFPN	4		348.8		
Betaine....mg	10.9		0	BFPN	4		51.3		
Vitamin B-12....mcg	1.38		0	BFPN	4		6.49		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.43		0	BFSN	4		2.04		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	PAK	1		0.00		
Tocopherol, gamma....mg	0.00		0	PAK	1		0.00		
Tocopherol, delta....mg	0.00		0	PAK	1		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.7		0	BFSN	4		8.1		
Lipids:									
Fatty acids, total saturated....g	8.963		0	NC	4		42.127		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 23659

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.071		0	BFFN	4		0.336		
12:0 ... g	0.048		0	BFFN	4		0.224		
13:0 ... g									
14:0 ... g	0.702		0	BFFN	4		3.301		
15:0 ... g									
16:0 ... g	5.396		0	BFFN	4		25.362		
17:0 ... g									
18:0 ... g	2.746		0	BFFN	4		12.905		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	9.511		0	NC	4		44.700		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.083		0	BFFN	4		5.091		
17:1 ... g									
18:1 undifferentiated ... g	8.396		0	BFFN	4		39.460		
20:1 ... g	0.032		0	BFFN	4		0.149		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.845		0	NC	4		3.972		
18:2 undifferentiated ... g	0.544		0	BFFN	4		2.554		
18:3 undifferentiated ... g	0.266		0	BFFN	4		1.249		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.036		0	BFFN	4		0.168		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	81		0	BFFN	4		382		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.117		0	PAK	1		0.549		
Threonine ... g	0.710		0	PAK	1		3.336		
Isoleucine ... g	0.808		0	PAK	1		3.799		
Leucine ... g	1.413		0	PAK	1		6.643		
Lysine ... g	1.502		0	PAK	1		7.057		
Methionine ... g	0.463		0	PAK	1		2.175		
Cystine ... g	0.229		0	PAK	1		1.078		
Phenylalanine ... g	0.702		0	PAK	1		3.298		
Tyrosine ... g	0.566		0	PAK	1		2.661		
Valine ... g	0.881		0	PAK	1		4.143		
Arginine ... g	1.149		0	PAK	1		5.400		
Histidine ... g	0.567		0	PAK	1		2.665		
Alanine ... g	1.080		0	PAK	1		5.077		
Aspartic acid ... g	1.618		0	PAK	1		7.606		
Glutamic acid ... g	2.667		0	PAK	1		12.536		
Glycine ... g	1.082		0	PAK	1		5.085		
Proline ... g	0.847		0	PAK	1		3.981		
Serine ... g	0.700		0	PAK	1		3.290		
Hydroxyproline ... g	0.187		0	BFPN	4		0.877		
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23659

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 470g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13370

Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Refuse: 2% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.55	0.371	20	A	1		160.80	50.62	
Energy....kcal	205		0	NC	4		554	174	
Energy....kJ	858		0	NC	4		2317	729	
Protein (N x 6.25)....g	33.26	0.347	20	A	1		89.80	28.27	
Total lipid (fat)....g	6.99	0.438	20	A	1		18.89	5.95	
Ash....g	1.04	0.051	20	A	1		2.82	0.89	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	BFNN	4		42	13	
Iron, Fe....mg	2.82		0	BFNN	4		7.60	2.39	
Magnesium, Mg....mg	22		0	BFNN	4		59	19	
Phosphorus, P....mg	205		0	BFNN	4		552	174	
Potassium, K....mg	267		0	BFNN	4		720	227	
Sodium, Na....mg	54		0	BFNN	4		146	46	
Zinc, Zn....mg	8.00		0	BFNN	4		21.59	6.80	
Copper, Cu....mg	0.115		0	BFNN	4		0.312	0.098	
Manganese, Mn....mg	0.012		0	BFNN	4		0.032	0.010	
Selenium, Se....mcg	34.0		0	BFNN	4		91.9	28.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.067		0	BFPN	4		0.182	0.057	
Riboflavin....mg	0.208		0	BFPN	4		0.562	0.177	
Niacin....mg	4.840		0	BFPN	4		13.069	4.114	
Pantothenic acid....mg	0.654		0	BFPN	4		1.767	0.556	
Vitamin B-6....mg	0.318		0	BFPN	4		0.859	0.271	
Folate, total....mcg	11		0	BFPN	4		30	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0	BFPN	4		30	9	
Folate, DFE....mcg_DFE	11		0	NC	4		30	9	
Choline, total....mg	126.7		0	BFPN	4		342.0	107.7	
Betaine....mg	16.6		0	BFPN	4		44.9	14.1	
Vitamin B-12....mcg	2.42		0	BFPN	4		6.53	2.06	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.43		0	BFSN	4		1.16	0.37	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		4.1	1.3	
Lipids:									
Fatty acids, total saturated....g	2.647		0	NC	4		7.147	2.250	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13370

Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.009	0.003	
12:0....g	0.007		0	BFFN	4		0.018	0.006	
13:0....g									
14:0....g	0.197		0	BFFN	4		0.533	0.168	
15:0....g									
16:0....g	1.560		0	BFFN	4		4.211	1.326	
17:0....g									
18:0....g	0.880		0	BFFN	4		2.376	0.748	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.978		0	NC	4		8.042	2.532	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.248		0	BFFN	4		0.669	0.210	
17:1....g									
18:1 undifferentiated....g	2.728		0	BFFN	4		7.364	2.318	
20:1....g	0.003		0	BFFN	4		0.009	0.003	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.244		0	NC	4		0.659	0.207	
18:2 undifferentiated....g	0.201		0	BFFN	4		0.542	0.171	
18:3 undifferentiated....g	0.017		0	BFFN	4		0.045	0.014	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.027		0	BFFN	4		0.072	0.023	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	69		0	BFFN	4		187	59	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.219		0	A	1		0.590	0.186	
Threonine....g	1.329		0	A	1		3.587	1.129	
Isoleucine....g	1.513		0	A	1		4.085	1.286	
Leucine....g	2.646		0	A	1		7.143	2.249	
Lysine....g	2.811		0	A	1		7.589	2.389	
Methionine....g	0.866		0	A	1		2.338	0.736	
Cystine....g	0.429		0	A	1		1.159	0.365	
Phenylalanine....g	1.314		0	A	1		3.547	1.117	
Tyrosine....g	1.060		0	A	1		2.861	0.901	
Valine....g	1.650		0	A	1		4.455	1.402	
Arginine....g	2.151		0	A	1		5.807	1.828	
Histidine....g	1.061		0	A	1		2.866	0.902	
Alanine....g	2.022		0	A	1		5.459	1.719	
Aspartic acid....g	3.029		0	A	1		8.180	2.575	
Glutamic acid....g	4.993		0	A	1		13.481	4.244	
Glycine....g	2.025		0	A	1		5.468	1.721	
Proline....g	1.586		0	A	1		4.281	1.348	
Serine....g	1.310		0	A	1		3.537	1.114	
Hydroxyproline....g	0.349		0	BFPN	4		0.943	0.297	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13370

Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 270g: 1 steak (yield from 418g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13343

Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised

URMIS #2438

Refuse: 2% Separable fat

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.18	0.457	10	A	1				
Energy	kcal	212		0	NC	4				
Energy	kJ	887		0	NC	4				
Protein (N x 6.25)	g	32.62	0.564	10	A	1				
Total lipid (fat)	g	8.07	0.682	10	A	1				
Ash	g	1.10	0.079	10	A	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0	BFNN	4				
Iron, Fe	mg	2.83		0	BFNN	4				
Magnesium, Mg	mg	21		0	BFNN	4				
Phosphorus, P	mg	198		0	BFNN	4				
Potassium, K	mg	256		0	BFNN	4				
Sodium, Na	mg	52		0	BFNN	4				
Zinc, Zn	mg	7.61		0	BFNN	4				
Copper, Cu	mg	0.120		0	BFNN	4				
Manganese, Mn	mg	0.011		0	BFNN	4				
Selenium, Se	mcg	32.3		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.065		0	BFPN	4				
Riboflavin	mg	0.217		0	BFPN	4				
Niacin	mg	4.926		0	BFPN	4				
Pantothenic acid	mg	0.641		0	BFPN	4				
Vitamin B-6	mg	0.323		0	BFPN	4				
Folate, total	mcg	11		0	BFPN	4				
Folic acid	mcg									
Folate, food	mcg	11		0	BFPN	4				
Folate, DFE	mcg_DFE									
Choline, total	mg	124.2		0	BFPN	4				
Betaine	mg	16.3		0	BFPN	4				
Vitamin B-12	mcg	2.53		0	BFPN	4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.43		0	BFSN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.00		0	Z	7				
Tocopherol, gamma	mg	0.00		0	Z	7				
Tocopherol, delta	mg	0.00		0	Z	7				
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.5		0	BFSN	4				
Lipids:										
Fatty acids, total saturated	g	3.053		0	NC	4				
4:0	g	0.000		0	BFFN	4				

NDB No. 13343

Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4				
8:0 ... g	0.000		0	BFFN	4				
10:0 ... g	0.004		0	BFFN	4				
12:0 ... g	0.008		0	BFFN	4				
13:0 ... g									
14:0 ... g	0.228		0	BFFN	4				
15:0 ... g									
16:0 ... g	1.799		0	BFFN	4				
17:0 ... g									
18:0 ... g	1.015		0	BFFN	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.436		0	NC	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.286		0	BFFN	4				
17:1 ... g									
18:1 undifferentiated ... g	3.146		0	BFFN	4				
20:1 ... g	0.004		0	BFFN	4				
22:1 undifferentiated ... g	0.000		0	BFFN	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.282		0	NC	4				
18:2 undifferentiated ... g	0.232		0	BFFN	4				
18:3 undifferentiated ... g	0.019		0	BFFN	4				
18:4 ... g	0.000		0	BFFN	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.031		0	BFFN	4				
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4				
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4				
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	80		0	BFFN	4				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.214		0	A	1				
Threonine ... g	1.303		0	A	1				
Isoleucine ... g	1.484		0	A	1				
Leucine ... g	2.595		0	A	1				
Lysine ... g	2.757		0	A	1				
Methionine ... g	0.849		0	A	1				
Cystine ... g	0.421		0	A	1				
Phenylalanine ... g	1.288		0	A	1				
Tyrosine ... g	1.039		0	A	1				
Valine ... g	1.618		0	A	1				
Arginine ... g	2.109		0	A	1				
Histidine ... g	1.041		0	A	1				
Alanine ... g	1.983		0	A	1				
Aspartic acid ... g	2.971		0	A	1				
Glutamic acid ... g	4.897		0	A	1				
Glycine ... g	1.986		0	A	1				
Proline ... g	1.555		0	A	1				
Serine ... g	1.285		0	A	1				
Hydroxyproline ... g	0.343		0	BFPN	4				
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg	0		0	Z	7				
Theobromine ... mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13343

Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13485

Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised

URMIS #1623

Refuse: 1% Separable fat

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.92	0.586	10	A	1				
Energy	kcal	198		0	NC	4				
Energy	kJ	829		0	NC	4				
Protein	g	33.90	0.313	10	A	1				
Total lipid (fat)	g	5.92	0.295	10	A	1				
Ash	g	0.98	0.062	10	A	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0	BFNN	4				
Iron, Fe	mg	2.87		0	BFNN	4				
Magnesium, Mg	mg	23		0	BFNN	4				
Phosphorus, P	mg	214		0	BFNN	4				
Potassium, K	mg	279		0	BFNN	4				
Sodium, Na	mg	56		0	BFNN	4				
Zinc, Zn	mg	8.38		0	BFNN	4				
Copper, Cu	mg	0.112		0	BFNN	4				
Manganese, Mn	mg	0.012		0	BFNN	4				
Selenium, Se	mcg	39.2		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.072		0	BFPN	4				
Riboflavin	mg	0.208		0	BFPN	4				
Niacin	mg	4.906		0	BFPN	4				
Pantothenic acid	mg	0.668		0	BFPN	4				
Vitamin B-6	mg	0.314		0	BFPN	4				
Folate, total	mcg	11		0	BFPN	4				
Folic acid	mcg									
Folate, food	mcg	11		0	BFPN	4				
Folate, DFE	mcg_DFE									
Choline, total	mg	129.1		0	BFPN	4				
Betaine	mg	17.0		0	BFPN	4				
Vitamin B-12	mcg	2.28		0	BFPN	4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.43		0	BFSN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.00		0	Z	7				
Tocopherol, gamma	mg	0.00		0	Z	7				
Tocopherol, delta	mg	0.00		0	Z	7				
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.5		0	BFSN	4				
Lipids:										
Fatty acids, total saturated	g	2.241		0	NC	4				
4:0	g	0.000		0	BFFN	4				

NDB No. 13485

Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4				
8:0 g	0.000		0	BFFN	4				
10:0 g	0.003		0	BFFN	4				
12:0 g	0.006		0	BFFN	4				
13:0 g									
14:0 g	0.167		0	BFFN	4				
15:0 g									
16:0 g	1.320		0	BFFN	4				
17:0 g									
18:0 g	0.745		0	BFFN	4				
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.521		0	NC	4				
14:1 g									
15:1 g									
16:1 undifferentiated g	0.210		0	BFFN	4				
17:1 g									
18:1 undifferentiated g	2.309		0	BFFN	4				
20:1 g	0.003		0	BFFN	4				
22:1 undifferentiated g	0.000		0	BFFN	4				
24:1 c g									
Fatty acids, total polyunsaturated g	0.207		0	NC	4				
18:2 undifferentiated g	0.170		0	BFFN	4				
18:3 undifferentiated g	0.014		0	BFFN	4				
18:4 g	0.000		0	BFFN	4				
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.023		0	BFFN	4				
20:5 n-3 (EPA) g	0.000		0	BFFN	4				
22:5 n-3 (DPA) g	0.000		0	BFFN	4				
22:6 n-3 (DHA) g	0.000		0	BFFN	4				
Fatty acids, total trans g									
Cholesterol mg	59		0	BFFN	4				
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.223		0	A	1				
Threonine g	1.354		0	A	1				
Isoleucine g	1.542		0	A	1				
Leucine g	2.697		0	A	1				
Lysine g	2.865		0	A	1				
Methionine g	0.883		0	A	1				
Cystine g	0.437		0	A	1				
Phenylalanine g	1.339		0	A	1				
Tyrosine g	1.080		0	A	1				
Valine g	1.682		0	A	1				
Arginine g	2.192		0	A	1				
Histidine g	1.082		0	A	1				
Alanine g	2.061		0	A	1				
Aspartic acid g	3.088		0	A	1				
Glutamic acid g	5.089		0	A	1				
Glycine g	2.064		0	A	1				
Proline g	1.616		0	A	1				
Serine g	1.335		0	A	1				
Hydroxyproline g	0.356		0	BFPN	4				
Others:									
Alcohol, ethyl g	0.0		0	Z	7				
Caffeine mg	0		0	Z	7				
Theobromine mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13485

Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23595

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Refuse: 20% Bone and connective tissue 1%, sep fat 19%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.61	0.480	20	A	1		17.18	274.93	
Energy....kcal	196		0	NC	4		55	888	
Energy....kJ	819		0	NC	4		232	3714	
Protein (N x 6.25)....g	33.15	0.242	20	A	1		9.40	150.38	
Total lipid (fat)....g	6.00	0.363	20	A	1		1.70	27.22	
Ash....g	1.06	0.057	20	A	1		0.30	4.81	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	BFNN	4		4	71	
Iron, Fe....mg	2.81		0	BFNN	4		0.80	12.75	
Magnesium, Mg....mg	22		0	BFNN	4		6	100	
Phosphorus, P....mg	204		0	BFNN	4		58	926	
Potassium, K....mg	266		0	BFNN	4		75	1207	
Sodium, Na....mg	54		0	BFNN	4		15	245	
Zinc, Zn....mg	7.98		0	BFNN	4		2.26	36.21	
Copper, Cu....mg	0.115		0	BFNN	4		0.033	0.523	
Manganese, Mn....mg	0.012		0	BFNN	4		0.003	0.054	
Selenium, Se....mcg	34.0		0	BFNN	4		9.6	154.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.067		0	BFPN	4		0.019	0.304	
Riboflavin....mg	0.208		0	BFPN	4		0.059	0.941	
Niacin....mg	4.825		0	BFPN	4		1.368	21.887	
Pantothenic acid....mg	0.652		0	BFPN	4		0.185	2.958	
Vitamin B-6....mg	0.317		0	BFPN	4		0.090	1.439	
Folate, total....mcg	11		0	BFPN	4		3	50	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0	BFPN	4		3	50	
Folate, DFE....mcg_DFE	11		0	NC	4		3	50	
Choline, total....mg	126.3		0	BFPN	4		35.8	572.8	
Betaine....mg	16.6		0	BFPN	4		4.7	75.3	
Vitamin B-12....mcg	2.42		0	BFPN	4		0.69	10.99	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.47		0	BFSN	4		0.13	2.15	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.7		0	BFSN	4		0.5	7.7	
Lipids:									
Fatty acids, total saturated....g	2.274		0	NC	4		0.645	10.314	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23595

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000	0.000	
8:0 ... g	0.000		0	BFFN	4		0.000	0.000	
10:0 ... g	0.003		0	BFFN	4		0.001	0.013	
12:0 ... g	0.006		0	BFFN	4		0.002	0.025	
13:0 ... g									
14:0 ... g	0.171		0	BFFN	4		0.048	0.776	
15:0 ... g									
16:0 ... g	1.340		0	BFFN	4		0.380	6.079	
17:0 ... g									
18:0 ... g	0.754		0	BFFN	4		0.214	3.421	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.554		0	NC	4		0.724	11.585	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.213		0	BFFN	4		0.060	0.966	
17:1 ... g									
18:1 undifferentiated ... g	2.338		0	BFFN	4		0.663	10.607	
20:1 ... g	0.003		0	BFFN	4		0.001	0.013	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.207		0	NC	4		0.059	0.941	
18:2 undifferentiated ... g	0.171		0	BFFN	4		0.048	0.776	
18:3 undifferentiated ... g	0.014		0	BFFN	4		0.004	0.064	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.022		0	BFFN	4		0.006	0.102	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	58		0	BFFN	4		16	263	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.218		0	A	1		0.062	0.988	
Threonine ... g	1.324		0	A	1		0.375	6.007	
Isoleucine ... g	1.508		0	A	1		0.428	6.842	
Leucine ... g	2.637		0	A	1		0.748	11.963	
Lysine ... g	2.802		0	A	1		0.794	12.709	
Methionine ... g	0.863		0	A	1		0.245	3.916	
Cystine ... g	0.428		0	A	1		0.121	1.941	
Phenylalanine ... g	1.310		0	A	1		0.371	5.940	
Tyrosine ... g	1.056		0	A	1		0.300	4.792	
Valine ... g	1.645		0	A	1		0.466	7.461	
Arginine ... g	2.144		0	A	1		0.608	9.724	
Histidine ... g	1.058		0	A	1		0.300	4.799	
Alanine ... g	2.016		0	A	1		0.571	9.142	
Aspartic acid ... g	3.020		0	A	1		0.856	13.698	
Glutamic acid ... g	4.977		0	A	1		1.411	22.576	
Glycine ... g	2.019		0	A	1		0.572	9.157	
Proline ... g	1.581		0	A	1		0.448	7.169	
Serine ... g	1.306		0	A	1		0.370	5.924	
Hydroxyproline ... g	0.348		0	BFPN	4		0.099	1.580	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23595

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23596

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw

Refuse: 28% Bone and connective tissue 1%, sep fat 27%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.76	0.394	20	A	1		20.91	334.58	
Energy....kcal	127		0	NC	4		36	575	
Energy....kJ	530		0	NC	4		150	2405	
Protein (N x 6.25)....g	21.57	0.253	20	A	1		6.12	97.85	
Total lipid (fat)....g	3.84	0.190	20	A	1		1.09	17.42	
Ash....g	1.01	0.018	20	A	1		0.29	4.58	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	BFNN	4		4	71	
Iron, Fe....mg	1.92		0	BFNN	4		0.55	8.72	
Magnesium, Mg....mg	23		0	BFNN	4		6	103	
Phosphorus, P....mg	202		0	BFNN	4		57	915	
Potassium, K....mg	336		0	BFNN	4		95	1523	
Sodium, Na....mg	74		0	BFNN	4		21	335	
Zinc, Zn....mg	5.52		0	BFNN	4		1.57	25.05	
Copper, Cu....mg	0.093		0	BFNN	4		0.026	0.421	
Manganese, Mn....mg	0.014		0	BFNN	4		0.004	0.063	
Selenium, Se....mcg	25.1		0	BFNN	4		7.1	113.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.079		0	BFPN	4		0.022	0.356	
Riboflavin....mg	0.156		0	BFPN	4		0.044	0.709	
Niacin....mg	4.947		0	BFPN	4		1.402	22.438	
Pantothenic acid....mg	0.638		0	BFPN	4		0.181	2.893	
Vitamin B-6....mg	0.519		0	BFPN	4		0.147	2.353	
Folate, total....mcg	13		0	BFPN	4		4	58	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0	BFPN	4		4	58	
Folate, DFE....mcg_DFE	13		0	NC	4		4	58	
Choline, total....mg	90.1		0	BFPN	4		25.5	408.7	
Betaine....mg	13.2		0	BFPN	4		3.8	60.1	
Vitamin B-12....mcg	1.84		0	BFPN	4		0.52	8.33	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		0	BFSN	4		0.08	1.30	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.1		0	BFSN	4		0.3	5.2	
Lipids:									
Fatty acids, total saturated....g	1.425		0	NC	4		0.404	6.465	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23596

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.003		0	BFFN	4		0.001	0.015	
13:0 g									
14:0 g	0.101		0	BFFN	4		0.029	0.457	
15:0 g									
16:0 g	0.853		0	BFFN	4		0.242	3.867	
17:0 g									
18:0 g	0.469		0	BFFN	4		0.133	2.126	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.611		0	NC	4		0.457	7.306	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.140		0	BFFN	4		0.040	0.635	
17:1 g									
18:1 undifferentiated g	1.468		0	BFFN	4		0.416	6.657	
20:1 g	0.003		0	BFFN	4		0.001	0.015	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.166		0	NC	4		0.047	0.753	
18:2 undifferentiated g	0.133		0	BFFN	4		0.038	0.605	
18:3 undifferentiated g	0.013		0	BFFN	4		0.004	0.059	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		0	BFFN	4		0.006	0.088	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	41		0	BFFN	4		12	185	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.142		0	A	1		0.040	0.643	
Threonine g	0.862		0	A	1		0.244	3.909	
Isoleucine g	0.981		0	A	1		0.278	4.452	
Leucine g	1.716		0	A	1		0.486	7.783	
Lysine g	1.823		0	A	1		0.517	8.269	
Methionine g	0.562		0	A	1		0.159	2.548	
Cystine g	0.278		0	A	1		0.079	1.263	
Phenylalanine g	0.852		0	A	1		0.242	3.865	
Tyrosine g	0.687		0	A	1		0.195	3.118	
Valine g	1.070		0	A	1		0.303	4.854	
Arginine g	1.395		0	A	1		0.395	6.327	
Histidine g	0.688		0	A	1		0.195	3.123	
Alanine g	1.311		0	A	1		0.372	5.948	
Aspartic acid g	1.965		0	A	1		0.557	8.912	
Glutamic acid g	3.238		0	A	1		0.918	14.689	
Glycine g	1.313		0	A	1		0.372	5.958	
Proline g	1.028		0	A	1		0.292	4.665	
Serine g	0.850		0	A	1		0.241	3.854	
Hydroxyproline g	0.227		0	BFPN	4		0.064	1.028	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23596

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23615

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

URMIS #2438

Refuse: 20% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.82	0.428	10	A	1		16.96	271.34	
Energy....kcal	203		0	NC	4		57	919	
Energy....kJ	848		0	NC	4		240	3847	
Protein (N x 6.25)....g	33.13	0.374	10	A	1		9.39	150.28	
Total lipid (fat)....g	6.79	0.546	10	A	1		1.92	30.80	
Ash....g	1.07	0.076	10	A	1		0.30	4.85	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0	BFNN	4		4	65	
Iron, Fe....mg	2.88		0	BFNN	4		0.82	13.07	
Magnesium, Mg....mg	22		0	BFNN	4		6	99	
Phosphorus, P....mg	202		0	BFNN	4		57	915	
Potassium, K....mg	261		0	BFNN	4		74	1183	
Sodium, Na....mg	53		0	BFNN	4		15	243	
Zinc, Zn....mg	7.76		0	BFNN	4		2.20	35.22	
Copper, Cu....mg	0.122		0	BFNN	4		0.035	0.554	
Manganese, Mn....mg	0.012		0	BFNN	4		0.003	0.053	
Selenium, Se....mcg	32.9		0	BFNN	4		9.3	149.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.066		0	BFPN	4		0.019	0.301	
Riboflavin....mg	0.221		0	BFPN	4		0.063	1.001	
Niacin....mg	5.003		0	BFPN	4		1.418	22.695	
Pantothenic acid....mg	0.651		0	BFPN	4		0.184	2.952	
Vitamin B-6....mg	0.328		0	BFPN	4		0.093	1.487	
Folate, total....mcg	11		0	BFPN	4		3	50	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0	BFPN	4		3	50	
Folate, DFE....mcg_DFE	11		0	NC	4		3	50	
Choline, total....mg	126.2		0	BFPN	4		35.8	572.4	
Betaine....mg	16.6		0	BFPN	4		4.7	75.2	
Vitamin B-12....mcg	2.57		0	BFPN	4		0.73	11.67	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.50		0	BFSN	4		0.14	2.25	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.8		0	BFSN	4		0.5	8.0	
Lipids:									
Fatty acids, total saturated....g	2.572		0	NC	4		0.729	11.667	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23615

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.001	0.015	
12:0....g	0.006		0	BFFN	4		0.002	0.029	
13:0....g									
14:0....g	0.194		0	BFFN	4		0.055	0.878	
15:0....g									
16:0....g	1.516		0	BFFN	4		0.430	6.877	
17:0....g									
18:0....g	0.853		0	BFFN	4		0.242	3.870	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.889		0	NC	4		0.819	13.105	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.241		0	BFFN	4		0.068	1.093	
17:1....g									
18:1 undifferentiated....g	2.645		0	BFFN	4		0.750	11.998	
20:1....g	0.003		0	BFFN	4		0.001	0.015	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.235		0	NC	4		0.067	1.065	
18:2 undifferentiated....g	0.194		0	BFFN	4		0.055	0.878	
18:3 undifferentiated....g	0.016		0	BFFN	4		0.005	0.072	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.025		0	BFFN	4		0.007	0.115	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	66		0	BFFN	4		19	298	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.218		0	A	1		0.062	0.988	
Threonine....g	1.323		0	A	1		0.375	6.003	
Isoleucine....g	1.507		0	A	1		0.427	6.837	
Leucine....g	2.635		0	A	1		0.747	11.954	
Lysine....g	2.800		0	A	1		0.794	12.700	
Methionine....g	0.863		0	A	1		0.245	3.913	
Cystine....g	0.428		0	A	1		0.121	1.939	
Phenylalanine....g	1.309		0	A	1		0.371	5.936	
Tyrosine....g	1.056		0	A	1		0.299	4.789	
Valine....g	1.644		0	A	1		0.466	7.455	
Arginine....g	2.142		0	A	1		0.607	9.717	
Histidine....g	1.057		0	A	1		0.300	4.796	
Alanine....g	2.014		0	A	1		0.571	9.136	
Aspartic acid....g	3.018		0	A	1		0.856	13.688	
Glutamic acid....g	4.974		0	A	1		1.410	22.560	
Glycine....g	2.017		0	A	1		0.572	9.151	
Proline....g	1.579		0	A	1		0.448	7.164	
Serine....g	1.305		0	A	1		0.370	5.920	
Hydroxyproline....g	0.348		0	BFPN	4		0.099	1.579	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23615

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23613

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw

URMIS #2438

Refuse: 28% Bone and connective tissue 1%, sep fat 27%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.27	0.596	10	A	1		20.77	332.34	
Energy....kcal	129		0	NC	4		37	586	
Energy....kJ	541		0	NC	4		153	2453	
Protein (N x 6.25)....g	21.69	0.441	10	A	1		6.15	98.39	
Total lipid (fat)....g	4.06	0.282	10	A	1		1.15	18.43	
Ash....g	1.01	0.026	10	A	1		0.29	4.58	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0	BFNN	4		4	68	
Iron, Fe....mg	2.04		0	BFNN	4		0.58	9.27	
Magnesium, Mg....mg	23		0	BFNN	4		7	105	
Phosphorus, P....mg	203		0	BFNN	4		58	923	
Potassium, K....mg	335		0	BFNN	4		95	1521	
Sodium, Na....mg	75		0	BFNN	4		21	338	
Zinc, Zn....mg	5.53		0	BFNN	4		1.57	25.10	
Copper, Cu....mg	0.092		0	BFNN	4		0.026	0.419	
Manganese, Mn....mg	0.015		0	BFNN	4		0.004	0.069	
Selenium, Se....mcg	24.7		0	BFNN	4		7.0	112.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.076		0	BFPN	4		0.022	0.344	
Riboflavin....mg	0.166		0	BFPN	4		0.047	0.751	
Niacin....mg	5.158		0	BFPN	4		1.462	23.397	
Pantothenic acid....mg	0.646		0	BFPN	4		0.183	2.929	
Vitamin B-6....mg	0.483		0	BFPN	4		0.137	2.191	
Folate, total....mcg	13		0	BFPN	4		4	58	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0	BFPN	4		4	58	
Folate, DFE....mcg_DFE	13		0	NC	4		4	58	
Choline, total....mg	90.6		0	BFPN	4		25.7	410.9	
Betaine....mg	13.3		0	BFPN	4		3.8	60.4	
Vitamin B-12....mcg	2.09		0	BFPN	4		0.59	9.47	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		0	BFSN	4		0.08	1.29	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.1		0	BFSN	4		0.3	5.2	
Lipids:									
Fatty acids, total saturated....g	1.508		0	NC	4		0.428	6.842	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23613

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000	0.000	
8:0 ... g	0.000		0	BFFN	4		0.000	0.000	
10:0 ... g	0.000		0	BFFN	4		0.000	0.000	
12:0 ... g	0.003		0	BFFN	4		0.001	0.015	
13:0 ... g									
14:0 ... g	0.107		0	BFFN	4		0.030	0.484	
15:0 ... g									
16:0 ... g	0.902		0	BFFN	4		0.256	4.093	
17:0 ... g									
18:0 ... g	0.496		0	BFFN	4		0.141	2.249	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.705		0	NC	4		0.483	7.732	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.148		0	BFFN	4		0.042	0.671	
17:1 ... g									
18:1 undifferentiated ... g	1.553		0	BFFN	4		0.440	7.045	
20:1 ... g	0.003		0	BFFN	4		0.001	0.015	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.176		0	NC	4		0.050	0.796	
18:2 undifferentiated ... g	0.141		0	BFFN	4		0.040	0.640	
18:3 undifferentiated ... g	0.014		0	BFFN	4		0.004	0.062	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.021		0	BFFN	4		0.006	0.093	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	43		0	BFFN	4		12	195	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.143		0	A	1		0.040	0.647	
Threonine ... g	0.866		0	A	1		0.246	3.930	
Isoleucine ... g	0.987		0	A	1		0.280	4.476	
Leucine ... g	1.725		0	A	1		0.489	7.826	
Lysine ... g	1.833		0	A	1		0.520	8.315	
Methionine ... g	0.565		0	A	1		0.160	2.562	
Cystine ... g	0.280		0	A	1		0.079	1.270	
Phenylalanine ... g	0.857		0	A	1		0.243	3.886	
Tyrosine ... g	0.691		0	A	1		0.196	3.135	
Valine ... g	1.076		0	A	1		0.305	4.881	
Arginine ... g	1.403		0	A	1		0.398	6.362	
Histidine ... g	0.692		0	A	1		0.196	3.140	
Alanine ... g	1.319		0	A	1		0.374	5.981	
Aspartic acid ... g	1.976		0	A	1		0.560	8.962	
Glutamic acid ... g	3.256		0	A	1		0.923	14.770	
Glycine ... g	1.321		0	A	1		0.374	5.991	
Proline ... g	1.034		0	A	1		0.293	4.690	
Serine ... g	0.854		0	A	1		0.242	3.876	
Hydroxyproline ... g	0.228		0	BFPN	4		0.065	1.034	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23613

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23634

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised

URMIS #1623

Refuse: 19% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	61.39	0.808	10	A	1		17.40	278.47	
Energy ... kcal	189		0	NC	4		53	856	
Energy ... kJ	789		0	NC	4		224	3580	
Protein (N x 6.25) ... g	33.18	0.327	10	A	1		9.41	150.49	
Total lipid (fat) ... g	5.21	0.346	10	A	1		1.48	23.61	
Ash ... g	1.05	0.090	10	A	1		0.30	4.75	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	17		0	BFNN	4		5	76	
Iron, Fe ... mg	2.81		0	BFNN	4		0.80	12.73	
Magnesium, Mg ... mg	22		0	BFNN	4		6	101	
Phosphorus, P ... mg	209		0	BFNN	4		59	949	
Potassium, K ... mg	273		0	BFNN	4		77	1240	
Sodium, Na ... mg	55		0	BFNN	4		16	250	
Zinc, Zn ... mg	8.19		0	BFNN	4		2.32	37.16	
Copper, Cu ... mg	0.109		0	BFNN	4		0.031	0.496	
Manganese, Mn ... mg	0.012		0	BFNN	4		0.003	0.054	
Selenium, Se ... mcg	38.3		0	BFNN	4		10.9	173.9	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.070		0	BFPN	4		0.020	0.318	
Riboflavin ... mg	0.204		0	BFPN	4		0.058	0.925	
Niacin ... mg	4.801		0	BFPN	4		1.361	21.778	
Pantothenic acid ... mg	0.654		0	BFPN	4		0.185	2.965	
Vitamin B-6 ... mg	0.308		0	BFPN	4		0.087	1.395	
Folate, total ... mcg	11		0	BFPN	4		3	50	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	11		0	BFPN	4		3	50	
Folate, DFE ... mcg_DFE	11		0	NC	4		3	50	
Choline, total ... mg	126.4		0	BFPN	4		35.8	573.2	
Betaine ... mg	16.6		0	BFPN	4		4.7	75.3	
Vitamin B-12 ... mcg	2.24		0	BFPN	4		0.63	10.14	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	AS	1		0	0	
Retinol ... mcg	0		0	Z	7		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0	AS	1		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.41		0	BFSN	4		0.12	1.87	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta ... mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	1.5		0	BFSN	4		0.4	6.6	
Lipids:									
Fatty acids, total saturated ... g	1.973		0	NC	4		0.559	8.948	
4:0 ... g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23634

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.002		0	BFFN	4		0.001	0.011	
12:0....g	0.005		0	BFFN	4		0.001	0.022	
13:0....g									
14:0....g	0.148		0	BFFN	4		0.042	0.673	
15:0....g									
16:0....g	1.163		0	BFFN	4		0.330	5.274	
17:0....g									
18:0....g	0.654		0	BFFN	4		0.185	2.968	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.216		0	NC	4		0.628	10.052	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.185		0	BFFN	4		0.052	0.838	
17:1....g									
18:1 undifferentiated....g	2.029		0	BFFN	4		0.575	9.203	
20:1....g	0.002		0	BFFN	4		0.001	0.011	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.180		0	NC	4		0.051	0.816	
18:2 undifferentiated....g	0.148		0	BFFN	4		0.042	0.673	
18:3 undifferentiated....g	0.012		0	BFFN	4		0.003	0.055	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.019		0	BFFN	4		0.005	0.088	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	50		0	BFFN	4		14	228	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.218		0	A	1		0.062	0.989	
Threonine....g	1.325		0	A	1		0.376	6.012	
Isoleucine....g	1.509		0	A	1		0.428	6.847	
Leucine....g	2.639		0	A	1		0.748	11.971	
Lysine....g	2.804		0	A	1		0.795	12.718	
Methionine....g	0.864		0	A	1		0.245	3.919	
Cystine....g	0.428		0	A	1		0.121	1.942	
Phenylalanine....g	1.310		0	A	1		0.372	5.944	
Tyrosine....g	1.057		0	A	1		0.300	4.795	
Valine....g	1.646		0	A	1		0.467	7.466	
Arginine....g	2.145		0	A	1		0.608	9.731	
Histidine....g	1.059		0	A	1		0.300	4.803	
Alanine....g	2.017		0	A	1		0.572	9.149	
Aspartic acid....g	3.022		0	A	1		0.857	13.708	
Glutamic acid....g	4.981		0	A	1		1.412	22.592	
Glycine....g	2.020		0	A	1		0.573	9.163	
Proline....g	1.582		0	A	1		0.448	7.174	
Serine....g	1.307		0	A	1		0.371	5.928	
Hydroxyproline....g	0.349		0	BFPN	4		0.099	1.581	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23634

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23632

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw

URMIS #1623

Refuse: 28% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.26	0.495	10	A	1		21.05	336.82	
Energy....kcal	124		0	NC	4		35	563	
Energy....kJ	519		0	NC	4		147	2356	
Protein (N x 6.25)....g	21.45	0.270	10	A	1		6.08	97.31	
Total lipid (fat)....g	3.61	0.247	10	A	1		1.02	16.37	
Ash....g	1.00	0.026	10	A	1		0.28	4.53	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0	BFNN	4		5	81	
Iron, Fe....mg	1.83		0	BFNN	4		0.52	8.29	
Magnesium, Mg....mg	22		0	BFNN	4		6	102	
Phosphorus, P....mg	200		0	BFNN	4		57	909	
Potassium, K....mg	333		0	BFNN	4		94	1510	
Sodium, Na....mg	76		0	BFNN	4		22	344	
Zinc, Zn....mg	5.57		0	BFNN	4		1.58	25.27	
Copper, Cu....mg	0.092		0	BFNN	4		0.026	0.418	
Manganese, Mn....mg	0.012		0	BFNN	4		0.003	0.053	
Selenium, Se....mcg	27.1		0	BFNN	4		7.7	122.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.082		0	BFPN	4		0.023	0.371	
Riboflavin....mg	0.140		0	BFPN	4		0.040	0.636	
Niacin....mg	4.731		0	BFPN	4		1.341	21.459	
Pantothenic acid....mg	0.630		0	BFPN	4		0.179	2.858	
Vitamin B-6....mg	0.536		0	BFPN	4		0.152	2.431	
Folate, total....mcg	13		0	BFPN	4		4	57	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0	BFPN	4		4	57	
Folate, DFE....mcg_DFE	13		0	NC	4		4	57	
Choline, total....mg	89.6		0	BFPN	4		25.4	406.4	
Betaine....mg	13.2		0	BFPN	4		3.7	59.8	
Vitamin B-12....mcg	1.71		0	BFPN	4		0.48	7.74	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.27		0	BFSN	4		0.08	1.24	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.1		0	BFSN	4		0.3	5.0	
Lipids:									
Fatty acids, total saturated....g	1.340		0	NC	4		0.380	6.077	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23632

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000	0.000	
8:0 ... g	0.000		0	BFFN	4		0.000	0.000	
10:0 ... g	0.000		0	BFFN	4		0.000	0.000	
12:0 ... g	0.003		0	BFFN	4		0.001	0.014	
13:0 ... g									
14:0 ... g	0.095		0	BFFN	4		0.027	0.430	
15:0 ... g									
16:0 ... g	0.802		0	BFFN	4		0.227	3.636	
17:0 ... g									
18:0 ... g	0.441		0	BFFN	4		0.125	1.998	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.514		0	NC	4		0.429	6.868	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.132		0	BFFN	4		0.037	0.596	
17:1 ... g									
18:1 undifferentiated ... g	1.380		0	BFFN	4		0.391	6.258	
20:1 ... g	0.003		0	BFFN	4		0.001	0.014	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.156		0	NC	4		0.044	0.707	
18:2 undifferentiated ... g	0.125		0	BFFN	4		0.036	0.569	
18:3 undifferentiated ... g	0.012		0	BFFN	4		0.003	0.055	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.018		0	BFFN	4		0.005	0.083	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	38		0	BFFN	4		11	173	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.141		0	A	1		0.040	0.640	
Threonine ... g	0.857		0	A	1		0.243	3.887	
Isoleucine ... g	0.976		0	A	1		0.277	4.427	
Leucine ... g	1.706		0	A	1		0.484	7.740	
Lysine ... g	1.813		0	A	1		0.514	8.224	
Methionine ... g	0.559		0	A	1		0.158	2.534	
Cystine ... g	0.277		0	A	1		0.078	1.256	
Phenylalanine ... g	0.847		0	A	1		0.240	3.843	
Tyrosine ... g	0.684		0	A	1		0.194	3.101	
Valine ... g	1.064		0	A	1		0.302	4.827	
Arginine ... g	1.387		0	A	1		0.393	6.292	
Histidine ... g	0.685		0	A	1		0.194	3.105	
Alanine ... g	1.304		0	A	1		0.370	5.916	
Aspartic acid ... g	1.954		0	A	1		0.554	8.863	
Glutamic acid ... g	3.220		0	A	1		0.913	14.608	
Glycine ... g	1.306		0	A	1		0.370	5.925	
Proline ... g	1.023		0	A	1		0.290	4.639	
Serine ... g	0.845		0	A	1		0.240	3.833	
Hydroxyproline ... g	0.225		0	BFPN	4		0.064	1.022	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23632

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13371

Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Refuse: 1% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.05		0		1		144.60	39.14	
Energy....kcal	358		0	NC	4		1124	304	
Energy....kJ	1498		0		4		4703	1273	
Protein (N x 6.25)....g	23.53		0		1		73.88	20.00	
Total lipid (fat)....g	28.50		0		1		89.49	24.23	
Ash....g	0.84		0		1		2.64	0.71	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0		1		25	7	
Iron, Fe....mg	2.34		0		1		7.35	1.99	
Magnesium, Mg....mg	18		0		1		57	15	
Phosphorus, P....mg	187		0		1		587	159	
Potassium, K....mg	233		0		1		732	198	
Sodium, Na....mg	68		0		1		214	58	
Zinc, Zn....mg	5.83		0		1		18.31	4.96	
Copper, Cu....mg	0.097		0		1		0.305	0.082	
Manganese, Mn....mg	0.014		0		1		0.044	0.012	
Selenium, Se....mcg	21.9		0	BFYN	4		68.8	18.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.188	0.051	
Riboflavin....mg	0.190		0		1		0.597	0.162	
Niacin....mg	3.040		0		1		9.546	2.584	
Pantothenic acid....mg	0.290		0		1		0.911	0.247	
Vitamin B-6....mg	0.240		0		1		0.754	0.204	
Folate, total....mcg	7		0		1		22	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0		1		22	6	
Folate, DFE....mcg_DFE	7		0	NC	4		22	6	
Choline, total....mg	89.6		0	BFPN	4		281.4	76.2	
Betaine....mg	11.8		0	BFPN	4		37.0	10.0	
Vitamin B-12....mcg	2.33		0		1		7.32	1.98	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.240		0		1		35.294	9.554	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13371

Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.080		0		1		0.251	0.068	
12:0....g	0.070		0		1		0.220	0.060	
13:0....g									
14:0....g	0.950		0		1		2.983	0.808	
15:0....g									
16:0....g	6.980		0		1		21.917	5.933	
17:0....g									
18:0....g	3.160		0		1		9.922	2.686	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.700		0		1		39.878	10.795	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.290		0		1		4.051	1.097	
17:1....g									
18:1 undifferentiated....g	11.350		0		1		35.639	9.648	
20:1....g	0.060		0		1		0.188	0.051	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.960		0		1		3.014	0.816	
18:2 undifferentiated....g	0.640		0		1		2.010	0.544	
18:3 undifferentiated....g	0.290		0		1		0.911	0.247	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0		1		0.094	0.026	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	92		0		1		289	78	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.263		0		1		0.826	0.224	
Threonine....g	1.028		0		1		3.228	0.874	
Isoleucine....g	1.058		0		1		3.322	0.899	
Leucine....g	1.859		0		1		5.837	1.580	
Lysine....g	1.957		0		1		6.145	1.663	
Methionine....g	0.602		0		1		1.890	0.512	
Cystine....g	0.263		0		1		0.826	0.224	
Phenylalanine....g	0.918		0		1		2.883	0.780	
Tyrosine....g	0.790		0		1		2.481	0.672	
Valine....g	1.144		0		1		3.592	0.972	
Arginine....g	1.487		0		1		4.669	1.264	
Histidine....g	0.806		0		1		2.531	0.685	
Alanine....g	1.419		0		1		4.456	1.206	
Aspartic acid....g	2.149		0		1		6.748	1.827	
Glutamic acid....g	3.535		0		1		11.100	3.005	
Glycine....g	1.284		0		1		4.032	1.091	
Proline....g	1.039		0		1		3.262	0.883	
Serine....g	0.900		0		1		2.826	0.765	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13371

Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 314g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13808

Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Refuse: 1% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.30		0	PAE	4		160.36	41.06	
Energy....kcal	349		0	NC	4		1159	297	
Energy....kJ	1460		0		4		4848	1241	
Protein (N x 6.25)....g	24.40		0	PAE	4		81.01	20.74	
Total lipid (fat)....g	27.17		0	PAE	4		90.20	23.09	
Ash....g	0.87		0	PAE	4		2.89	0.74	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	PAE	4		27	7	
Iron, Fe....mg	2.43		0	PAE	4		8.07	2.07	
Magnesium, Mg....mg	19		0	PAE	4		63	16	
Phosphorus, P....mg	194		0	PAE	4		644	165	
Potassium, K....mg	241		0	PAE	4		800	205	
Sodium, Na....mg	69		0	PAE	4		229	59	
Zinc, Zn....mg	6.13		0	PAE	4		20.35	5.21	
Copper, Cu....mg	0.100		0	PAE	4		0.332	0.085	
Manganese, Mn....mg	0.015		0	PAE	4		0.050	0.013	
Selenium, Se....mcg	21.7		0	BFZN	4		72.0	18.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0	PAE	4		0.199	0.051	
Riboflavin....mg	0.200		0	PAE	4		0.664	0.170	
Niacin....mg	3.140		0	PAE	4		10.425	2.669	
Pantothenic acid....mg	0.300		0	PAE	4		0.996	0.255	
Vitamin B-6....mg	0.250		0	PAE	4		0.830	0.213	
Folate, total....mcg	7		0	PAE	4		23	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0	PAE	4		23	6	
Folate, DFE....mcg_DFE	7		0	NC	4		23	6	
Choline, total....mg	92.9		0	BFPN	4		308.5	79.0	
Betaine....mg	12.2		0	BFPN	4		40.5	10.4	
Vitamin B-12....mcg	2.38		0	PAE	4		7.90	2.02	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	10.640		0	PAE	4		35.325	9.044	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13808

Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.060		0	PAE	4		0.199	0.051	
12:0....g	0.060		0	PAE	4		0.199	0.051	
13:0....g									
14:0....g	0.900		0	PAE	4		2.988	0.765	
15:0....g									
16:0....g	6.600		0	PAE	4		21.912	5.610	
17:0....g									
18:0....g	3.010		0	PAE	4		9.993	2.559	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.210		0	PAE	4		40.537	10.379	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.240		0	PAE	4		4.117	1.054	
17:1....g									
18:1 undifferentiated....g	10.920		0	PAE	4		36.254	9.282	
20:1....g	0.050		0	PAE	4		0.166	0.043	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.880		0	PAE	4		2.922	0.748	
18:2 undifferentiated....g	0.610		0	PAE	4		2.025	0.519	
18:3 undifferentiated....g	0.240		0	PAE	4		0.797	0.204	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.100	0.026	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	92		0	PAE	4		305	78	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.273		0	PAE	4		0.906	0.232	
Threonine....g	1.066		0	PAE	4		3.539	0.906	
Isoleucine....g	1.097		0	PAE	4		3.642	0.932	
Leucine....g	1.928		0	PAE	4		6.401	1.639	
Lysine....g	2.030		0	PAE	4		6.740	1.726	
Methionine....g	0.625		0	PAE	4		2.075	0.531	
Cystine....g	0.273		0	PAE	4		0.906	0.232	
Phenylalanine....g	0.952		0	PAE	4		3.161	0.809	
Tyrosine....g	0.820		0	PAE	4		2.722	0.697	
Valine....g	1.187		0	PAE	4		3.941	1.009	
Arginine....g	1.542		0	PAE	4		5.119	1.311	
Histidine....g	0.835		0	PAE	4		2.772	0.710	
Alanine....g	1.472		0	PAE	4		4.887	1.251	
Aspartic acid....g	2.229		0	PAE	4		7.400	1.895	
Glutamic acid....g	3.665		0	PAE	4		12.168	3.115	
Glycine....g	1.331		0	PAE	4		4.419	1.131	
Proline....g	1.077		0	PAE	4		3.576	0.915	
Serine....g	0.933		0	PAE	4		3.098	0.793	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13808

Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 332g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13807

Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 1% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.96		0	PAE	4		17.00	271.98	
Energy....kcal	265		0	NC	4		75	1202	
Energy....kJ	1109		0		4		314	5029	
Protein (N x 6.25)....g	17.65		0	PAE	4		5.00	80.06	
Total lipid (fat)....g	20.98		0	PAE	4		5.95	95.17	
Ash....g	0.82		0	PAE	4		0.23	3.72	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	PAE	4		2	27	
Iron, Fe....mg	1.69		0	PAE	4		0.48	7.67	
Magnesium, Mg....mg	18		0	PAE	4		5	82	
Phosphorus, P....mg	166		0	PAE	4		47	753	
Potassium, K....mg	264		0	PAE	4		75	1198	
Sodium, Na....mg	72		0	PAE	4		20	327	
Zinc, Zn....mg	4.24		0	PAE	4		1.20	19.23	
Copper, Cu....mg	0.071		0	PAE	4		0.020	0.322	
Manganese, Mn....mg	0.012		0	PAE	4		0.003	0.054	
Selenium, Se....mcg	15.2		0	BFYN	4		4.3	68.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0	PAE	4		0.023	0.363	
Riboflavin....mg	0.150		0	PAE	4		0.043	0.680	
Niacin....mg	3.120		0	PAE	4		0.885	14.152	
Pantothenic acid....mg	0.300		0	PAE	4		0.085	1.361	
Vitamin B-6....mg	0.360		0	PAE	4		0.102	1.633	
Folate, total....mcg	6		0	PAE	4		2	27	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0	PAE	4		2	27	
Folate, DFE....mcg_DFE	6		0	NC	4		2	27	
Choline, total....mg	73.7		0	BFPN	4		20.9	334.4	
Betaine....mg	10.8		0	BFPN	4		3.1	49.2	
Vitamin B-12....mcg	2.24		0	PAE	4		0.64	10.16	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.420		0	PAE	4		2.387	38.193	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13807

Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.070		0	PAE	4		0.020	0.318	
12:0....g	0.050		0	PAE	4		0.014	0.227	
13:0....g									
14:0....g	0.700		0	PAE	4		0.198	3.175	
15:0....g									
16:0....g	5.150		0	PAE	4		1.460	23.360	
17:0....g									
18:0....g	2.450		0	PAE	4		0.695	11.113	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.530		0	PAE	4		2.702	43.228	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.120		0	PAE	4		0.318	5.080	
17:1....g									
18:1 undifferentiated....g	8.380		0	PAE	4		2.376	38.012	
20:1....g	0.030		0	PAE	4		0.009	0.136	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.690		0	PAE	4		0.196	3.130	
18:2 undifferentiated....g	0.440		0	PAE	4		0.125	1.996	
18:3 undifferentiated....g	0.230		0	PAE	4		0.065	1.043	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	71		0	PAE	4		20	322	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.198		0	PAE	4		0.056	0.898	
Threonine....g	0.771		0	PAE	4		0.219	3.497	
Isoleucine....g	0.794		0	PAE	4		0.225	3.602	
Leucine....g	1.395		0	PAE	4		0.395	6.328	
Lysine....g	1.469		0	PAE	4		0.416	6.663	
Methionine....g	0.452		0	PAE	4		0.128	2.050	
Cystine....g	0.198		0	PAE	4		0.056	0.898	
Phenylalanine....g	0.689		0	PAE	4		0.195	3.125	
Tyrosine....g	0.593		0	PAE	4		0.168	2.690	
Valine....g	0.859		0	PAE	4		0.244	3.896	
Arginine....g	1.116		0	PAE	4		0.316	5.062	
Histidine....g	0.604		0	PAE	4		0.171	2.740	
Alanine....g	1.065		0	PAE	4		0.302	4.831	
Aspartic acid....g	1.613		0	PAE	4		0.457	7.317	
Glutamic acid....g	2.652		0	PAE	4		0.752	12.029	
Glycine....g	0.963		0	PAE	4		0.273	4.368	
Proline....g	0.780		0	PAE	4		0.221	3.538	
Serine....g	0.675		0	PAE	4		0.191	3.062	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13807

Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13372

Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Refuse: 27% Connective tissue, 2%, separable fat, 25%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.70		1		1		129.22	47.35	
Energy....kcal	244		0	NC	4		566	207	
Energy....kJ	1021		0		4		2368	868	
Protein (N x 6.25)....g	28.05	0.482	11		1		65.08	23.84	
Total lipid (fat)....g	13.80		1		1		32.02	11.73	
Ash....g	0.98	0.069	10		1		2.27	0.83	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.377	10		1		14	5	
Iron, Fe....mg	2.79	0.134	9		1		6.47	2.37	
Magnesium, Mg....mg	22	0.813	10		1		51	19	
Phosphorus, P....mg	226		1		1		524	192	
Potassium, K....mg	273	8.141	10		1		633	232	
Sodium, Na....mg	77	5.705	10		1		179	65	
Zinc, Zn....mg	7.39	0.326	8		1		17.14	6.28	
Copper, Cu....mg	0.115	0.006	8		1		0.267	0.098	
Manganese, Mn....mg	0.017		1		1		0.039	0.014	
Selenium, Se....mcg	23.5		0	BFYN	4		54.5	20.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070	0.007	10		1		0.162	0.060	
Riboflavin....mg	0.230	0.014	9		1		0.534	0.196	
Niacin....mg	3.570	0.239	11		1		8.282	3.035	
Pantothenic acid....mg	0.340		1		1		0.789	0.289	
Vitamin B-6....mg	0.280		1		1		0.650	0.238	
Folate, total....mcg	8	1.193	11		1		19	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8	1.193	11		1		19	7	
Folate, DFE....mcg_DFE	8		0	NC	4		19	7	
Choline, total....mg	106.8		0	BFPN	4		247.9	90.8	
Betaine....mg	14.0		0	BFPN	4		32.6	11.9	
Vitamin B-12....mcg	2.58	0.424	11		1		5.99	2.19	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.180		0		1		12.018	4.403	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13372

Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.010		8		1		0.023	0.009	
12:0 g	0.010		8		1		0.023	0.009	
13:0 g									
14:0 g	0.450		8		1		1.044	0.383	
15:0 g									
16:0 g	3.190		8		1		7.401	2.712	
17:0 g									
18:0 g	1.510		8		1		3.503	1.284	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.460		0		1		14.987	5.491	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.640		8		1		1.485	0.544	
17:1 g									
18:1 undifferentiated g	5.800		8		1		13.456	4.930	
20:1 g	0.020		8		1		0.046	0.017	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.360		0		1		0.835	0.306	
18:2 undifferentiated g	0.300		8		1		0.696	0.255	
18:3 undifferentiated g	0.030		8		1		0.070	0.026	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		8		1		0.070	0.026	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	91	1.930	8		1		211	77	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.314		0		1		0.728	0.267	
Threonine g	1.225		0		1		2.842	1.041	
Isoleucine g	1.261		0		1		2.926	1.072	
Leucine g	2.217		0		1		5.143	1.884	
Lysine g	2.334		0		1		5.415	1.984	
Methionine g	0.718		0		1		1.666	0.610	
Cystine g	0.314		0		1		0.728	0.267	
Phenylalanine g	1.095		0		1		2.540	0.931	
Tyrosine g	0.942		0		1		2.185	0.801	
Valine g	1.364		0		1		3.164	1.159	
Arginine g	1.773		0		1		4.113	1.507	
Histidine g	0.960		0		1		2.227	0.816	
Alanine g	1.692		0		1		3.925	1.438	
Aspartic acid g	2.563		0		1		5.946	2.179	
Glutamic acid g	4.214		0		1		9.776	3.582	
Glycine g	1.530		0		1		3.550	1.301	
Proline g	1.239		0		1		2.874	1.053	
Serine g	1.073		0		1		2.489	0.912	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13372

Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 232g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13367

Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Refuse: 1% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.54		0		1		161.84	43.81	
Energy....kcal	291		0	NC	4		914	247	
Energy....kJ	1218		0		4		3823	1035	
Protein (N x 6.25)....g	26.79		0		1		84.12	22.77	
Total lipid (fat)....g	19.52		0		1		61.29	16.59	
Ash....g	0.95		0		1		2.98	0.81	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0		1		22	6	
Iron, Fe....mg	2.53		0		1		7.94	2.15	
Magnesium, Mg....mg	21		0		1		66	18	
Phosphorus, P....mg	216		0		1		678	184	
Potassium, K....mg	259		0		1		813	220	
Sodium, Na....mg	65		0		1		204	55	
Zinc, Zn....mg	5.96		0		1		18.71	5.07	
Copper, Cu....mg	0.108		0		1		0.339	0.092	
Manganese, Mn....mg	0.015		0		1		0.047	0.013	
Selenium, Se....mcg	23.3		0	BFYN	4		73.2	19.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.220	0.060	
Riboflavin....mg	0.200		0		1		0.628	0.170	
Niacin....mg	3.370		0		1		10.582	2.865	
Pantothenic acid....mg	0.320		0		1		1.005	0.272	
Vitamin B-6....mg	0.270		0		1		0.848	0.230	
Folate, total....mcg	7		0		1		22	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0		1		22	6	
Folate, DFE....mcg_DFE	7		0	NC	4		22	6	
Choline, total....mg	102.0		0	BFPN	4		320.4	86.7	
Betaine....mg	13.4		0	BFPN	4		42.1	11.4	
Vitamin B-12....mcg	2.45		0		1		7.69	2.08	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.19		0	NR	4		0.60	0.16	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.3		0	AS	1		1.0	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.3		0	BFFN	4		1.0	0.3	
Vitamin D....IU	13		0	BFFN	4		40	11	
Vitamin K (phylloquinone)....mcg	1.8		0	BFSN	4		5.8	1.6	
Lipids:									
Fatty acids, total saturated....g	7.530		0		1		23.644	6.401	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13367

Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.050		0		1		0.157	0.043	
12:0....g	0.040		0		1		0.126	0.034	
13:0....g									
14:0....g	0.630		0		1		1.978	0.536	
15:0....g									
16:0....g	4.680		0		1		14.695	3.978	
17:0....g									
18:0....g	2.130		0		1		6.688	1.811	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.680		0		1		27.255	7.378	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.880		0		1		2.763	0.748	
17:1....g									
18:1 undifferentiated....g	7.770		0		1		24.398	6.605	
20:1....g	0.030		0		1		0.094	0.026	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.670		0		1		2.104	0.570	
18:2 undifferentiated....g	0.460		0		1		1.444	0.391	
18:3 undifferentiated....g	0.180		0		1		0.565	0.153	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0		1		0.094	0.026	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	93		0		1		292	79	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.176		0	NR	4		0.553	0.150	
Threonine....g	1.070		0	NR	4		3.360	0.910	
Isoleucine....g	1.219		0	NR	4		3.827	1.036	
Leucine....g	2.131		0	NR	4		6.692	1.811	
Lysine....g	2.264		0	NR	4		7.109	1.924	
Methionine....g	0.698		0	NR	4		2.191	0.593	
Cystine....g	0.346		0	NR	4		1.086	0.294	
Phenylalanine....g	1.058		0	NR	4		3.323	0.899	
Tyrosine....g	0.854		0	NR	4		2.681	0.726	
Valine....g	1.329		0	NR	4		4.173	1.130	
Arginine....g	1.732		0	NR	4		5.439	1.472	
Histidine....g	0.855		0	NR	4		2.685	0.727	
Alanine....g	1.629		0	NR	4		5.114	1.384	
Aspartic acid....g	2.440		0	NR	4		7.662	2.074	
Glutamic acid....g	4.022		0	NR	4		12.629	3.419	
Glycine....g	1.631		0	NR	4		5.122	1.387	
Proline....g	1.277		0	NR	4		4.010	1.086	
Serine....g	1.055		0	NR	4		3.314	0.897	
Hydroxyproline....g	0.281		0	BFPN	4		0.884	0.239	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13367

Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 314g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13804

Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Refuse: 1% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.58		0	PAE	4		163.12	42.14	
Energy....kcal	331		0	NC	4		1089	281	
Energy....kJ	1385		0		4		4556	1177	
Protein (N x 6.25)....g	25.85		0	PAE	4		85.05	21.97	
Total lipid (fat)....g	24.50		0	PAE	4		80.61	20.83	
Ash....g	0.92		0	PAE	4		3.03	0.78	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	PAE	4		23	6	
Iron, Fe....mg	2.46		0	PAE	4		8.09	2.09	
Magnesium, Mg....mg	20		0	PAE	4		66	17	
Phosphorus, P....mg	207		0	PAE	4		681	176	
Potassium, K....mg	251		0	PAE	4		826	213	
Sodium, Na....mg	64		0	PAE	4		211	54	
Zinc, Zn....mg	5.77		0	PAE	4		18.98	4.90	
Copper, Cu....mg	0.104		0	PAE	4		0.342	0.088	
Manganese, Mn....mg	0.015		0	PAE	4		0.049	0.013	
Selenium, Se....mcg	22.8		0	BFZN	4		75.0	19.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0	PAE	4		0.197	0.051	
Riboflavin....mg	0.200		0	PAE	4		0.658	0.170	
Niacin....mg	3.270		0	PAE	4		10.758	2.780	
Pantothenic acid....mg	0.310		0	PAE	4		1.020	0.264	
Vitamin B-6....mg	0.260		0	PAE	4		0.855	0.221	
Folate, total....mcg	7		0	PAE	4		23	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0	PAE	4		23	6	
Folate, DFE....mcg_DFE	7		0	NC	4		23	6	
Choline, total....mg	98.5		0	BFPN	4		323.9	83.7	
Betaine....mg									
Vitamin B-12....mcg	2.40		0	PAE	4		7.90	2.04	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.19		0	BFSN	4		0.63	0.16	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.4		0	AS	1		1.3	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.4		0	BFFN	4		1.3	0.3	
Vitamin D....IU	16		0	BFFN	4		53	14	
Vitamin K (phylloquinone)....mcg	1.9		0	BFSN	4		6.3	1.6	
Lipids:									
Fatty acids, total saturated....g	9.440		0	PAE	4		31.058	8.024	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13804

Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	Z	7		0.000	0.000	
8:0 ... g	0.000		0	Z	7		0.000	0.000	
10:0 ... g	0.060		0	PAE	4		0.197	0.051	
12:0 ... g	0.060		0	PAE	4		0.197	0.051	
13:0 ... g									
14:0 ... g	0.780		0	PAE	4		2.566	0.663	
15:0 ... g									
16:0 ... g	5.870		0	PAE	4		19.312	4.990	
17:0 ... g									
18:0 ... g	2.680		0	PAE	4		8.817	2.278	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	10.890		0	PAE	4		35.828	9.257	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.100		0	PAE	4		3.619	0.935	
17:1 ... g									
18:1 undifferentiated ... g	9.740		0	PAE	4		32.045	8.279	
20:1 ... g	0.040		0	PAE	4		0.132	0.034	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.850		0	PAE	4		2.797	0.723	
18:2 undifferentiated ... g	0.580		0	PAE	4		1.908	0.493	
18:3 undifferentiated ... g	0.230		0	PAE	4		0.757	0.196	
18:4 ... g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.040		0	PAE	4		0.132	0.034	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	93		0	PAE	4		306	79	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.290		0	PAE	4		0.954	0.247	
Threonine ... g	1.129		0	PAE	4		3.714	0.960	
Isoleucine ... g	1.162		0	PAE	4		3.823	0.988	
Leucine ... g	2.043		0	PAE	4		6.721	1.737	
Lysine ... g	2.151		0	PAE	4		7.077	1.828	
Methionine ... g	0.662		0	PAE	4		2.178	0.563	
Cystine ... g	0.290		0	PAE	4		0.954	0.247	
Phenylalanine ... g	1.009		0	PAE	4		3.320	0.858	
Tyrosine ... g	0.869		0	PAE	4		2.859	0.739	
Valine ... g	1.258		0	PAE	4		4.139	1.069	
Arginine ... g	1.634		0	PAE	4		5.376	1.389	
Histidine ... g	0.885		0	PAE	4		2.912	0.752	
Alanine ... g	1.559		0	PAE	4		5.129	1.325	
Aspartic acid ... g	2.362		0	PAE	4		7.771	2.008	
Glutamic acid ... g	3.884		0	PAE	4		12.778	3.301	
Glycine ... g	1.411		0	PAE	4		4.642	1.199	
Proline ... g	1.142		0	PAE	4		3.757	0.971	
Serine ... g	0.989		0	PAE	4		3.254	0.841	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13804

Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 329g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13803

Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 1% Connective tissue

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.08		0	PAE	4		17.32	277.06	
Energy	kcal	251		0	NC	4		71	1139	
Energy	kJ	1050		0		4		298	4764	
Protein (N x 6.25)	g	18.42		0	PAE	4		5.22	83.55	
Total lipid (fat)	g	19.06		0	PAE	4		5.40	86.46	
Ash	g	0.88		0	PAE	4		0.25	3.99	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	PAE	4		2	27	
Iron, Fe	mg	1.70		0	PAE	4		0.48	7.71	
Magnesium, Mg	mg	19		0	PAE	4		5	86	
Phosphorus, P	mg	177		0	PAE	4		50	803	
Potassium, K	mg	282		0	PAE	4		80	1279	
Sodium, Na	mg	69		0	PAE	4		20	313	
Zinc, Zn	mg	3.71		0	PAE	4		1.05	16.83	
Copper, Cu	mg	0.071		0	PAE	4		0.020	0.322	
Manganese, Mn	mg	0.013		0	PAE	4		0.004	0.059	
Selenium, Se	mcg	16.0		0	BFYN	4		4.5	72.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.090		0	PAE	4		0.026	0.408	
Riboflavin	mg	0.150		0	PAE	4		0.043	0.680	
Niacin	mg	3.480		0	PAE	4		0.987	15.785	
Pantothenic acid	mg	0.310		0	PAE	4		0.088	1.406	
Vitamin B-6	mg	0.380		0	PAE	4		0.108	1.724	
Folate, total	mcg	6		0	PAE	4		2	27	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0	PAE	4		2	27	
Folate, DFE	mcg_DFE	6		0	NC	4		2	27	
Choline, total	mg	76.9		0	BFPN	4		21.8	349.0	
Betaine	mg	11.3		0	BFPN	4		3.2	51.3	
Vitamin B-12	mcg	2.25		0	PAE	4		0.64	10.21	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg									
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.530		0	PAE	4		2.135	34.156	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 13803

Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.060		0	PAE	4		0.017	0.272	
12:0....g	0.040		0	PAE	4		0.011	0.181	
13:0....g									
14:0....g	0.620		0	PAE	4		0.176	2.812	
15:0....g									
16:0....g	4.590		0	PAE	4		1.301	20.820	
17:0....g									
18:0....g	2.220		0	PAE	4		0.629	10.070	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.520		0	PAE	4		2.415	38.647	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.000		0	PAE	4		0.284	4.536	
17:1....g									
18:1 undifferentiated....g	7.490		0	PAE	4		2.123	33.975	
20:1....g	0.020		0	PAE	4		0.006	0.091	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.660		0	PAE	4		0.187	2.994	
18:2 undifferentiated....g	0.420		0	PAE	4		0.119	1.905	
18:3 undifferentiated....g	0.210		0	PAE	4		0.060	0.953	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	68		0	PAE	4		19	308	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.206		0	PAE	4		0.058	0.934	
Threonine....g	0.804		0	PAE	4		0.228	3.647	
Isoleucine....g	0.828		0	PAE	4		0.235	3.756	
Leucine....g	1.456		0	PAE	4		0.413	6.604	
Lysine....g	1.532		0	PAE	4		0.434	6.949	
Methionine....g	0.471		0	PAE	4		0.134	2.136	
Cystine....g	0.206		0	PAE	4		0.058	0.934	
Phenylalanine....g	0.719		0	PAE	4		0.204	3.261	
Tyrosine....g	0.619		0	PAE	4		0.175	2.808	
Valine....g	0.896		0	PAE	4		0.254	4.064	
Arginine....g	1.164		0	PAE	4		0.330	5.280	
Histidine....g	0.631		0	PAE	4		0.179	2.862	
Alanine....g	1.111		0	PAE	4		0.315	5.039	
Aspartic acid....g	1.682		0	PAE	4		0.477	7.630	
Glutamic acid....g	2.767		0	PAE	4		0.784	12.551	
Glycine....g	1.005		0	PAE	4		0.285	4.559	
Proline....g	0.813		0	PAE	4		0.230	3.688	
Serine....g	0.704		0	PAE	4		0.200	3.193	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13803

Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13023

Beef, brisket, whole, separable lean only, all grades, raw

Refuse: 30% Connective tissue 0.3%, separable fat 30%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.29		0		1		19.93	318.84	
Energy....kcal	155		0	NC	4		44	703	
Energy....kJ	649		0		4		184	2942	
Protein (N x 6.25)....g	20.72		0		1		5.87	93.99	
Total lipid (fat)....g	7.37		0		1		2.09	33.43	
Ash....g	1.02		0		1		0.29	4.63	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0		1		1	23	
Iron, Fe....mg	1.92		0		1		0.54	8.71	
Magnesium, Mg....mg	23		0		1		7	104	
Phosphorus, P....mg	201		0		1		57	912	
Potassium, K....mg	330		0		1		94	1497	
Sodium, Na....mg	79		0		1		22	358	
Zinc, Zn....mg	4.31		0		1		1.22	19.55	
Copper, Cu....mg	0.080		0		1		0.023	0.363	
Manganese, Mn....mg	0.014		0		1		0.004	0.064	
Selenium, Se....mcg	16.4		0	BFNN	4		4.6	74.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0		1		0.028	0.454	
Riboflavin....mg	0.170		0		1		0.048	0.771	
Niacin....mg	3.940		0		1		1.117	17.872	
Pantothenic acid....mg	0.350		0		1		0.099	1.588	
Vitamin B-6....mg	0.420		0		1		0.119	1.905	
Folate, total....mcg	7		0		1		2	32	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0		1		2	32	
Folate, DFE....mcg_DFE	7		0	NC	4		2	32	
Choline, total....mg	86.5		0	BFPN	4		24.5	392.6	
Betaine....mg									
Vitamin B-12....mcg	2.43		0		1		0.69	11.02	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.32		0	BFSN	4		0.09	1.44	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		0.4	5.7	
Lipids:									
Fatty acids, total saturated....g	2.590		0		1		0.734	11.748	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13023

Beef, brisket, whole, separable lean only, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.220		0		1		0.062	0.998	
15:0....g									
16:0....g	1.630		0		1		0.462	7.394	
17:0....g									
18:0....g	0.730		0		1		0.207	3.311	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.460		0		1		0.981	15.695	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.350		0		1		0.099	1.588	
17:1....g									
18:1 undifferentiated....g	3.100		0		1		0.879	14.062	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.230		0		1		0.065	1.043	
18:2 undifferentiated....g	0.180		0		1		0.051	0.816	
18:3 undifferentiated....g	0.020		0		1		0.006	0.091	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0		1		0.009	0.136	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	62		0		1		18	281	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.232		0		1		0.066	1.052	
Threonine....g	0.905		0		1		0.257	4.105	
Isoleucine....g	0.931		0		1		0.264	4.223	
Leucine....g	1.637		0		1		0.464	7.425	
Lysine....g	1.724		0		1		0.489	7.820	
Methionine....g	0.530		0		1		0.150	2.404	
Cystine....g	0.232		0		1		0.066	1.052	
Phenylalanine....g	0.809		0		1		0.229	3.670	
Tyrosine....g	0.696		0		1		0.197	3.157	
Valine....g	1.008		0		1		0.286	4.572	
Arginine....g	1.309		0		1		0.371	5.938	
Histidine....g	0.709		0		1		0.201	3.216	
Alanine....g	1.250		0		1		0.354	5.670	
Aspartic acid....g	1.893		0		1		0.537	8.587	
Glutamic acid....g	3.112		0		1		0.882	14.116	
Glycine....g	1.130		0		1		0.320	5.126	
Proline....g	0.915		0		1		0.259	4.150	
Serine....g	0.792		0		1		0.225	3.593	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13023

Beef, brisket, whole, separable lean only, all grades, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13368

Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Refuse: 17% 1% connective tissue, 16% separable fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.71		0		1		152.35	49.05	
Energy....kcal	218		0	NC	4		576	185	
Energy....kJ	912		0		4		2408	775	
Protein (N x 6.25)....g	29.75		0		1		78.54	25.29	
Total lipid (fat)....g	10.08		0		1		26.61	8.57	
Ash....g	1.04		0		1		2.75	0.88	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0		1		16	5	
Iron, Fe....mg	2.81		0		1		7.42	2.39	
Magnesium, Mg....mg	23		0		1		61	20	
Phosphorus, P....mg	241		0		1		636	205	
Potassium, K....mg	285		0		1		752	242	
Sodium, Na....mg	70		0		1		185	60	
Zinc, Zn....mg	6.89		0		1		18.19	5.86	
Copper, Cu....mg	0.119		0		1		0.314	0.101	
Manganese, Mn....mg	0.017		0		1		0.045	0.014	
Selenium, Se....mcg	24.5		0	BFZN	4		64.7	20.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.185	0.060	
Riboflavin....mg	0.220		0		1		0.581	0.187	
Niacin....mg	3.710		0		1		9.794	3.154	
Pantothenic acid....mg	0.360		0		1		0.950	0.306	
Vitamin B-6....mg	0.290		0		1		0.766	0.247	
Folate, total....mcg	8		0		1		21	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0		1		21	7	
Folate, DFE....mcg_DFE	8		0	NC	4		21	7	
Choline, total....mg	113.3		0	BFPN	4		299.1	96.3	
Betaine....mg	14.9		0	BFPN	4		39.3	12.7	
Vitamin B-12....mcg	2.60		0		1		6.86	2.21	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.14		0	NR	4		0.37	0.12	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.4	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		0.4	0.1	
Vitamin D....IU	7		0	BFFN	4		17	6	
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		4.2	1.4	
Lipids:									
Fatty acids, total saturated....g	3.630		0		1		9.583	3.086	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13368

Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.310		0		1		0.818	0.264	
15:0....g									
16:0....g	2.250		0		1		5.940	1.913	
17:0....g									
18:0....g	1.070		0		1		2.825	0.910	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.650		0		1		12.276	3.953	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.460		0		1		1.214	0.391	
17:1....g									
18:1 undifferentiated....g	4.180		0		1		11.035	3.553	
20:1....g	0.010		0		1		0.026	0.009	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.300		0		1		0.792	0.255	
18:2 undifferentiated....g	0.240		0		1		0.634	0.204	
18:3 undifferentiated....g	0.020		0		1		0.053	0.017	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0		1		0.106	0.034	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	93		0		1		246	79	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.196		0	A	1		0.516	0.166	
Threonine....g	1.188		0	A	1		3.138	1.010	
Isoleucine....g	1.354		0	A	1		3.573	1.150	
Leucine....g	2.367		0	A	1		6.248	2.012	
Lysine....g	2.514		0	A	1		6.638	2.137	
Methionine....g	0.775		0	A	1		2.045	0.659	
Cystine....g	0.384		0	A	1		1.014	0.326	
Phenylalanine....g	1.175		0	A	1		3.102	0.999	
Tyrosine....g	0.948		0	A	1		2.503	0.806	
Valine....g	1.476		0	A	1		3.896	1.255	
Arginine....g	1.924		0	A	1		5.079	1.635	
Histidine....g	0.949		0	A	1		2.507	0.807	
Alanine....g	1.809		0	A	1		4.775	1.537	
Aspartic acid....g	2.710		0	A	1		7.154	2.303	
Glutamic acid....g	4.466		0	A	1		11.791	3.796	
Glycine....g	1.812		0	A	1		4.782	1.540	
Proline....g	1.418		0	A	1		3.744	1.206	
Serine....g	1.172		0	A	1		3.094	0.996	
Hydroxyproline....g	0.313		0	BFPN	4		0.825	0.266	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13368

Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 264g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13001

Beef, carcass, separable lean and fat, choice, raw

Bos taurus

Refuse: 19% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.26		0		1		16.23	259.73	
Energy	kcal	291		0	NC	4		82	1320	
Energy	kJ	1218		0		4		345	5523	
Protein (N x 6.25)	g	17.32		0		1		4.91	78.56	
Total lipid (fat)	g	24.05		0		1		6.82	109.09	
Ash	g	0.81		0		1		0.23	3.67	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0		1		2	36	
Iron, Fe	mg	1.83		0		1		0.52	8.30	
Magnesium, Mg	mg	17		0		1		5	77	
Phosphorus, P	mg	154		0		1		44	699	
Potassium, K	mg	267		0		1		76	1211	
Sodium, Na	mg	59		0		1		17	268	
Zinc, Zn	mg	3.57		0		1		1.01	16.19	
Copper, Cu	mg	0.069		0		1		0.020	0.313	
Manganese, Mn	mg	0.013		0		1		0.004	0.059	
Selenium, Se	mcg	18.1		0	PIE	4		5.1	82.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.080		0		1		0.023	0.363	
Riboflavin	mg	0.160		0		1		0.045	0.726	
Niacin	mg	3.540		0		1		1.004	16.057	
Pantothenic acid	mg	0.320		0		1		0.091	1.452	
Vitamin B-6	mg	0.330		0		1		0.094	1.497	
Folate, total	mcg	7		0		1		2	32	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		2	32	
Folate, DFE	mcg_DFE	7		0	NC	4		2	32	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.67		0		1		0.76	12.11	
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	9.750		0		1		2.764	44.226	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	

NDB No. 13001
Beef, carcass, separable lean and fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.070		0		1		0.020	0.318	
12:0 g	0.050		0		1		0.014	0.227	
13:0 g									
14:0 g	0.740		0		1		0.210	3.357	
15:0 g									
16:0 g	5.780		0		1		1.639	26.218	
17:0 g									
18:0 g	2.930		0		1		0.831	13.290	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.470		0		1		2.968	47.492	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.150		0		1		0.326	5.216	
17:1 g									
18:1 undifferentiated g	9.120		0		1		2.586	41.368	
20:1 g	0.030		0		1		0.009	0.136	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.920		0		1		0.261	4.173	
18:2 undifferentiated g	0.620		0		1		0.176	2.812	
18:3 undifferentiated g	0.240		0		1		0.068	1.089	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		0		1		0.014	0.227	
20:5 n-3 (EPA) g	0.010		0		1		0.003	0.045	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	74		0		1		21	336	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.201		61		1		0.057	0.912	
Threonine g	0.746		79		1		0.211	3.384	
Isoleucine g	0.767		79		1		0.217	3.479	
Leucine g	1.376		79		1		0.390	6.242	
Lysine g	1.443		79		1		0.409	6.545	
Methionine g	0.430		76		1		0.122	1.950	
Cystine g	0.185		59		1		0.052	0.839	
Phenylalanine g	0.670		78		1		0.190	3.039	
Tyrosine g	0.568		78		1		0.161	2.576	
Valine g	0.842		78		1		0.239	3.819	
Arginine g	1.120		75		1		0.318	5.080	
Histidine g	0.579		78		1		0.164	2.626	
Alanine g	1.074		75		1		0.304	4.872	
Aspartic acid g	1.583		75		1		0.449	7.180	
Glutamic acid g	2.644		75		1		0.750	11.993	
Glycine g	1.061		75		1		0.301	4.813	
Proline g	0.804		75		1		0.228	3.647	
Serine g	0.665		75		1		0.189	3.016	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13001

Beef, carcass, separable lean and fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13002
Beef, carcass, separable lean and fat, select, raw

Refuse: 2% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.21		0		1		16.50	264.04	
Energy	kcal	278		0	NC	4		79	1261	
Energy	kJ	1163		0		4		330	5276	
Protein (N x 6.25)	g	17.48		0		1		4.96	79.29	
Total lipid (fat)	g	22.55		0		1		6.39	102.29	
Ash	g	0.82		0		1		0.23	3.72	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0		1		2	36	
Iron, Fe	mg	1.85		0		1		0.52	8.39	
Magnesium, Mg	mg	17		0		1		5	77	
Phosphorus, P	mg	156		0		1		44	708	
Potassium, K	mg	271		0		1		77	1229	
Sodium, Na	mg	59		0		1		17	268	
Zinc, Zn	mg	3.59		0		1		1.02	16.28	
Copper, Cu	mg	0.069		0		1		0.020	0.313	
Manganese, Mn	mg	0.013		0		1		0.004	0.059	
Selenium, Se	mcg	15.9		0	PIE	4		4.5	72.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.080		0		1		0.023	0.363	
Riboflavin	mg	0.170		0		1		0.048	0.771	
Niacin	mg	3.540		0		1		1.004	16.057	
Pantothenic acid	mg	0.320		0		1		0.091	1.452	
Vitamin B-6	mg	0.330		0		1		0.094	1.497	
Folate, total	mcg	7		0		1		2	32	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		2	32	
Folate, DFE	mcg_DFE	7		0	NC	4		2	32	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.69		0		1		0.76	12.20	
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	9.160		0		1		2.597	41.550	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	

NDB No. 13002
Beef, carcass, separable lean and fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.060		0		1		0.017	0.272	
12:0 g	0.050		0		1		0.014	0.227	
13:0 g									
14:0 g	0.700		0		1		0.198	3.175	
15:0 g									
16:0 g	5.430		0		1		1.539	24.630	
17:0 g									
18:0 g	2.750		0		1		0.780	12.474	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.820		0		1		2.784	44.544	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.090		0		1		0.309	4.944	
17:1 g									
18:1 undifferentiated g	8.550		0		1		2.424	38.783	
20:1 g	0.030		0		1		0.009	0.136	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.860		0		1		0.244	3.901	
18:2 undifferentiated g	0.570		0		1		0.162	2.586	
18:3 undifferentiated g	0.230		0		1		0.065	1.043	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		0		1		0.014	0.227	
20:5 n-3 (EPA) g	0.010		0		1		0.003	0.045	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	74		0		1		21	336	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.202		0		1		0.057	0.916	
Threonine g	0.754		0		1		0.214	3.420	
Isoleucine g	0.774		0		1		0.219	3.511	
Leucine g	1.388		0		1		0.393	6.296	
Lysine g	1.456		0		1		0.413	6.604	
Methionine g	0.435		0		1		0.123	1.973	
Cystine g	0.187		0		1		0.053	0.848	
Phenylalanine g	0.676		0		1		0.192	3.066	
Tyrosine g	0.574		0		1		0.163	2.604	
Valine g	0.850		0		1		0.241	3.856	
Arginine g	1.129		0		1		0.320	5.121	
Histidine g	0.585		0		1		0.166	2.654	
Alanine g	1.082		0		1		0.307	4.908	
Aspartic acid g	1.597		0		1		0.453	7.244	
Glutamic acid g	2.666		0		1		0.756	12.093	
Glycine g	1.064		0		1		0.302	4.826	
Proline g	0.809		0		1		0.229	3.670	
Serine g	0.671		0		1		0.190	3.044	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13002
Beef, carcass, separable lean and fat, select, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13373

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Refuse: 19% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.90	0.654	20	PAK	1		605.12	44.11	
Energy....kcal	297		0	NC	4		3457	252	
Energy....kJ	1241		0	NC	4		14466	1055	
Protein (N x 6.25)....g	28.94	0.455	20	PAK	1		337.45	24.60	
Total lipid (fat)....g	19.17	0.895	20	PAK	1		223.57	16.30	
Ash....g	0.90	0.032	20	PAK	1		10.47	0.76	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	BFFN	4		189	14	
Iron, Fe....mg	2.42		0	BFFN	4		28.17	2.05	
Magnesium, Mg....mg	19		0	BFFN	4		218	16	
Phosphorus, P....mg	174		0	BFFN	4		2034	148	
Potassium, K....mg	231		0	BFFN	4		2693	196	
Sodium, Na....mg	47		0	BFFN	4		553	40	
Zinc, Zn....mg	6.66		0	BFFN	4		77.60	5.66	
Copper, Cu....mg	0.099		0	BFFN	4		1.157	0.084	
Manganese, Mn....mg	0.010		0	BFFN	4		0.112	0.008	
Selenium, Se....mcg	27.0		0	BFFN	4		314.6	22.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.059		0	BFPN	4		0.684	0.050	
Riboflavin....mg	0.171		0	BFPN	4		1.996	0.146	
Niacin....mg	4.105		0	BFPN	4		47.867	3.489	
Pantothenic acid....mg	0.571		0	BFPN	4		6.652	0.485	
Vitamin B-6....mg	0.283		0	BFPN	4		3.301	0.241	
Folate, total....mcg	9		0	BFPN	4		105	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		105	8	
Folate, DFE....mcg_DFE	9		0	NC	4		105	8	
Choline, total....mg	110.2		0	BFPN	4		1285.2	93.7	
Betaine....mg	14.5		0	BFPN	4		168.9	12.3	
Vitamin B-12....mcg	2.13		0	BFPN	4		24.88	1.81	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.51		0	BFSN	4		5.98	0.44	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		2.3	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	PAK	1		2.3	0.2	
Vitamin D....IU	8		0	PAK	1		92	7	
Vitamin K (phylloquinone)....mcg	1.8		0	BFSN	4		21.3	1.6	
Lipids:									
Fatty acids, total saturated....g	7.548		0	NC	4		88.014	6.416	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13373

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.047		0	BFFN	4		0.543	0.040	
12:0 g	0.042		0	BFFN	4		0.489	0.036	
13:0 g									
14:0 g	0.596		0	BFFN	4		6.954	0.507	
15:0 g									
16:0 g	4.608		0	BFFN	4		53.733	3.917	
17:0 g									
18:0 g	2.255		0	BFFN	4		26.296	1.917	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.175		0	NC	4		95.316	6.948	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.710		0		1		8.279	0.604	
17:1 g									
18:1 undifferentiated g	7.432		0	BFFN	4		86.657	6.317	
20:1 g	0.033		0	BFFN	4		0.380	0.028	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.708		0	NC	4		8.258	0.602	
18:2 undifferentiated g	0.485		0	BFFN	4		5.650	0.412	
18:3 undifferentiated g	0.191		0	BFFN	4		2.227	0.162	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.033		0	BFFN	4		0.380	0.028	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	95		0	BFFN	4		1108	81	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.190		0	PAK	1		2.218	0.162	
Threonine g	1.156		0	PAK	1		13.480	0.983	
Isoleucine g	1.317		0	PAK	1		15.352	1.119	
Leucine g	2.302		0	PAK	1		26.843	1.957	
Lysine g	2.446		0	PAK	1		28.518	2.079	
Methionine g	0.754		0	PAK	1		8.788	0.641	
Cystine g	0.373		0	PAK	1		4.355	0.317	
Phenylalanine g	1.143		0	PAK	1		13.329	0.972	
Tyrosine g	0.922		0	PAK	1		10.753	0.784	
Valine g	1.436		0	PAK	1		16.741	1.220	
Arginine g	1.871		0	PAK	1		21.820	1.591	
Histidine g	0.924		0	PAK	1		10.769	0.785	
Alanine g	1.759		0	PAK	1		20.515	1.496	
Aspartic acid g	2.636		0	PAK	1		30.737	2.241	
Glutamic acid g	4.345		0	PAK	1		50.659	3.693	
Glycine g	1.762		0	PAK	1		20.547	1.498	
Proline g	1.380		0	PAK	1		16.087	1.173	
Serine g	1.140		0	PAK	1		13.293	0.969	
Hydroxyproline g	0.304		0	BFPN	4		3.545	0.258	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13373

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 1166g: 1 roast (yield from 1601 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13375

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised

URMIS #1049

Refuse: 28% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.44	0.881	10	PAK	1		660.51		
Energy....kcal	283		0	NC	4		3500		
Energy....kJ	1185		0	NC	4		14644		
Protein (N x 6.25)....g	29.23	0.556	10	PAK	1		361.33		
Total lipid (fat)....g	17.56	1.155	10	PAK	1		216.98		
Ash....g	0.91	0.047	10	PAK	1		11.19		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0	BFFN	4		210		
Iron, Fe....mg	2.38		0	BFFN	4		29.43		
Magnesium, Mg....mg	19		0	BFFN	4		236		
Phosphorus, P....mg	178		0	BFFN	4		2206		
Potassium, K....mg	235		0	BFFN	4		2909		
Sodium, Na....mg	48		0	BFFN	4		599		
Zinc, Zn....mg	6.87		0	BFFN	4		84.85		
Copper, Cu....mg	0.090		0	BFFN	4		1.109		
Manganese, Mn....mg	0.010		0	BFFN	4		0.117		
Selenium, Se....mcg	27.9		0	BFFN	4		344.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.063		0	BFPN	4		0.784		
Riboflavin....mg	0.159		0	BFPN	4		1.965		
Niacin....mg	4.213		0	BFPN	4		52.078		
Pantothenic acid....mg	0.577		0	BFPN	4		7.130		
Vitamin B-6....mg	0.288		0	BFPN	4		3.558		
Folate, total....mcg	9		0	BFPN	4		113		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFPN	4		113		
Folate, DFE....mcg_DFE	9		0	NC	4		113		
Choline, total....mg	111.3		0	BFPN	4		1376.2		
Betaine....mg	14.6		0	BFPN	4		180.8		
Vitamin B-12....mcg	1.93		0	BFPN	4		23.89		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.50		0	BFSN	4		6.13		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.8		0	BFSN	4		21.8		
Lipids:									
Fatty acids, total saturated....g	6.911		0	NC	4		85.424		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13375

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.043		0	BFFN	4		0.528		
12:0 g	0.038		0	BFFN	4		0.475		
13:0 g									
14:0 g	0.546		0	BFFN	4		6.750		
15:0 g									
16:0 g	4.219		0	BFFN	4		52.151		
17:0 g									
18:0 g	2.065		0	BFFN	4		25.521		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.551		0	NC	4		93.333		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.717		0	BFFN	4		8.858		
17:1 g									
18:1 undifferentiated g	6.805		0	BFFN	4		84.105		
20:1 g	0.030		0	BFFN	4		0.370		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.649		0	NC	4		8.015		
18:2 undifferentiated g	0.444		0	BFFN	4		5.484		
18:3 undifferentiated g	0.175		0	BFFN	4		2.162		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	BFFN	4		0.370		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	87		0	BFFN	4		1076		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.192		0	PAK	1		2.375		
Threonine g	1.168		0	PAK	1		14.434		
Isoleucine g	1.330		0	PAK	1		16.439		
Leucine g	2.325		0	PAK	1		28.743		
Lysine g	2.471		0	PAK	1		30.537		
Methionine g	0.761		0	PAK	1		9.409		
Cystine g	0.377		0	PAK	1		4.663		
Phenylalanine g	1.155		0	PAK	1		14.272		
Tyrosine g	0.932		0	PAK	1		11.514		
Valine g	1.450		0	PAK	1		17.926		
Arginine g	1.890		0	PAK	1		23.365		
Histidine g	0.933		0	PAK	1		11.532		
Alanine g	1.777		0	PAK	1		21.967		
Aspartic acid g	2.663		0	PAK	1		32.913		
Glutamic acid g	4.389		0	PAK	1		54.244		
Glycine g	1.780		0	PAK	1		22.002		
Proline g	1.394		0	PAK	1		17.226		
Serine g	1.152		0	PAK	1		14.233		
Hydroxyproline g	0.307		0	BFPN	4		3.796		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13375

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Common Measures:

Measure 1 = 1236g: 1 roast (yield from 1675 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13810

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Refuse: 28% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.45	0.583	5	PAK	1		130.16	42.88	
Energy....kcal	302		0	NC	4		779	257	
Energy....kJ	1263		0	NC	4		3260	1074	
Protein (N x 6.25)....g	30.12	0.232	5	PAK	1		77.72	25.61	
Total lipid (fat)....g	19.22	0.446	5	PAK	1		49.58	16.33	
Ash....g	0.92	0.003	5	PAK	1		2.37	0.78	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	17	1.809	4	PAK	1		44	14	
Iron, Fe....mg	2.53	0.090	4	PAK	1		6.54	2.15	
Magnesium, Mg....mg	20	0.224	4	PAK	1		51	17	
Phosphorus, P....mg	183	1.477	4	PAK	1		472	156	
Potassium, K....mg	242	1.937	4	PAK	1		625	206	
Sodium, Na....mg	50	1.788	4	PAK	1		128	42	
Zinc, Zn....mg	6.98	0.177	4	PAK	1		18.00	5.93	
Copper, Cu....mg	0.104	0.013	4	PAK	1		0.269	0.088	
Manganese, Mn....mg	0.010	0.000	5	PAK	1		0.026	0.009	
Selenium, Se....mcg	28.3	4.289	4	PAK	1		73.0	24.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.061	0.003	4	PAK	1		0.158	0.052	
Riboflavin....mg	0.178	0.009	4	PAK	1		0.460	0.151	
Niacin....mg	4.273	0.128	4	PAK	1		11.025	3.632	
Pantothenic acid....mg	0.594	0.003	4	PAK	1		1.532	0.505	
Vitamin B-6....mg	0.295	0.012	4	PAK	1		0.760	0.250	
Folate, total....mcg	9	0.080	4	PAK	1		24	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9	0.080	4	PAK	1		24	8	
Folate, DFE....mcg_DFE	9		0	NC	4		24	8	
Choline, total....mg	114.7		0	BFPN	4		296.0	97.5	
Betaine....mg	15.1		0	BFPN	4		38.9	12.8	
Vitamin B-12....mcg	2.22	0.145	4	PAK	1		5.73	1.89	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	PAK	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.53		0	BFSN	4		1.36	0.45	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.3		0	AS	1		0.8	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.3		0	BFFN	4		0.8	0.3	
Vitamin D....IU	13		0	BFFN	4		32	11	
Vitamin K (phylloquinone)....mcg	1.9		0	BFSN	4		4.8	1.6	
Lipids:									
Fatty acids, total saturated....g	7.620		0	NC	4		19.659	6.477	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13810

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.054		0	BFFN	4		0.140	0.046	
12:0 g	0.050		0	BFFN	4		0.130	0.043	
13:0 g									
14:0 g	0.609		0	BFFN	4		1.572	0.518	
15:0 g									
16:0 g	4.670		0	BFFN	4		12.048	3.969	
17:0 g									
18:0 g	2.236		0	BFFN	4		5.769	1.901	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.276		0	NC	4		21.352	7.035	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.804		0	BFFN	4		2.073	0.683	
17:1 g									
18:1 undifferentiated g	7.442		0	BFFN	4		19.199	6.325	
20:1 g	0.031		0	BFFN	4		0.080	0.026	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.710		0	NC	4		1.832	0.604	
18:2 undifferentiated g	0.477		0	BFFN	4		1.232	0.406	
18:3 undifferentiated g	0.210		0	BFFN	4		0.541	0.178	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.023		0	BFFN	4		0.060	0.020	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	79		0	BFFN	4		203	67	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.200		0	PAK	1		0.515	0.170	
Threonine g	1.213		0	PAK	1		3.131	1.031	
Isoleucine g	1.382		0	PAK	1		3.565	1.175	
Leucine g	2.416		0	PAK	1		6.234	2.054	
Lysine g	2.567		0	PAK	1		6.623	2.182	
Methionine g	0.791		0	PAK	1		2.041	0.672	
Cystine g	0.392		0	PAK	1		1.011	0.333	
Phenylalanine g	1.200		0	PAK	1		3.095	1.020	
Tyrosine g	0.968		0	PAK	1		2.497	0.823	
Valine g	1.507		0	PAK	1		3.888	1.281	
Arginine g	1.964		0	PAK	1		5.067	1.670	
Histidine g	0.969		0	PAK	1		2.501	0.824	
Alanine g	1.847		0	PAK	1		4.764	1.570	
Aspartic acid g	2.767		0	PAK	1		7.138	2.352	
Glutamic acid g	4.560		0	PAK	1		11.765	3.876	
Glycine g	1.850		0	PAK	1		4.772	1.572	
Proline g	1.448		0	PAK	1		3.736	1.231	
Serine g	1.197		0	PAK	1		3.087	1.017	
Hydroxyproline g	0.316		0	BFPN	4		0.817	0.269	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13810

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 258g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13809

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 21% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.33	0.471	5	PAK	1		17.67	282.73	
Energy....kcal	244		0	NC	4		69	1108	
Energy....kJ	1022		0	NC	4		290	4636	
Protein (N x 6.25)....g	19.23	0.179	5	PAK	1		5.45	87.24	
Total lipid (fat)....g	17.98	0.477	5	PAK	1		5.10	81.54	
Ash....g	0.86	0.030	5	PAK	1		0.24	3.89	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	17	2.249	4	PAK	1		5	76	
Iron, Fe....mg	1.67	0.086	4	PAK	1		0.47	7.57	
Magnesium, Mg....mg	19	0.458	4	PAK	1		5	88	
Phosphorus, P....mg	174	4.045	4	PAK	1		49	787	
Potassium, K....mg	290	8.640	4	PAK	1		82	1315	
Sodium, Na....mg	62	2.352	4	PAK	1		18	283	
Zinc, Zn....mg	4.54	0.121	4	PAK	1		1.29	20.60	
Copper, Cu....mg	0.081	0.001	4	PAK	1		0.023	0.367	
Manganese, Mn....mg	0.011	0.002	5	PAK	1		0.003	0.050	
Selenium, Se....mcg	20.3	3.769	4	PAK	1		5.8	92.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070	0.004	4	PAK	1		0.020	0.316	
Riboflavin....mg	0.139	0.004	4	PAK	1		0.039	0.631	
Niacin....mg	4.331	0.067	4	PAK	1		1.228	19.645	
Pantothenic acid....mg	0.553	0.006	4	PAK	1		0.157	2.508	
Vitamin B-6....mg	0.456	0.033	4	PAK	1		0.129	2.066	
Folate, total....mcg	10	0.153	4	PAK	1		3	47	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10	0.153	4	PAK	1		3	47	
Folate, DFE....mcg_DFE	10		0	NC	4		3	47	
Choline, total....mg	80.3		0	BFPN	4		22.8	364.4	
Betaine....mg	11.8		0	BFPN	4		3.3	53.6	
Vitamin B-12....mcg	1.65	0.103	4	PAK	1		0.47	7.47	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	PAK	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFSN	4		0.11	1.82	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		0.5	7.3	
Lipids:									
Fatty acids, total saturated....g	7.254		0	NC	4		2.056	32.903	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13809

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000	0.000	
8:0 ... g	0.000		0	BFFN	4		0.000	0.000	
10:0 ... g	0.058		0	BFFN	4		0.016	0.262	
12:0 ... g	0.039		0	BFFN	4		0.011	0.175	
13:0 ... g									
14:0 ... g	0.568		0	BFFN	4		0.161	2.578	
15:0 ... g									
16:0 ... g	4.367		0	BFFN	4		1.238	19.809	
17:0 ... g									
18:0 ... g	2.222		0	BFFN	4		0.630	10.079	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.697		0	NC	4		2.182	34.914	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.877		0	BFFN	4		0.249	3.976	
17:1 ... g									
18:1 undifferentiated ... g	6.795		0	BFFN	4		1.926	30.821	
20:1 ... g	0.026		0	BFFN	4		0.007	0.116	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.684		0	NC	4		0.194	3.102	
18:2 undifferentiated ... g	0.440		0	BFFN	4		0.125	1.995	
18:3 undifferentiated ... g	0.215		0	BFFN	4		0.061	0.976	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.029		0	BFFN	4		0.008	0.131	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	66		0	BFFN	4		19	299	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.123		0	NR	4		0.035	0.560	
Threonine ... g	0.750		0	NR	4		0.213	3.403	
Isoleucine ... g	0.854		0	NR	4		0.242	3.876	
Leucine ... g	1.494		0	NR	4		0.424	6.776	
Lysine ... g	1.587		0	NR	4		0.450	7.199	
Methionine ... g	0.489		0	NR	4		0.139	2.218	
Cystine ... g	0.242		0	NR	4		0.069	1.099	
Phenylalanine ... g	0.742		0	NR	4		0.210	3.365	
Tyrosine ... g	0.598		0	NR	4		0.170	2.715	
Valine ... g	0.932		0	NR	4		0.264	4.226	
Arginine ... g	1.214		0	NR	4		0.344	5.508	
Histidine ... g	0.599		0	NR	4		0.170	2.719	
Alanine ... g	1.142		0	NR	4		0.324	5.179	
Aspartic acid ... g	1.711		0	NR	4		0.485	7.759	
Glutamic acid ... g	2.819		0	NR	4		0.799	12.788	
Glycine ... g	1.144		0	NR	4		0.324	5.187	
Proline ... g	0.895		0	NR	4		0.254	4.061	
Serine ... g	0.740		0	NR	4		0.210	3.356	
Hydroxyproline ... g	0.197		0	BFPN	4		0.056	0.895	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13809

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13812

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

URMIS #1864

Refuse: 30% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.35	0.459	10	PAK	1			41.94	
Energy....kcal	309		0	NC	4			262	
Energy....kJ	1292		0	NC	4			1098	
Protein (N x 6.25)....g	30.20	0.434	10	PAK	1			25.67	
Total lipid (fat)....g	19.93	0.249	10	PAK	1			16.94	
Ash....g	0.93	0.011	10	PAK	1			0.79	
Carbohydrate, by difference....g	0.00		0	Z	7			0.00	
Fiber, total dietary....g	0.0		0	Z	7			0.0	
Sugars, total....g	0.00		0	Z	7			0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		2	PAK	1			14	
Iron, Fe....mg	2.61		2	PAK	1			2.22	
Magnesium, Mg....mg	20		2	PAK	1			17	
Phosphorus, P....mg	182		2	PAK	1			154	
Potassium, K....mg	241		2	PAK	1			205	
Sodium, Na....mg	49		2	PAK	1			42	
Zinc, Zn....mg	6.87		2	PAK	1			5.84	
Copper, Cu....mg	0.116		2	PAK	1			0.098	
Manganese, Mn....mg	0.010	0.000	3	PAK	1			0.009	
Selenium, Se....mcg	27.8		2	PAK	1			23.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7			0.0	
Thiamin....mg	0.057		2	PAK	1			0.049	
Riboflavin....mg	0.193		2	PAK	1			0.164	
Niacin....mg	4.215		2	PAK	1			3.583	
Pantothenic acid....mg	0.595		2	PAK	1			0.505	
Vitamin B-6....mg	0.290		0	PAE	4			0.247	
Folate, total....mcg	9		2	PAK	1			8	
Folic acid....mcg	0		0	Z	7			0	
Folate, food....mcg	9		2	PAK	1			8	
Folate, DFE....mcg_DFE	9		0	NC	4			8	
Choline, total....mg	115.0		0	BFPN	4			97.8	
Betaine....mg	15.1		0	BFPN	4			12.8	
Vitamin B-12....mcg	2.46		2	PAK	1			2.09	
Vitamin B-12, added....mcg	0.00		0	Z	7			0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1			0	
Retinol....mcg	0		0	PAK	1			0	
Carotene, beta....mcg	0		0	Z	7			0	
Carotene, alpha....mcg	0		0	Z	7			0	
Cryptoxanthin, beta....mcg	0		0	Z	7			0	
Vitamin A, IU....IU	0		0	AS	1			0	
Lycopene....mcg	0		0	Z	7			0	
Lutein + zeaxanthin....mcg	0		0	Z	7			0	
Vitamin E (alpha-tocopherol)....mg	0.54		0	BFSN	4			0.46	
Vitamin E, added....mg	0.00		0	Z	7			0.00	
Tocopherol, beta....mg	0.00		0	PAK	1			0.00	
Tocopherol, gamma....mg	0.00		0	PAK	1			0.00	
Tocopherol, delta....mg	0.00		0	PAK	1			0.00	
Vitamin D (D2 + D3)....mcg	0.3		0	AS	1			0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.3		0	BFFN	4			0.3	
Vitamin D....IU	13		0	BFFN	4			11	
Vitamin K (phylloquinone)....mcg	1.9		0	BFSN	4			1.6	
Lipids:									
Fatty acids, total saturated....g	7.902		0	NC	4			6.717	
4:0....g	0.000		0	Z	7			0.000	

NDB No. 13812

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	Z	7			0.000	
8:0 ... g	0.000		0	Z	7			0.000	
10:0 ... g	0.056		0	BFFN	4			0.048	
12:0 ... g	0.052		0	BFFN	4			0.044	
13:0 ... g									
14:0 ... g	0.632		0	BFFN	4			0.537	
15:0 ... g									
16:0 ... g	4.843		0	BFFN	4			4.117	
17:0 ... g									
18:0 ... g	2.319		0	BFFN	4			1.971	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.583		0	NC	4			7.296	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.833		0	BFFN	4			0.708	
17:1 ... g									
18:1 undifferentiated ... g	7.718		0	BFFN	4			6.560	
20:1 ... g	0.032		0	BFFN	4			0.027	
22:1 undifferentiated ... g	0.000		0	BFFN	4			0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.737		0	NC	4			0.626	
18:2 undifferentiated ... g	0.495		0	BFFN	4			0.421	
18:3 undifferentiated ... g	0.217		0	BFFN	4			0.185	
18:4 ... g	0.000		0	BFFN	4			0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.024		0	BFFN	4			0.020	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4			0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4			0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4			0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	82		0	BFFN	4			69	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.198		0	PAK	1			0.168	
Threonine ... g	1.202		0	PAK	1			1.022	
Isoleucine ... g	1.369		0	PAK	1			1.164	
Leucine ... g	2.393		0	PAK	1			2.034	
Lysine ... g	2.543		0	PAK	1			2.161	
Methionine ... g	0.784		0	PAK	1			0.666	
Cystine ... g	0.388		0	PAK	1			0.330	
Phenylalanine ... g	1.188		0	PAK	1			1.010	
Tyrosine ... g	0.959		0	PAK	1			0.815	
Valine ... g	1.493		0	PAK	1			1.269	
Arginine ... g	1.946		0	PAK	1			1.654	
Histidine ... g	0.960		0	PAK	1			0.816	
Alanine ... g	1.829		0	PAK	1			1.555	
Aspartic acid ... g	2.741		0	PAK	1			2.330	
Glutamic acid ... g	4.517		0	PAK	1			3.839	
Glycine ... g	1.832		0	PAK	1			1.557	
Proline ... g	1.434		0	PAK	1			1.219	
Serine ... g	1.185		0	PAK	1			1.007	
Hydroxyproline ... g	0.317		0	BFPN	4			0.270	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7			0.0	
Caffeine ... mg	0		0	Z	7			0	
Theobromine ... mg	0		0	Z	7			0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13812

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Common Measures:

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13811

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw

URMIS #1864

Refuse: 15% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.78	1.020	3	PAK	1		1112.62	17.51	280.22
Energy....kcal	249		0	NC	4		4488	71	1130
Energy....kJ	1043		0	NC	4		18777	296	4729
Protein (N x 6.25)....g	19.14	0.215	3	PAK	1		344.66	5.43	86.81
Total lipid (fat)....g	18.57	1.219	3	PAK	1		334.39	5.26	84.22
Ash....g	0.87	0.050	3	PAK	1		15.60	0.25	3.93
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	16		2	PAK	1		282	4	71
Iron, Fe....mg	1.73		2	PAK	1		31.21	0.49	7.86
Magnesium, Mg....mg	19		2	PAK	1		351	6	88
Phosphorus, P....mg	171		2	PAK	1		3083	49	776
Potassium, K....mg	290		2	PAK	1		5220	82	1315
Sodium, Na....mg	63		2	PAK	1		1133	18	285
Zinc, Zn....mg	4.56		2	PAK	1		82.07	1.29	20.67
Copper, Cu....mg	0.082		2	PAK	1		1.468	0.023	0.370
Manganese, Mn....mg	0.013	0.004	3	PAK	1		0.229	0.004	0.058
Selenium, Se....mcg	19.9		2	PAK	1		358.1	5.6	90.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.064		2	PAK	1		1.144	0.018	0.288
Riboflavin....mg	0.143		2	PAK	1		2.574	0.041	0.648
Niacin....mg	4.328		2	PAK	1		77.954	1.227	19.634
Pantothenic acid....mg	0.559		2	PAK	1		10.060	0.158	2.534
Vitamin B-6....mg	0.425		2	PAK	1		7.661	0.121	1.930
Folate, total....mcg	10		2	PAK	1		189	3	48
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	10		2	PAK	1		189	3	48
Folate, DFE....mcg_DFE	10		0	NC	4		189	3	48
Choline, total....mg	79.9		0	BFPN	4		1439.6	22.7	362.6
Betaine....mg	11.8		0	BFPN	4		211.7	3.3	53.3
Vitamin B-12....mcg	1.79		2	PAK	1		32.23	0.51	8.12
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	PAK	1		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.41		0	BFSN	4		7.33	0.12	1.85
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		29.3	0.5	7.4
Lipids:									
Fatty acids, total saturated....g	7.492		0	NC	4		134.936	2.124	33.985
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000

NDB No. 13811

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0 ... g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0 ... g	0.060		0	BFFN	4		1.075	0.017	0.271
12:0 ... g	0.040		0	BFFN	4		0.717	0.011	0.181
13:0 ... g									
14:0 ... g	0.587		0	BFFN	4		10.572	0.166	2.663
15:0 ... g									
16:0 ... g	4.511		0	BFFN	4		81.238	1.279	20.461
17:0 ... g									
18:0 ... g	2.295		0	BFFN	4		41.335	0.651	10.411
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.950		0	NC	4		143.180	2.254	36.061
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.905		0	BFFN	4		16.306	0.257	4.107
17:1 ... g									
18:1 undifferentiated ... g	7.018		0	BFFN	4		126.396	1.990	31.834
20:1 ... g	0.027		0	BFFN	4		0.477	0.008	0.120
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.706		0	NC	4		12.720	0.200	3.204
18:2 undifferentiated ... g	0.454		0	BFFN	4		8.182	0.129	2.061
18:3 undifferentiated ... g	0.222		0	BFFN	4		4.002	0.063	1.008
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.030		0	BFFN	4		0.537	0.008	0.135
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	68		0	BFFN	4		1225	19	308
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.123		0	NR	4		2.208	0.035	0.556
Threonine ... g	0.745		0	NR	4		13.418	0.211	3.379
Isoleucine ... g	0.848		0	NR	4		15.281	0.241	3.849
Leucine ... g	1.484		0	NR	4		26.719	0.421	6.729
Lysine ... g	1.576		0	NR	4		28.386	0.447	7.149
Methionine ... g	0.486		0	NR	4		8.747	0.138	2.203
Cystine ... g	0.241		0	NR	4		4.335	0.068	1.092
Phenylalanine ... g	0.737		0	NR	4		13.267	0.209	3.341
Tyrosine ... g	0.594		0	NR	4		10.703	0.168	2.696
Valine ... g	0.925		0	NR	4		16.664	0.262	4.197
Arginine ... g	1.206		0	NR	4		21.719	0.342	5.470
Histidine ... g	0.595		0	NR	4		10.720	0.169	2.700
Alanine ... g	1.134		0	NR	4		20.420	0.321	5.143
Aspartic acid ... g	1.699		0	NR	4		30.595	0.482	7.706
Glutamic acid ... g	2.800		0	NR	4		50.425	0.794	12.700
Glycine ... g	1.136		0	NR	4		20.452	0.322	5.151
Proline ... g	0.889		0	NR	4		16.013	0.252	4.033
Serine ... g	0.735		0	NR	4		13.231	0.208	3.332
Hydroxyproline ... g	0.196		0	BFPN	4		3.529	0.056	0.889
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine ... mg	0		0	Z	7		0	0	0
Theobromine ... mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13811

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 1801g: 1 roast

Measure 2 = 28.35g: 1 oz

Measure 3 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13814

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

URMIS #1049

Refuse: 26% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.56	0.506	3	PAK	1		132.50	43.82	
Energy....kcal	295		0	NC	4		759	251	
Energy....kJ	1235		0	NC	4		3174	1050	
Protein (N x 6.25)....g	30.05	0.263	3	PAK	1		77.23	25.54	
Total lipid (fat)....g	18.50	0.623	3	PAK	1		47.55	15.73	
Ash....g	0.91	0.012	3	PAK	1		2.33	0.77	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	18		2	PAK	1		45	15	
Iron, Fe....mg	2.46		2	PAK	1		6.32	2.09	
Magnesium, Mg....mg	20		2	PAK	1		51	17	
Phosphorus, P....mg	184		2	PAK	1		473	157	
Potassium, K....mg	243		2	PAK	1		625	207	
Sodium, Na....mg	50		2	PAK	1		129	43	
Zinc, Zn....mg	7.09		2	PAK	1		18.21	6.02	
Copper, Cu....mg	0.093		2	PAK	1		0.238	0.079	
Manganese, Mn....mg	0.010	0.001	3	PAK	1		0.025	0.008	
Selenium, Se....mcg	28.8		2	PAK	1		73.9	24.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.065		2	PAK	1		0.168	0.055	
Riboflavin....mg	0.163		2	PAK	1		0.420	0.139	
Niacin....mg	4.331		2	PAK	1		11.131	3.681	
Pantothenic acid....mg	0.593		2	PAK	1		1.524	0.504	
Vitamin B-6....mg	0.296		2	PAK	1		0.761	0.252	
Folate, total....mcg	9		2	PAK	1		24	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		2	PAK	1		24	8	
Folate, DFE....mcg_DFE	9		0	NC	4		24	8	
Choline, total....mg	114.5		0	BFPN	4		294.2	97.3	
Betaine....mg	15.0		0	BFPN	4		38.6	12.8	
Vitamin B-12....mcg	1.99		2	PAK	1		5.11	1.69	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	PAK	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.52		0	BFSN	4		1.33	0.44	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.3		0	AS	1		0.8	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.3		0	BFFN	4		0.8	0.3	
Vitamin D....IU	12		0	BFFN	4		31	10	
Vitamin K (phylloquinone)....mcg	1.8		0	BFSN	4		4.7	1.6	
Lipids:									
Fatty acids, total saturated....g	7.337		0	NC	4		18.857	6.237	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13814

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.052		0	BFFN	4		0.134	0.044	
12:0 g	0.049		0	BFFN	4		0.125	0.041	
13:0 g									
14:0 g	0.587		0	BFFN	4		1.508	0.499	
15:0 g									
16:0 g	4.497		0	BFFN	4		11.556	3.822	
17:0 g									
18:0 g	2.153		0	BFFN	4		5.533	1.830	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.969		0	NC	4		20.481	6.774	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.774		0	BFFN	4		1.988	0.658	
17:1 g									
18:1 undifferentiated g	7.166		0	BFFN	4		18.415	6.091	
20:1 g	0.030		0	BFFN	4		0.077	0.025	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.684		0	NC	4		1.758	0.581	
18:2 undifferentiated g	0.460		0	BFFN	4		1.181	0.391	
18:3 undifferentiated g	0.202		0	BFFN	4		0.519	0.172	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.022		0	BFFN	4		0.058	0.019	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	76		0	BFFN	4		195	64	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.202		0	PAK	1		0.518	0.171	
Threonine g	1.225		0	PAK	1		3.148	1.041	
Isoleucine g	1.395		0	PAK	1		3.585	1.186	
Leucine g	2.439		0	PAK	1		6.268	2.073	
Lysine g	2.591		0	PAK	1		6.660	2.203	
Methionine g	0.798		0	PAK	1		2.052	0.679	
Cystine g	0.396		0	PAK	1		1.017	0.336	
Phenylalanine g	1.211		0	PAK	1		3.113	1.029	
Tyrosine g	0.977		0	PAK	1		2.511	0.830	
Valine g	1.521		0	PAK	1		3.909	1.293	
Arginine g	1.983		0	PAK	1		5.095	1.685	
Histidine g	0.979		0	PAK	1		2.515	0.832	
Alanine g	1.864		0	PAK	1		4.791	1.584	
Aspartic acid g	2.793		0	PAK	1		7.178	2.374	
Glutamic acid g	4.603		0	PAK	1		11.830	3.913	
Glycine g	1.867		0	PAK	1		4.798	1.587	
Proline g	1.462		0	PAK	1		3.757	1.242	
Serine g	1.208		0	PAK	1		3.104	1.027	
Hydroxyproline g	0.316		0	BFPN	4		0.811	0.268	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13814

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Common Measures:

Measure 1 = 257g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13813

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw

URMIS #1049

Refuse: 16% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.88	0.725	3	PAK	1		1121.22	17.83	285.24
Energy....kcal	239		0	NC	4		4268	68	1086
Energy....kJ	1001		0	NC	4		17855	284	4542
Protein (N x 6.25)....g	19.33	0.411	3	PAK	1		344.61	5.48	87.67
Total lipid (fat)....g	17.39	0.871	3	PAK	1		309.98	4.93	78.86
Ash....g	0.85	0.034	3	PAK	1		15.15	0.24	3.85
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	18		2	PAK	1		320	5	82
Iron, Fe....mg	1.61		2	PAK	1		28.63	0.46	7.28
Magnesium, Mg....mg	19		2	PAK	1		343	5	87
Phosphorus, P....mg	176		2	PAK	1		3137	50	798
Potassium, K....mg	290		2	PAK	1		5172	82	1316
Sodium, Na....mg	62		2	PAK	1		1106	18	281
Zinc, Zn....mg	4.52		2	PAK	1		80.68	1.28	20.52
Copper, Cu....mg	0.080		2	PAK	1		1.426	0.023	0.363
Manganese, Mn....mg	0.010	0.000	3	PAK	1		0.169	0.003	0.043
Selenium, Se....mcg	20.8		2	PAK	1		370.8	5.9	94.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.076		2	PAK	1		1.348	0.021	0.343
Riboflavin....mg	0.135		2	PAK	1		2.412	0.038	0.614
Niacin....mg	4.334		2	PAK	1		77.266	1.229	19.657
Pantothenic acid....mg	0.548		2	PAK	1		9.762	0.155	2.483
Vitamin B-6....mg	0.486		2	PAK	1		8.656	0.138	2.202
Folate, total....mcg	10		2	PAK	1		182	3	46
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	10		2	PAK	1		182	3	46
Folate, DFE....mcg_DFE	10		0	NC	4		182	3	46
Choline, total....mg	80.7		0	BFPN	4		1439.4	22.9	366.2
Betaine....mg	11.9		0	BFPN	4		211.6	3.4	53.8
Vitamin B-12....mcg	1.50		2	PAK	1		26.80	0.43	6.82
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	PAK	1		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFSN	4		7.05	0.11	1.79
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		28.2	0.4	7.2
Lipids:									
Fatty acids, total saturated....g	7.016		0	NC	4		125.086	1.989	31.822
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000

NDB No. 13813

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0 g	0.056		0	BFFN	4		0.997	0.016	0.254
12:0 g	0.037		0	BFFN	4		0.663	0.011	0.169
13:0 g									
14:0 g	0.550		0	BFFN	4		9.801	0.156	2.493
15:0 g									
16:0 g	4.224		0	BFFN	4		75.307	1.197	19.158
17:0 g									
18:0 g	2.149		0	BFFN	4		38.318	0.609	9.748
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.444		0	NC	4		132.728	2.110	33.766
14:1 g									
15:1 g									
16:1 undifferentiated g	0.848		0	BFFN	4		15.116	0.240	3.846
17:1 g									
18:1 undifferentiated g	6.572		0	BFFN	4		117.170	1.863	29.808
20:1 g	0.025		0	BFFN	4		0.442	0.007	0.112
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.661		0	NC	4		11.791	0.187	3.000
18:2 undifferentiated g	0.425		0	BFFN	4		7.585	0.121	1.930
18:3 undifferentiated g	0.208		0	BFFN	4		3.709	0.059	0.943
18:4 g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.028		0	BFFN	4		0.497	0.008	0.127
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	64		0	BFFN	4		1135	18	289
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.127		0	PAK	1		2.265	0.036	0.576
Threonine g	0.772		0	PAK	1		13.766	0.219	3.502
Isoleucine g	0.879		0	PAK	1		15.678	0.249	3.989
Leucine g	1.537		0	PAK	1		27.413	0.436	6.974
Lysine g	1.633		0	PAK	1		29.124	0.463	7.409
Methionine g	0.503		0	PAK	1		8.974	0.143	2.283
Cystine g	0.249		0	PAK	1		4.447	0.071	1.131
Phenylalanine g	0.763		0	PAK	1		13.612	0.216	3.463
Tyrosine g	0.616		0	PAK	1		10.981	0.175	2.794
Valine g	0.959		0	PAK	1		17.096	0.272	4.349
Arginine g	1.250		0	PAK	1		22.283	0.354	5.669
Histidine g	0.617		0	PAK	1		10.998	0.175	2.798
Alanine g	1.175		0	PAK	1		20.950	0.333	5.330
Aspartic acid g	1.760		0	PAK	1		31.390	0.499	7.986
Glutamic acid g	2.902		0	PAK	1		51.734	0.823	13.161
Glycine g	1.177		0	PAK	1		20.984	0.334	5.338
Proline g	0.921		0	PAK	1		16.429	0.261	4.179
Serine g	0.761		0	PAK	1		13.575	0.216	3.453
Hydroxyproline g	0.203		0	BFPN	4		3.620	0.058	0.921
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13813

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 1783g: 1 roast

Measure 2 = 28.35g: 1 oz

Measure 3 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13377

Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised

URMIS #1864

Refuse: 40% Bone and connective tissue 23%, sep fat 17%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.83	0.658	10	A	1		644.19	50.01	
Energy....kcal	212		0	NC	4		2318	180	
Energy....kJ	886		0	NC	4		9697	753	
Protein (N x 6.25)....g	33.36	0.575	10	A	1		365.34	28.36	
Total lipid (fat)....g	7.67	0.376	10	A	1		84.00	6.52	
Ash....g	1.00	0.046	10	A	1		10.93	0.85	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0	BFNN	4		158	12	
Iron, Fe....mg	2.89		0	BFNN	4		31.66	2.46	
Magnesium, Mg....mg	22		0	BFNN	4		240	19	
Phosphorus, P....mg	202		0	BFNN	4		2215	172	
Potassium, K....mg	262		0	BFNN	4		2864	222	
Sodium, Na....mg	54		0	BFNN	4		588	46	
Zinc, Zn....mg	7.79		0	BFNN	4		85.29	6.62	
Copper, Cu....mg	0.123		0	BFNN	4		1.342	0.104	
Manganese, Mn....mg	0.012		0	BFNN	4		0.128	0.010	
Selenium, Se....mcg	33.0		0	BFNN	4		361.3	28.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.067		0	BFPN	4		0.731	0.057	
Riboflavin....mg	0.222		0	BFPN	4		2.433	0.189	
Niacin....mg	5.039		0	BFPN	4		55.173	4.283	
Pantothenic acid....mg	0.655		0	BFPN	4		7.176	0.557	
Vitamin B-6....mg	0.330		0	BFPN	4		3.616	0.281	
Folate, total....mcg	11		0	BFPN	4		122	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0	BFPN	4		122	9	
Folate, DFE....mcg_DFE	11		0	NC	4		122	9	
Choline, total....mg	127.1		0	BFPN	4		1391.5	108.0	
Betaine....mg	16.7		0	BFPN	4		182.8	14.2	
Vitamin B-12....mcg	2.59		0	BFPN	4		28.36	2.20	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.44		0	BFSN	4		4.80	0.37	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		17.1	1.3	
Lipids:									
Fatty acids, total saturated....g	2.903		0	NC	4		31.787	2.467	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13377

Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000	0.000	
8:0 ... g	0.000		0	BFFN	4		0.000	0.000	
10:0 ... g	0.004		0	BFFN	4		0.039	0.003	
12:0 ... g	0.007		0	BFFN	4		0.080	0.006	
13:0 ... g									
14:0 ... g	0.217		0	BFFN	4		2.371	0.184	
15:0 ... g									
16:0 ... g	1.710		0	BFFN	4		18.728	1.454	
17:0 ... g									
18:0 ... g	0.965		0	BFFN	4		10.569	0.820	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.267		0	NC	4		35.768	2.777	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.272		0	BFFN	4		2.974	0.231	
17:1 ... g									
18:1 undifferentiated ... g	2.991		0	BFFN	4		32.755	2.543	
20:1 ... g	0.004		0	BFFN	4		0.039	0.003	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.268		0	NC	4		2.932	0.228	
18:2 undifferentiated ... g	0.220		0	BFFN	4		2.411	0.187	
18:3 undifferentiated ... g	0.018		0	BFFN	4		0.200	0.016	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.029		0	BFFN	4		0.321	0.025	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	76		0	BFFN	4		832	65	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.219		0	A	1		2.401	0.186	
Threonine ... g	1.333		0	A	1		14.594	1.133	
Isoleucine ... g	1.518		0	A	1		16.621	1.290	
Leucine ... g	2.654		0	A	1		29.062	2.256	
Lysine ... g	2.820		0	A	1		30.875	2.397	
Methionine ... g	0.869		0	A	1		9.514	0.739	
Cystine ... g	0.431		0	A	1		4.715	0.366	
Phenylalanine ... g	1.318		0	A	1		14.430	1.120	
Tyrosine ... g	1.063		0	A	1		11.642	0.904	
Valine ... g	1.655		0	A	1		18.124	1.407	
Arginine ... g	2.157		0	A	1		23.624	1.834	
Histidine ... g	1.065		0	A	1		11.659	0.905	
Alanine ... g	2.028		0	A	1		22.210	1.724	
Aspartic acid ... g	3.039		0	A	1		33.277	2.583	
Glutamic acid ... g	5.009		0	A	1		54.845	4.257	
Glycine ... g	2.032		0	A	1		22.245	1.727	
Proline ... g	1.591		0	A	1		17.417	1.352	
Serine ... g	1.314		0	A	1		14.391	1.117	
Hydroxyproline ... g	0.351		0	BFPN	4		3.838	0.298	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13377

Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised

Common Measures:

Measure 1 = 1095g: 1 roast (yield from 1528g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13378

Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised

URMIS #1049

Refuse: 42% Bone and connective tissue 29%, sep fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.20	0.535	10	A	1		756.42	52.02	
Energy....kcal	195		0	NC	4		2407	166	
Energy....kJ	815		0	NC	4		10073	693	
Protein (N x 6.25)....g	33.37	0.443	10	A	1		412.42	28.36	
Total lipid (fat)....g	5.80	0.383	10	A	1		71.66	4.93	
Ash....g	1.01	0.053	10	A	1		12.44	0.86	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0	BFNN	4		206	14	
Iron, Fe....mg	2.77		0	BFNN	4		34.27	2.36	
Magnesium, Mg....mg	22		0	BFNN	4		273	19	
Phosphorus, P....mg	207		0	BFNN	4		2554	176	
Potassium, K....mg	270		0	BFNN	4		3338	230	
Sodium, Na....mg	55		0	BFNN	4		674	46	
Zinc, Zn....mg	8.09		0	BFNN	4		100.05	6.88	
Copper, Cu....mg	0.108		0	BFNN	4		1.336	0.092	
Manganese, Mn....mg	0.012		0	BFNN	4		0.146	0.010	
Selenium, Se....mcg	37.9		0	BFNN	4		468.2	32.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.071		0	BFPN	4		0.871	0.060	
Riboflavin....mg	0.205		0	BFPN	4		2.535	0.174	
Niacin....mg	4.829		0	BFPN	4		59.681	4.104	
Pantothenic acid....mg	0.658		0	BFPN	4		8.127	0.559	
Vitamin B-6....mg	0.309		0	BFPN	4		3.822	0.263	
Folate, total....mcg	11		0	BFPN	4		138	10	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0	BFPN	4		138	10	
Folate, DFE....mcg_DFE	11		0	NC	4		138	10	
Choline, total....mg	127.1		0	BFPN	4		1570.8	108.0	
Betaine....mg	16.7		0	BFPN	4		206.4	14.2	
Vitamin B-12....mcg	2.25		0	BFPN	4		27.80	1.91	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFSN	4		5.00	0.34	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		17.8	1.2	
Lipids:									
Fatty acids, total saturated....g	2.194		0	NC	4		27.119	1.865	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13378

Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.033	0.002	
12:0....g	0.006		0	BFFN	4		0.068	0.005	
13:0....g									
14:0....g	0.164		0	BFFN	4		2.022	0.139	
15:0....g									
16:0....g	1.293		0	BFFN	4		15.978	1.099	
17:0....g									
18:0....g	0.730		0	BFFN	4		9.018	0.620	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.469		0	NC	4		30.514	2.098	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.205		0	BFFN	4		2.536	0.174	
17:1....g									
18:1 undifferentiated....g	2.261		0	BFFN	4		27.945	1.922	
20:1....g	0.003		0	BFFN	4		0.033	0.002	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.202		0	NC	4		2.500	0.172	
18:2 undifferentiated....g	0.166		0	BFFN	4		2.057	0.141	
18:3 undifferentiated....g	0.014		0	BFFN	4		0.171	0.012	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		0	BFFN	4		0.273	0.019	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	57		0	BFFN	4		710	49	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.219		0	A	1		2.711	0.186	
Threonine....g	1.333		0	A	1		16.475	1.133	
Isoleucine....g	1.518		0	A	1		18.763	1.290	
Leucine....g	2.654		0	A	1		32.807	2.256	
Lysine....g	2.820		0	A	1		34.854	2.397	
Methionine....g	0.869		0	A	1		10.740	0.739	
Cystine....g	0.431		0	A	1		5.322	0.366	
Phenylalanine....g	1.318		0	A	1		16.290	1.120	
Tyrosine....g	1.063		0	A	1		13.142	0.904	
Valine....g	1.655		0	A	1		20.460	1.407	
Arginine....g	2.158		0	A	1		26.668	1.834	
Histidine....g	1.065		0	A	1		13.162	0.905	
Alanine....g	2.029		0	A	1		25.073	1.724	
Aspartic acid....g	3.039		0	A	1		37.566	2.583	
Glutamic acid....g	5.009		0	A	1		61.913	4.258	
Glycine....g	2.032		0	A	1		25.112	1.727	
Proline....g	1.591		0	A	1		19.661	1.352	
Serine....g	1.314		0	A	1		16.246	1.117	
Hydroxyproline....g	0.351		0	BFPN	4		4.333	0.298	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13378

Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised

Common Measures:

Measure 1 = 1236g: 1 roast (yield from 1675 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23602

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Refuse: 41% Bone and connective tissue, 27.87%, separable fat, 13.50%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.84	0.505	20	A	1		16.40	262.35	
Energy....kcal	214		0	NC	4		61	972	
Energy....kJ	897		0	NC	4		254	4068	
Protein (N x 6.25)....g	34.66	0.252	20	A	1		9.83	157.21	
Total lipid (fat)....g	7.36	0.340	20	A	1		2.09	33.38	
Ash....g	1.02	0.036	20	A	1		0.29	4.65	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16	1.450	5	A	1		5	74	
Iron, Fe....mg	2.93	0.096	5	A	1		0.83	13.29	
Magnesium, Mg....mg	23	0.235	5	A	1		6	104	
Phosphorus, P....mg	213	2.059	5	A	1		60	965	
Potassium, K....mg	277	3.064	5	A	1		79	1258	
Sodium, Na....mg	56	1.599	5	A	1		16	255	
Zinc, Zn....mg	8.32	0.137	5	A	1		2.36	37.74	
Copper, Cu....mg	0.120	0.012	5	A	1		0.034	0.545	
Manganese, Mn....mg	0.012	0.000	5	A	1		0.004	0.056	
Selenium, Se....mcg	35.4	4.542	5	A	1		10.0	160.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070	0.003	5	A	1		0.020	0.318	
Riboflavin....mg	0.217	0.011	5	A	1		0.061	0.984	
Niacin....mg	5.044	0.177	5	A	1		1.430	22.880	
Pantothenic acid....mg	0.682		1	A	1		0.193	3.093	
Vitamin B-6....mg	0.332	0.011	5	A	1		0.094	1.505	
Folate, total....mcg	12		1	A	1		3	53	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		1	A	1		3	53	
Folate, DFE....mcg_DFE	12		0	NC	4		3	53	
Choline, total....mg	132.0		0	BFPN	4		37.4	598.8	
Betaine....mg	17.3		0	BFPN	4		4.9	78.7	
Vitamin B-12....mcg	2.53	0.163	4	A	1		0.72	11.49	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.45		0	BFSN	4		0.13	2.04	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.0	0.5	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.0	0.5	
Vitamin D....IU	5		0	BFFN	4		1	22	
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		0.5	7.3	
Lipids:									
Fatty acids, total saturated....g	2.788		0	NC	4		0.790	12.648	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23602

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.003		0	BFFN	4		0.001	0.015	
12:0 g	0.007		0	BFFN	4		0.002	0.031	
13:0 g									
14:0 g	0.210		0	BFFN	4		0.059	0.951	
15:0 g									
16:0 g	1.644		0	BFFN	4		0.466	7.455	
17:0 g									
18:0 g	0.925		0	BFFN	4		0.262	4.195	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.132		0	NC	4		0.888	14.208	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.261		0	BFFN	4		0.074	1.185	
17:1 g									
18:1 undifferentiated g	2.868		0	BFFN	4		0.813	13.007	
20:1 g	0.003		0	BFFN	4		0.001	0.015	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.254		0	NC	4		0.072	1.154	
18:2 undifferentiated g	0.210		0	BFFN	4		0.059	0.951	
18:3 undifferentiated g	0.017		0	BFFN	4		0.005	0.078	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.028		0	BFFN	4		0.008	0.125	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	71		0	BFFN	4		20	323	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.228		0	A	1		0.065	1.033	
Threonine g	1.385		0	A	1		0.393	6.280	
Isoleucine g	1.577		0	A	1		0.447	7.153	
Leucine g	2.757		0	A	1		0.782	12.506	
Lysine g	2.929		0	A	1		0.830	13.286	
Methionine g	0.903		0	A	1		0.256	4.094	
Cystine g	0.447		0	A	1		0.127	2.029	
Phenylalanine g	1.369		0	A	1		0.388	6.210	
Tyrosine g	1.104		0	A	1		0.313	5.010	
Valine g	1.719		0	A	1		0.487	7.799	
Arginine g	2.241		0	A	1		0.635	10.166	
Histidine g	1.106		0	A	1		0.314	5.017	
Alanine g	2.107		0	A	1		0.597	9.558	
Aspartic acid g	3.157		0	A	1		0.895	14.320	
Glutamic acid g	5.203		0	A	1		1.475	23.601	
Glycine g	2.110		0	A	1		0.598	9.573	
Proline g	1.652		0	A	1		0.468	7.495	
Serine g	1.365		0	A	1		0.387	6.193	
Hydroxyproline g	0.364		0	BFPN	4		0.103	1.652	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23602

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23603

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw

Refuse: 37% Bone and connective tissue 21%, sep fat 16%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.32	0.284	20	A	1		20.79	332.56	
Energy....kcal	132		0	NC	4		37	599	
Energy....kJ	553		0	NC	4		157	2508	
Protein (N x 6.25)....g	22.11	0.148	20	A	1		6.27	100.27	
Total lipid (fat)....g	4.19	0.283	20	A	1		1.19	18.98	
Ash....g	1.01	0.018	20	A	1		0.29	4.57	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16	2.024	5	A	1		4	71	
Iron, Fe....mg	1.93	0.069	5	A	1		0.55	8.76	
Magnesium, Mg....mg	23	0.272	5	A	1		6	104	
Phosphorus, P....mg	203	2.734	5	A	1		57	919	
Potassium, K....mg	337	6.644	5	A	1		96	1530	
Sodium, Na....mg	74	3.456	5	A	1		21	336	
Zinc, Zn....mg	5.55	0.120	5	A	1		1.57	25.16	
Copper, Cu....mg	0.093	0.001	5	A	1		0.026	0.423	
Manganese, Mn....mg	0.014	0.002	5	A	1		0.004	0.064	
Selenium, Se....mcg	25.2	3.773	5	A	1		7.1	114.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.081	0.005	5	A	1		0.023	0.365	
Riboflavin....mg	0.160	0.007	5	A	1		0.045	0.727	
Niacin....mg	5.069	0.060	5	A	1		1.437	22.994	
Pantothenic acid....mg	0.654		1	A	1		0.185	2.965	
Vitamin B-6....mg	0.532	0.036	5	A	1		0.151	2.412	
Folate, total....mcg	13		1	A	1		4	59	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		1	A	1		4	59	
Folate, DFE....mcg_DFE	13		0	NC	4		4	59	
Choline, total....mg	92.3		0	BFPN	4		26.2	418.8	
Betaine....mg	13.6		0	BFPN	4		3.8	61.6	
Vitamin B-12....mcg	1.88	0.092	4	A	1		0.53	8.54	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.28		0	BFSN	4		0.08	1.28	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.1		0	BFSN	4		0.3	5.1	
Lipids:									
Fatty acids, total saturated....g	1.553		0	NC	4		0.440	7.046	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23603

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.004		0	BFFN	4		0.001	0.016	
13:0....g									
14:0....g	0.110		0	BFFN	4		0.031	0.499	
15:0....g									
16:0....g	0.929		0	BFFN	4		0.263	4.215	
17:0....g									
18:0....g	0.511		0	BFFN	4		0.145	2.317	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.756		0	NC	4		0.498	7.963	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.153		0	BFFN	4		0.043	0.692	
17:1....g									
18:1 undifferentiated....g	1.600		0	BFFN	4		0.453	7.255	
20:1....g	0.004		0	BFFN	4		0.001	0.016	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.181		0	NC	4		0.051	0.820	
18:2 undifferentiated....g	0.145		0	BFFN	4		0.041	0.660	
18:3 undifferentiated....g	0.014		0	BFFN	4		0.004	0.064	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.021		0	BFFN	4		0.006	0.096	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	44		0	BFFN	4		13	201	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.145		0	A	1		0.041	0.659	
Threonine....g	0.883		0	A	1		0.250	4.006	
Isoleucine....g	1.006		0	A	1		0.285	4.562	
Leucine....g	1.758		0	A	1		0.499	7.976	
Lysine....g	1.868		0	A	1		0.530	8.474	
Methionine....g	0.576		0	A	1		0.163	2.611	
Cystine....g	0.285		0	A	1		0.081	1.294	
Phenylalanine....g	0.873		0	A	1		0.248	3.961	
Tyrosine....g	0.704		0	A	1		0.200	3.195	
Valine....g	1.097		0	A	1		0.311	4.974	
Arginine....g	1.429		0	A	1		0.405	6.484	
Histidine....g	0.705		0	A	1		0.200	3.200	
Alanine....g	1.344		0	A	1		0.381	6.096	
Aspartic acid....g	2.013		0	A	1		0.571	9.133	
Glutamic acid....g	3.318		0	A	1		0.941	15.053	
Glycine....g	1.346		0	A	1		0.382	6.105	
Proline....g	1.054		0	A	1		0.299	4.780	
Serine....g	0.871		0	A	1		0.247	3.950	
Hydroxyproline....g	0.232		0	BFPN	4		0.066	1.053	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23603

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23614

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

URMIS #1864

Refuse: 42% Bone and connective tissue, 29.58%, separable fat, 12.85%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	56.39	0.685	10	A	1		15.99	255.78	
Energy ... kcal	224		0	NC	4		63	1015	
Energy ... kJ	936		0	NC	4		265	4245	
Protein (N x 6.25) ... g	34.72	0.362	10	A	1		9.84	157.47	
Total lipid (fat) ... g	8.37	0.477	10	A	1		2.37	37.95	
Ash ... g	1.03	0.050	10	A	1		0.29	4.67	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	15	2.515	3	A	1		4	69	
Iron, Fe ... mg	3.04	0.152	3	A	1		0.86	13.80	
Magnesium, Mg ... mg	23	0.451	3	A	1		7	104	
Phosphorus, P ... mg	213	3.877	3	A	1		60	965	
Potassium, K ... mg	275	3.812	3	A	1		78	1248	
Sodium, Na ... mg	56	2.886	3	A	1		16	256	
Zinc, Zn ... mg	8.20	0.145	3	A	1		2.32	37.17	
Copper, Cu ... mg	0.129	0.005	3	A	1		0.037	0.585	
Manganese, Mn ... mg	0.012	0.001	3	A	1		0.003	0.056	
Selenium, Se ... mcg	34.7	5.968	3	A	1		9.8	157.5	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.070	0.006	3	A	1		0.020	0.316	
Riboflavin ... mg	0.231	0.005	3	A	1		0.066	1.049	
Niacin ... mg	5.243	0.453	3	A	1		1.486	23.781	
Pantothenic acid ... mg	0.682		1	A	1		0.193	3.093	
Vitamin B-6 ... mg	0.344	0.024	3	A	1		0.097	1.559	
Folate, total ... mcg	12		1	A	1		3	53	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	12		1	A	1		3	53	
Folate, DFE ... mcg_DFE	12		0	NC	4		3	53	
Choline, total ... mg	132.2		0	BFPN	4		37.5	599.7	
Betaine ... mg	17.4		0	BFPN	4		4.9	78.8	
Vitamin B-12 ... mcg	2.69	0.094	3	A	1		0.76	12.22	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	AS	1		0	0	
Retinol ... mcg	0		1	A	1		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0	AS	1		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.46		0	BFSN	4		0.13	2.11	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma ... mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta ... mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) ... mcg	0.1		0	AS	1		0.0	0.6	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.1		0	BFFN	4		0.0	0.6	
Vitamin D ... IU	5		0	BFFN	4		2	25	
Vitamin K (phylloquinone) ... mcg	1.7		0	BFSN	4		0.5	7.5	
Lipids:									
Fatty acids, total saturated ... g	3.170		0	NC	4		0.899	14.380	
4:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 23614

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004		0	BFFN	4		0.001	0.018	
12:0....g	0.008		0	BFFN	4		0.002	0.035	
13:0....g									
14:0....g	0.238		0	BFFN	4		0.068	1.081	
15:0....g									
16:0....g	1.869		0	BFFN	4		0.530	8.476	
17:0....g									
18:0....g	1.052		0	BFFN	4		0.298	4.770	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.561		0	NC	4		1.010	16.154	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.297		0	BFFN	4		0.084	1.348	
17:1....g									
18:1 undifferentiated....g	3.260		0	BFFN	4		0.924	14.789	
20:1....g	0.004		0	BFFN	4		0.001	0.018	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.289		0	NC	4		0.082	1.311	
18:2 undifferentiated....g	0.238		0	BFFN	4		0.068	1.081	
18:3 undifferentiated....g	0.020		0	BFFN	4		0.006	0.088	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.031		0	BFFN	4		0.009	0.142	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	81		0	BFFN	4		23	367	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.228		0	A	1		0.065	1.035	
Threonine....g	1.387		0	A	1		0.393	6.291	
Isoleucine....g	1.579		0	A	1		0.448	7.164	
Leucine....g	2.762		0	A	1		0.783	12.526	
Lysine....g	2.934		0	A	1		0.832	13.308	
Methionine....g	0.904		0	A	1		0.256	4.101	
Cystine....g	0.448		0	A	1		0.127	2.032	
Phenylalanine....g	1.371		0	A	1		0.389	6.220	
Tyrosine....g	1.106		0	A	1		0.314	5.018	
Valine....g	1.722		0	A	1		0.488	7.812	
Arginine....g	2.245		0	A	1		0.636	10.182	
Histidine....g	1.108		0	A	1		0.314	5.025	
Alanine....g	2.110		0	A	1		0.598	9.573	
Aspartic acid....g	3.162		0	A	1		0.896	14.343	
Glutamic acid....g	5.212		0	A	1		1.477	23.640	
Glycine....g	2.114		0	A	1		0.599	9.588	
Proline....g	1.655		0	A	1		0.469	7.507	
Serine....g	1.367		0	A	1		0.388	6.203	
Hydroxyproline....g	0.365		0	BFPN	4		0.103	1.654	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23614

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23612

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw

URMIS #1864

Refuse: 37% Bone and connective tissue 21%, sep fat 16%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.51	0.296	10	A	1		20.56	328.90	
Energy....kcal	139		0	NC	4		39	632	
Energy....kJ	583		0	NC	4		165	2644	
Protein (N x 6.25)....g	21.96	0.152	10	A	1		6.22	99.59	
Total lipid (fat)....g	5.05	0.342	10	A	1		1.43	22.91	
Ash....g	1.02	0.025	10	A	1		0.29	4.61	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	15	2.489	3	A	1		4	68	
Iron, Fe....mg	2.02	0.101	3	A	1		0.57	9.18	
Magnesium, Mg....mg	23	0.501	3	A	1		7	104	
Phosphorus, P....mg	201	4.667	3	A	1		57	913	
Potassium, K....mg	332	10.504	3	A	1		94	1506	
Sodium, Na....mg	74	4.015	3	A	1		21	335	
Zinc, Zn....mg	5.48	0.026	3	A	1		1.55	24.85	
Copper, Cu....mg	0.091	0.003	3	A	1		0.026	0.415	
Manganese, Mn....mg	0.015	0.004	3	A	1		0.004	0.068	
Selenium, Se....mcg	24.5	5.359	3	A	1		6.9	111.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.077	0.006	3	A	1		0.022	0.348	
Riboflavin....mg	0.168	0.008	3	A	1		0.048	0.761	
Niacin....mg	5.221	0.188	3	A	1		1.480	23.682	
Pantothenic acid....mg	0.654		1	A	1		0.185	2.965	
Vitamin B-6....mg	0.489	0.013	3	A	1		0.139	2.218	
Folate, total....mcg	13		1	A	1		4	59	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		1	A	1		4	59	
Folate, DFE....mcg_DFE	13		0	NC	4		4	59	
Choline, total....mg	91.7		0	BFPN	4		26.0	416.0	
Betaine....mg	13.5		0	BFPN	4		3.8	61.2	
Vitamin B-12....mcg	2.11	0.119	3	A	1		0.60	9.58	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		0	BFSN	4		0.08	1.33	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.0	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.0	0.3	
Vitamin D....IU	3		0	BFFN	4		1	12	
Vitamin K (phylloquinone)....mcg	1.2		0	BFSN	4		0.3	5.3	
Lipids:									
Fatty acids, total saturated....g	1.875		0	NC	4		0.531	8.503	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23612

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.004		0	BFFN	4		0.001	0.019	
13:0 g									
14:0 g	0.133		0	BFFN	4		0.038	0.601	
15:0 g									
16:0 g	1.121		0	BFFN	4		0.318	5.087	
17:0 g									
18:0 g	0.616		0	BFFN	4		0.175	2.796	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.119		0	NC	4		0.601	9.610	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.184		0	BFFN	4		0.052	0.835	
17:1 g									
18:1 undifferentiated g	1.931		0	BFFN	4		0.547	8.757	
20:1 g	0.004		0	BFFN	4		0.001	0.019	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.218		0	NC	4		0.062	0.990	
18:2 undifferentiated g	0.176		0	BFFN	4		0.050	0.796	
18:3 undifferentiated g	0.017		0	BFFN	4		0.005	0.078	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.026		0	BFFN	4		0.007	0.116	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	54		0	BFFN	4		15	243	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.144		0	A	1		0.041	0.655	
Threonine g	0.877		0	A	1		0.249	3.978	
Isoleucine g	0.999		0	A	1		0.283	4.531	
Leucine g	1.746		0	A	1		0.495	7.922	
Lysine g	1.855		0	A	1		0.526	8.416	
Methionine g	0.572		0	A	1		0.162	2.593	
Cystine g	0.283		0	A	1		0.080	1.285	
Phenylalanine g	0.867		0	A	1		0.246	3.934	
Tyrosine g	0.700		0	A	1		0.198	3.173	
Valine g	1.089		0	A	1		0.309	4.941	
Arginine g	1.420		0	A	1		0.402	6.440	
Histidine g	0.701		0	A	1		0.199	3.178	
Alanine g	1.335		0	A	1		0.378	6.054	
Aspartic acid g	2.000		0	A	1		0.567	9.071	
Glutamic acid g	3.296		0	A	1		0.934	14.951	
Glycine g	1.337		0	A	1		0.379	6.064	
Proline g	1.047		0	A	1		0.297	4.748	
Serine g	0.865		0	A	1		0.245	3.923	
Hydroxyproline g	0.231		0	BFPN	4		0.065	1.046	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23612

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23633

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised

URMIS #1049

Refuse: 40% Bone and connective tissue, 26.23%, separable fat, 14.12%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.29	0.376	10	A	1		16.81	268.93	
Energy....kcal	205		0	NC	4		58	930	
Energy....kJ	858		0	NC	4		243	3891	
Protein (N x 6.25)....g	34.60	0.369	10	A	1		9.81	156.96	
Total lipid (fat)....g	6.35	0.186	10	A	1		1.80	28.80	
Ash....g	1.02	0.055	10	A	1		0.29	4.62	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	17	0.837	3	A	1		5	79	
Iron, Fe....mg	2.89	0.097	3	A	1		0.82	13.09	
Magnesium, Mg....mg	23	0.262	3	A	1		7	104	
Phosphorus, P....mg	215	2.242	3	A	1		61	976	
Potassium, K....mg	281	4.851	3	A	1		80	1275	
Sodium, Na....mg	57	0.781	3	A	1		16	258	
Zinc, Zn....mg	8.43	0.171	3	A	1		2.39	38.23	
Copper, Cu....mg	0.113	0.020	3	A	1		0.032	0.510	
Manganese, Mn....mg	0.012	0.001	3	A	1		0.003	0.056	
Selenium, Se....mcg	39.4	7.257	3	A	1		11.2	178.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.073	0.003	3	A	1		0.021	0.332	
Riboflavin....mg	0.213	0.021	3	A	1		0.060	0.965	
Niacin....mg	5.007	0.031	3	A	1		1.420	22.714	
Pantothenic acid....mg	0.682		1	A	1		0.193	3.093	
Vitamin B-6....mg	0.321	0.018	3	A	1		0.091	1.455	
Folate, total....mcg	12		1	A	1		3	53	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		1	A	1		3	53	
Folate, DFE....mcg_DFE	12		0	NC	4		3	53	
Choline, total....mg	131.8		0	BFPN	4		37.4	597.8	
Betaine....mg	17.3		0	BFPN	4		4.9	78.5	
Vitamin B-12....mcg	2.33	0.111	3	A	1		0.66	10.58	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.43		0	BFSN	4		0.12	1.97	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.0	0.5	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.0	0.5	
Vitamin D....IU	4		0	BFFN	4		1	19	
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		0.4	7.0	
Lipids:									
Fatty acids, total saturated....g	2.406		0	NC	4		0.682	10.915	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23633

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.001	0.013	
12:0....g	0.006		0	BFFN	4		0.002	0.027	
13:0....g									
14:0....g	0.181		0	BFFN	4		0.051	0.821	
15:0....g									
16:0....g	1.418		0	BFFN	4		0.402	6.433	
17:0....g									
18:0....g	0.798		0	BFFN	4		0.226	3.621	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.703		0	NC	4		0.766	12.261	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.226		0	BFFN	4		0.064	1.023	
17:1....g									
18:1 undifferentiated....g	2.475		0	BFFN	4		0.702	11.225	
20:1....g	0.003		0	BFFN	4		0.001	0.013	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.220		0	NC	4		0.062	0.996	
18:2 undifferentiated....g	0.181		0	BFFN	4		0.051	0.821	
18:3 undifferentiated....g	0.015		0	BFFN	4		0.004	0.067	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.024		0	BFFN	4		0.007	0.108	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	61		0	BFFN	4		17	279	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.227		0	A	1		0.064	1.032	
Threonine....g	1.382		0	A	1		0.392	6.270	
Isoleucine....g	1.574		0	A	1		0.446	7.141	
Leucine....g	2.753		0	A	1		0.780	12.486	
Lysine....g	2.924		0	A	1		0.829	13.265	
Methionine....g	0.901		0	A	1		0.255	4.087	
Cystine....g	0.447		0	A	1		0.127	2.026	
Phenylalanine....g	1.367		0	A	1		0.387	6.200	
Tyrosine....g	1.103		0	A	1		0.313	5.002	
Valine....g	1.717		0	A	1		0.487	7.787	
Arginine....g	2.238		0	A	1		0.634	10.149	
Histidine....g	1.104		0	A	1		0.313	5.009	
Alanine....g	2.104		0	A	1		0.596	9.542	
Aspartic acid....g	3.152		0	A	1		0.894	14.297	
Glutamic acid....g	5.195		0	A	1		1.473	23.563	
Glycine....g	2.107		0	A	1		0.597	9.557	
Proline....g	1.650		0	A	1		0.468	7.483	
Serine....g	1.363		0	A	1		0.386	6.183	
Hydroxyproline....g	0.364		0	BFPN	4		0.103	1.649	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23633

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23631

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw

URMIS #1049

Refuse: 37% Bone and connective tissue 20%, sep fat 17%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.12	0.329	10	A	1		21.01	336.23	
Energy....kcal	125		0	NC	4		35	567	
Energy....kJ	523		0	NC	4		148	2372	
Protein (N x 6.25)....g	22.26	0.254	10	A	1		6.31	100.95	
Total lipid (fat)....g	3.32	0.232	10	A	1		0.94	15.05	
Ash....g	1.00	0.027	10	A	1		0.28	4.53	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	18	4.899	3	A	1		5	83	
Iron, Fe....mg	1.86	0.073	3	A	1		0.53	8.45	
Magnesium, Mg....mg	23	0.183	3	A	1		6	103	
Phosphorus, P....mg	204	1.922	3	A	1		58	926	
Potassium, K....mg	339	6.839	3	A	1		96	1539	
Sodium, Na....mg	77	6.646	3	A	1		22	351	
Zinc, Zn....mg	5.68	0.236	3	A	1		1.61	25.75	
Copper, Cu....mg	0.094	0.001	3	A	1		0.027	0.425	
Manganese, Mn....mg	0.012	0.001	3	A	1		0.003	0.054	
Selenium, Se....mcg	27.6	5.107	3	A	1		7.8	125.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.085	0.006	3	A	1		0.024	0.385	
Riboflavin....mg	0.146	0.017	3	A	1		0.041	0.660	
Niacin....mg	4.908	0.233	3	A	1		1.391	22.263	
Pantothenic acid....mg	0.654		1	A	1		0.185	2.965	
Vitamin B-6....mg	0.556	0.060	3	A	1		0.158	2.522	
Folate, total....mcg	13		1	A	1		4	59	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		1	A	1		4	59	
Folate, DFE....mcg_DFE	13		0	NC	4		4	59	
Choline, total....mg	93.0		0	BFPN	4		26.4	421.7	
Betaine....mg	13.7		0	BFPN	4		3.9	62.0	
Vitamin B-12....mcg	1.77	0.029	3	A	1		0.50	8.03	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.28		0	BFSN	4		0.08	1.25	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	BFFN	4		0.0	0.2	
Vitamin D....IU	2		0	BFFN	4		1	8	
Vitamin K (phylloquinone)....mcg	1.1		0	BFSN	4		0.3	5.0	
Lipids:									
Fatty acids, total saturated....g	1.232		0	NC	4		0.349	5.587	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23631

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000	0.000	
8:0 ... g	0.000		0	BFFN	4		0.000	0.000	
10:0 ... g	0.000		0	BFFN	4		0.000	0.000	
12:0 ... g	0.003		0	BFFN	4		0.001	0.013	
13:0 ... g									
14:0 ... g	0.087		0	BFFN	4		0.025	0.395	
15:0 ... g									
16:0 ... g	0.737		0	BFFN	4		0.209	3.343	
17:0 ... g									
18:0 ... g	0.405		0	BFFN	4		0.115	1.837	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.392		0	NC	4		0.395	6.315	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.121		0	BFFN	4		0.034	0.548	
17:1 ... g									
18:1 undifferentiated ... g	1.269		0	BFFN	4		0.360	5.754	
20:1 ... g	0.003		0	BFFN	4		0.001	0.013	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.143		0	NC	4		0.041	0.650	
18:2 undifferentiated ... g	0.115		0	BFFN	4		0.033	0.523	
18:3 undifferentiated ... g	0.011		0	BFFN	4		0.003	0.051	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.017		0	BFFN	4		0.005	0.076	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	35		0	BFFN	4		10	159	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.146		0	A	1		0.041	0.663	
Threonine ... g	0.889		0	A	1		0.252	4.033	
Isoleucine ... g	1.013		0	A	1		0.287	4.593	
Leucine ... g	1.770		0	A	1		0.502	8.030	
Lysine ... g	1.881		0	A	1		0.533	8.532	
Methionine ... g	0.580		0	A	1		0.164	2.629	
Cystine ... g	0.287		0	A	1		0.081	1.303	
Phenylalanine ... g	0.879		0	A	1		0.249	3.987	
Tyrosine ... g	0.709		0	A	1		0.201	3.217	
Valine ... g	1.104		0	A	1		0.313	5.008	
Arginine ... g	1.439		0	A	1		0.408	6.528	
Histidine ... g	0.710		0	A	1		0.201	3.222	
Alanine ... g	1.353		0	A	1		0.384	6.137	
Aspartic acid ... g	2.027		0	A	1		0.575	9.195	
Glutamic acid ... g	3.341		0	A	1		0.947	15.155	
Glycine ... g	1.355		0	A	1		0.384	6.147	
Proline ... g	1.061		0	A	1		0.301	4.813	
Serine ... g	0.877		0	A	1		0.249	3.977	
Hydroxyproline ... g	0.234		0	BFPN	4		0.066	1.061	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23631

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13380

Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Top Blade Steak, URMIS #1879

Refuse: 24% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.92		0		1		111.67	39.88	
Energy....kcal	348		0	NC	4		828	296	
Energy....kJ	1456		0		4		3465	1238	
Protein (N x 6.25)....g	26.98		0		1		64.21	22.93	
Total lipid (fat)....g	25.83		0		1		61.48	21.96	
Ash....g	0.88		0		1		2.09	0.75	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0		1		31	11	
Iron, Fe....mg	3.16		0		1		7.52	2.69	
Magnesium, Mg....mg	20		0		1		48	17	
Phosphorus, P....mg	203		0		1		483	173	
Potassium, K....mg	234		0		1		557	199	
Sodium, Na....mg	65		0		1		155	55	
Zinc, Zn....mg	8.50		0		1		20.23	7.23	
Copper, Cu....mg	0.127		0		1		0.302	0.108	
Manganese, Mn....mg	0.016		0		1		0.038	0.014	
Selenium, Se....mcg	24.9		0	BFYN	4		59.3	21.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.167	0.060	
Riboflavin....mg	0.250		0		1		0.595	0.213	
Niacin....mg	2.440		0		1		5.807	2.074	
Pantothenic acid....mg	0.310		0		1		0.738	0.264	
Vitamin B-6....mg	0.260		0		1		0.619	0.221	
Folate, total....mcg	5		0		1		12	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		12	4	
Folate, DFE....mcg_DFE	5		0	NC	4		12	4	
Choline, total....mg	102.8		0	BFPN	4		244.6	87.3	
Betaine....mg									
Vitamin B-12....mcg	2.30		0		1		5.47	1.96	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	10.260		0		1		24.419	8.721	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13380

Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.060		0		1		0.143	0.051	
12:0 g	0.060		0		1		0.143	0.051	
13:0 g									
14:0 g	0.820		0		1		1.952	0.697	
15:0 g									
16:0 g	6.220		0		1		14.804	5.287	
17:0 g									
18:0 g	3.110		0		1		7.402	2.644	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.160		0		1		26.561	9.486	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.040		0		1		2.475	0.884	
17:1 g									
18:1 undifferentiated g	10.080		0		1		23.990	8.568	
20:1 g	0.040		0		1		0.095	0.034	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.920		0		1		2.190	0.782	
18:2 undifferentiated g	0.640		0		1		1.523	0.544	
18:3 undifferentiated g	0.240		0		1		0.571	0.204	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0		1		0.095	0.034	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	104		0		1		248	88	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.302		0		1		0.719	0.257	
Threonine g	1.178		0		1		2.804	1.001	
Isoleucine g	1.213		0		1		2.887	1.031	
Leucine g	2.132		0		1		5.074	1.812	
Lysine g	2.245		0		1		5.343	1.908	
Methionine g	0.691		0		1		1.645	0.587	
Cystine g	0.302		0		1		0.719	0.257	
Phenylalanine g	1.053		0		1		2.506	0.895	
Tyrosine g	0.907		0		1		2.159	0.771	
Valine g	1.312		0		1		3.123	1.115	
Arginine g	1.705		0		1		4.058	1.449	
Histidine g	0.924		0		1		2.199	0.785	
Alanine g	1.627		0		1		3.872	1.383	
Aspartic acid g	2.465		0		1		5.867	2.095	
Glutamic acid g	4.053		0		1		9.646	3.445	
Glycine g	1.472		0		1		3.503	1.251	
Proline g	1.191		0		1		2.835	1.012	
Serine g	1.032		0		1		2.456	0.877	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13380

Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Common Measures:

Measure 1 = 238g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13381

Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Top Blade Steak, URMIS #1064

Refuse: 23% Bone, 23%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.39		0		1		116.07	41.98	
Energy....kcal	313		0	NC	4		736	266	
Energy....kJ	1310		0		4		3078	1113	
Protein (N x 6.25)....g	27.59		0		1		64.84	23.45	
Total lipid (fat)....g	21.67		0		1		50.92	18.42	
Ash....g	0.90		0		1		2.12	0.77	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0		1		31	11	
Iron, Fe....mg	3.23		0		1		7.59	2.75	
Magnesium, Mg....mg	20		0		1		47	17	
Phosphorus, P....mg	208		0		1		489	177	
Potassium, K....mg	239		0		1		562	203	
Sodium, Na....mg	66		0		1		155	56	
Zinc, Zn....mg	8.76		0		1		20.59	7.45	
Copper, Cu....mg	0.130		0		1		0.306	0.111	
Manganese, Mn....mg	0.016		0		1		0.038	0.014	
Selenium, Se....mcg	25.1		0	BFYN	4		59.0	21.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.165	0.060	
Riboflavin....mg	0.250		0		1		0.588	0.213	
Niacin....mg	2.480		0		1		5.828	2.108	
Pantothenic acid....mg	0.320		0		1		0.752	0.272	
Vitamin B-6....mg	0.260		0		1		0.611	0.221	
Folate, total....mcg	5		0		1		12	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		12	4	
Folate, DFE....mcg_DFE	5		0	NC	4		12	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.33		0		1		5.48	1.98	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.610		0		1		20.234	7.319	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13381

Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.050		0		1		0.118	0.043	
12:0....g	0.050		0		1		0.118	0.043	
13:0....g									
14:0....g	0.690		0		1		1.622	0.587	
15:0....g									
16:0....g	5.220		0		1		12.267	4.437	
17:0....g									
18:0....g	2.600		0		1		6.110	2.210	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.360		0		1		21.996	7.956	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.870		0		1		2.045	0.740	
17:1....g									
18:1 undifferentiated....g	8.460		0		1		19.881	7.191	
20:1....g	0.040		0		1		0.094	0.034	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.770		0		1		1.810	0.655	
18:2 undifferentiated....g	0.540		0		1		1.269	0.459	
18:3 undifferentiated....g	0.200		0		1		0.470	0.170	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0		1		0.071	0.026	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	104		0		1		244	88	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.309		0		1		0.726	0.263	
Threonine....g	1.205		0		1		2.832	1.024	
Isoleucine....g	1.241		0		1		2.916	1.055	
Leucine....g	2.181		0		1		5.125	1.854	
Lysine....g	2.296		0		1		5.396	1.952	
Methionine....g	0.706		0		1		1.659	0.600	
Cystine....g	0.309		0		1		0.726	0.263	
Phenylalanine....g	1.077		0		1		2.531	0.915	
Tyrosine....g	0.927		0		1		2.178	0.788	
Valine....g	1.342		0		1		3.154	1.141	
Arginine....g	1.744		0		1		4.098	1.482	
Histidine....g	0.945		0		1		2.221	0.803	
Alanine....g	1.664		0		1		3.910	1.414	
Aspartic acid....g	2.521		0		1		5.924	2.143	
Glutamic acid....g	4.145		0		1		9.741	3.523	
Glycine....g	1.505		0		1		3.537	1.279	
Proline....g	1.218		0		1		2.862	1.035	
Serine....g	1.055		0		1		2.479	0.897	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13381

Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Common Measures:

Measure 1 = 235g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13816

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Top Blade Steak

Refuse: 23% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.67		0	PAE	4		117.74	40.52	
Energy....kcal	341		0	NC	4		842	290	
Energy....kJ	1427		0		4		3524	1213	
Protein (N x 6.25)....g	26.78		0	PAE	4		66.15	22.76	
Total lipid (fat)....g	25.12		0	PAE	4		62.05	21.35	
Ash....g	0.88		0	PAE	4		2.17	0.75	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0	PAE	4		32	11	
Iron, Fe....mg	3.13		0	PAE	4		7.73	2.66	
Magnesium, Mg....mg	19		0	PAE	4		47	16	
Phosphorus, P....mg	202		0	PAE	4		499	172	
Potassium, K....mg	233		0	PAE	4		576	198	
Sodium, Na....mg	65		0	PAE	4		161	55	
Zinc, Zn....mg	8.41		0	PAE	4		20.77	7.15	
Copper, Cu....mg	0.126		0	PAE	4		0.311	0.107	
Manganese, Mn....mg	0.016		0	PAE	4		0.040	0.014	
Selenium, Se....mcg	24.6		0	BFZN	4		60.8	20.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0	PAE	4		0.173	0.060	
Riboflavin....mg	0.240		0	PAE	4		0.593	0.204	
Niacin....mg	2.430		0	PAE	4		6.002	2.066	
Pantothenic acid....mg	0.310		0	PAE	4		0.766	0.264	
Vitamin B-6....mg	0.260		0	PAE	4		0.642	0.221	
Folate, total....mcg	5		0	PAE	4		12	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0	PAE	4		12	4	
Folate, DFE....mcg_DFE	5		0	NC	4		12	4	
Choline, total....mg	102.0		0	BFPN	4		251.9	86.7	
Betaine....mg	13.4		0	BFPN	4		33.1	11.4	
Vitamin B-12....mcg	2.29		0	PAE	4		5.66	1.95	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20		0	BFNN	4		0.50	0.17	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.4		0	AS	1		1.0	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.4		0	BFFN	4		1.0	0.3	
Vitamin D....IU	16		0	BFFN	4		41	14	
Vitamin K (phylloquinone)....mcg	2.0		0	BFSN	4		4.9	1.7	
Lipids:									
Fatty acids, total saturated....g	10.000		0	PAE	4		24.700	8.500	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13816

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.060		0	PAE	4		0.148	0.051	
12:0....g	0.060		0	PAE	4		0.148	0.051	
13:0....g									
14:0....g	0.800		0	PAE	4		1.976	0.680	
15:0....g									
16:0....g	6.080		0	PAE	4		15.018	5.168	
17:0....g									
18:0....g	3.000		0	PAE	4		7.410	2.550	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.860		0	PAE	4		26.824	9.231	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.020		0	PAE	4		2.519	0.867	
17:1....g									
18:1 undifferentiated....g	9.790		0	PAE	4		24.181	8.322	
20:1....g	0.040		0	PAE	4		0.099	0.034	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.900		0	PAE	4		2.223	0.765	
18:2 undifferentiated....g	0.620		0	PAE	4		1.531	0.527	
18:3 undifferentiated....g	0.250		0	PAE	4		0.618	0.213	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.074	0.026	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	104		0	PAE	4		257	88	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.300		0	PAE	4		0.741	0.255	
Threonine....g	1.170		0	PAE	4		2.890	0.995	
Isoleucine....g	1.204		0	PAE	4		2.974	1.023	
Leucine....g	2.116		0	PAE	4		5.227	1.799	
Lysine....g	2.228		0	PAE	4		5.503	1.894	
Methionine....g	0.685		0	PAE	4		1.692	0.582	
Cystine....g	0.300		0	PAE	4		0.741	0.255	
Phenylalanine....g	1.045		0	PAE	4		2.581	0.888	
Tyrosine....g	0.900		0	PAE	4		2.223	0.765	
Valine....g	1.302		0	PAE	4		3.216	1.107	
Arginine....g	1.692		0	PAE	4		4.179	1.438	
Histidine....g	0.917		0	PAE	4		2.265	0.779	
Alanine....g	1.615		0	PAE	4		3.989	1.373	
Aspartic acid....g	2.446		0	PAE	4		6.042	2.079	
Glutamic acid....g	4.023		0	PAE	4		9.937	3.420	
Glycine....g	1.461		0	PAE	4		3.609	1.242	
Proline....g	1.182		0	PAE	4		2.920	1.005	
Serine....g	1.024		0	PAE	4		2.529	0.870	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13816

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 247g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13815

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Top Blade Steak

Refuse: 19% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.23		0	PAE	4		17.36	277.74	
Energy	kcal	248		0	NC	4		70	1125	
Energy	kJ	1038		0		4		294	4707	
Protein (N x 6.25)	g	17.16		0	PAE	4		4.86	77.84	
Total lipid (fat)	g	19.41		0	PAE	4		5.50	88.04	
Ash	g	0.82		0	PAE	4		0.23	3.72	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0	PAE	4		3	45	
Iron, Fe	mg	2.04		0	PAE	4		0.58	9.25	
Magnesium, Mg	mg	17		0	PAE	4		5	77	
Phosphorus, P	mg	162		0	PAE	4		46	735	
Potassium, K	mg	271		0	PAE	4		77	1229	
Sodium, Na	mg	68		0	PAE	4		19	308	
Zinc, Zn	mg	4.98		0	PAE	4		1.41	22.59	
Copper, Cu	mg	0.073		0	PAE	4		0.021	0.331	
Manganese, Mn	mg	0.012		0	PAE	4		0.003	0.054	
Selenium, Se	mcg	16.2		0	BFYN	4		4.6	73.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.100		0	PAE	4		0.028	0.454	
Riboflavin	mg	0.170		0	PAE	4		0.048	0.771	
Niacin	mg	2.180		0	PAE	4		0.618	9.888	
Pantothenic acid	mg	0.290		0	PAE	4		0.082	1.315	
Vitamin B-6	mg	0.360		0	PAE	4		0.102	1.633	
Folate, total	mcg	5		0	PAE	4		1	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0	PAE	4		1	23	
Folate, DFE	mcg_DFE	5		0	NC	4		1	23	
Choline, total	mg	71.7		0	BFPN	4		20.3	325.1	
Betaine	mg	10.5		0	BFPN	4		3.0	47.8	
Vitamin B-12	mcg	3.40		0	PAE	4		0.96	15.42	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg									
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.820		0	PAE	4		2.217	35.472	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 13815

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.060		0	PAE	4		0.017	0.272	
12:0....g	0.050		0	PAE	4		0.014	0.227	
13:0....g									
14:0....g	0.620		0	PAE	4		0.176	2.812	
15:0....g									
16:0....g	4.690		0	PAE	4		1.330	21.274	
17:0....g									
18:0....g	2.410		0	PAE	4		0.683	10.932	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.520		0	PAE	4		2.415	38.647	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.950		0	PAE	4		0.269	4.309	
17:1....g									
18:1 undifferentiated....g	7.540		0	PAE	4		2.138	34.201	
20:1....g	0.030		0	PAE	4		0.009	0.136	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.710		0	PAE	4		0.201	3.221	
18:2 undifferentiated....g	0.470		0	PAE	4		0.133	2.132	
18:3 undifferentiated....g	0.220		0	PAE	4		0.062	0.998	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	71		0	PAE	4		20	322	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.192		0	PAE	4		0.054	0.871	
Threonine....g	0.750		0	PAE	4		0.213	3.402	
Isoleucine....g	0.772		0	PAE	4		0.219	3.502	
Leucine....g	1.357		0	PAE	4		0.385	6.155	
Lysine....g	1.428		0	PAE	4		0.405	6.477	
Methionine....g	0.439		0	PAE	4		0.124	1.991	
Cystine....g	0.192		0	PAE	4		0.054	0.871	
Phenylalanine....g	0.670		0	PAE	4		0.190	3.039	
Tyrosine....g	0.577		0	PAE	4		0.164	2.617	
Valine....g	0.835		0	PAE	4		0.237	3.788	
Arginine....g	1.085		0	PAE	4		0.308	4.922	
Histidine....g	0.588		0	PAE	4		0.167	2.667	
Alanine....g	1.035		0	PAE	4		0.293	4.695	
Aspartic acid....g	1.568		0	PAE	4		0.445	7.112	
Glutamic acid....g	2.579		0	PAE	4		0.731	11.698	
Glycine....g	0.936		0	PAE	4		0.265	4.246	
Proline....g	0.758		0	PAE	4		0.215	3.438	
Serine....g	0.656		0	PAE	4		0.186	2.976	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13815

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13818

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Top Blade Steak, URMIS #1879

Refuse: 23% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.32		0	PAE	4		114.41	39.37	
Energy....kcal	359		0	NC	4		887	305	
Energy....kJ	1502		0		4		3710	1277	
Protein (N x 6.25)....g	26.37		0	PAE	4		65.13	22.41	
Total lipid (fat)....g	27.26		0	PAE	4		67.33	23.17	
Ash....g	0.87		0	PAE	4		2.15	0.74	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0	PAE	4		32	11	
Iron, Fe....mg	3.08		0	PAE	4		7.61	2.62	
Magnesium, Mg....mg	19		0	PAE	4		47	16	
Phosphorus, P....mg	198		0	PAE	4		489	168	
Potassium, K....mg	230		0	PAE	4		568	196	
Sodium, Na....mg	64		0	PAE	4		158	54	
Zinc, Zn....mg	8.23		0	PAE	4		20.33	7.00	
Copper, Cu....mg	0.124		0	PAE	4		0.306	0.105	
Manganese, Mn....mg	0.015		0	PAE	4		0.037	0.013	
Selenium, Se....mcg	24.5		0	BFZN	4		60.5	20.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0	PAE	4		0.173	0.060	
Riboflavin....mg	0.240		0	PAE	4		0.593	0.204	
Niacin....mg	2.410		0	PAE	4		5.953	2.049	
Pantothenic acid....mg	0.310		0	PAE	4		0.766	0.264	
Vitamin B-6....mg	0.260		0	PAE	4		0.642	0.221	
Folate, total....mcg	5		0	PAE	4		12	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0	PAE	4		12	4	
Folate, DFE....mcg_DFE	5		0	NC	4		12	4	
Choline, total....mg	100.4		0	BFPN	4		248.1	85.4	
Betaine....mg									
Vitamin B-12....mcg	2.27		0	PAE	4		5.61	1.93	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.21		0	BFSN	4		0.51	0.18	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.4		0	AS	1		1.1	0.4	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.4		0	BFFN	4		1.1	0.4	
Vitamin D....IU	18		0	BFFN	4		44	15	
Vitamin K (phylloquinone)....mcg	2.0		0	BFSN	4		5.0	1.7	
Lipids:									
Fatty acids, total saturated....g	10.860		0	PAE	4		26.824	9.231	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13818

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.070		0	PAE	4		0.173	0.060	
12:0....g	0.060		0	PAE	4		0.148	0.051	
13:0....g									
14:0....g	0.870		0	PAE	4		2.149	0.740	
15:0....g									
16:0....g	6.600		0	PAE	4		16.302	5.610	
17:0....g									
18:0....g	3.250		0	PAE	4		8.028	2.763	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.780		0	PAE	4		29.097	10.013	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.110		0	PAE	4		2.742	0.944	
17:1....g									
18:1 undifferentiated....g	10.630		0	PAE	4		26.256	9.036	
20:1....g	0.050		0	PAE	4		0.124	0.043	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.970		0	PAE	4		2.396	0.825	
18:2 undifferentiated....g	0.670		0	PAE	4		1.655	0.570	
18:3 undifferentiated....g	0.270		0	PAE	4		0.667	0.230	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAE	4		0.099	0.034	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	103		0	PAE	4		254	88	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.295		0	PAE	4		0.729	0.251	
Threonine....g	1.152		0	PAE	4		2.845	0.979	
Isoleucine....g	1.185		0	PAE	4		2.927	1.007	
Leucine....g	2.084		0	PAE	4		5.147	1.771	
Lysine....g	2.194		0	PAE	4		5.419	1.865	
Methionine....g	0.675		0	PAE	4		1.667	0.574	
Cystine....g	0.295		0	PAE	4		0.729	0.251	
Phenylalanine....g	1.029		0	PAE	4		2.542	0.875	
Tyrosine....g	0.886		0	PAE	4		2.188	0.753	
Valine....g	1.283		0	PAE	4		3.169	1.091	
Arginine....g	1.666		0	PAE	4		4.115	1.416	
Histidine....g	0.903		0	PAE	4		2.230	0.768	
Alanine....g	1.590		0	PAE	4		3.927	1.352	
Aspartic acid....g	2.409		0	PAE	4		5.950	2.048	
Glutamic acid....g	3.961		0	PAE	4		9.784	3.367	
Glycine....g	1.439		0	PAE	4		3.554	1.223	
Proline....g	1.164		0	PAE	4		2.875	0.989	
Serine....g	1.008		0	PAE	4		2.490	0.857	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13818

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Common Measures:

Measure 1 = 247g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13817

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw

Top Blade Steak, URMIS #1879

Refuse: 19% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.93		0	PAE	4		16.99	271.84	
Energy....kcal	265		0	NC	4		75	1202	
Energy....kJ	1109		0		4		314	5029	
Protein (N x 6.25)....g	16.98		0	PAE	4		4.81	77.02	
Total lipid (fat)....g	21.31		0	PAE	4		6.04	96.66	
Ash....g	0.81		0	PAE	4		0.23	3.67	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0	PAE	4		3	45	
Iron, Fe....mg	2.01		0	PAE	4		0.57	9.12	
Magnesium, Mg....mg	17		0	PAE	4		5	77	
Phosphorus, P....mg	160		0	PAE	4		45	726	
Potassium, K....mg	267		0	PAE	4		76	1211	
Sodium, Na....mg	67		0	PAE	4		19	304	
Zinc, Zn....mg	4.90		0	PAE	4		1.39	22.23	
Copper, Cu....mg	0.072		0	PAE	4		0.020	0.327	
Manganese, Mn....mg	0.012		0	PAE	4		0.003	0.054	
Selenium, Se....mcg	16.2		0	BFYN	4		4.6	73.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0	PAE	4		0.026	0.408	
Riboflavin....mg	0.170		0	PAE	4		0.048	0.771	
Niacin....mg	2.170		0	PAE	4		0.615	9.843	
Pantothenic acid....mg	0.290		0	PAE	4		0.082	1.315	
Vitamin B-6....mg	0.350		0	PAE	4		0.099	1.588	
Folate, total....mcg	5		0	PAE	4		1	23	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0	PAE	4		1	23	
Folate, DFE....mcg_DFE	5		0	NC	4		1	23	
Choline, total....mg	70.9		0	BFPN	4		20.1	321.7	
Betaine....mg	10.4		0	BFPN	4		3.0	47.3	
Vitamin B-12....mcg	3.36		0	PAE	4		0.95	15.24	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.590		0	PAE	4		2.435	38.964	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13817

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.060		0	PAE	4		0.017	0.272	
12:0....g	0.050		0	PAE	4		0.014	0.227	
13:0....g									
14:0....g	0.680		0	PAE	4		0.193	3.084	
15:0....g									
16:0....g	5.150		0	PAE	4		1.460	23.360	
17:0....g									
18:0....g	2.650		0	PAE	4		0.751	12.020	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.360		0	PAE	4		2.654	42.457	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.040		0	PAE	4		0.295	4.717	
17:1....g									
18:1 undifferentiated....g	8.280		0	PAE	4		2.347	37.558	
20:1....g	0.030		0	PAE	4		0.009	0.136	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.780		0	PAE	4		0.221	3.538	
18:2 undifferentiated....g	0.520		0	PAE	4		0.147	2.359	
18:3 undifferentiated....g	0.230		0	PAE	4		0.065	1.043	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	72		0	PAE	4		20	327	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.190		0	PAE	4		0.054	0.862	
Threonine....g	0.742		0	PAE	4		0.210	3.366	
Isoleucine....g	0.764		0	PAE	4		0.217	3.466	
Leucine....g	1.342		0	PAE	4		0.380	6.087	
Lysine....g	1.413		0	PAE	4		0.401	6.409	
Methionine....g	0.435		0	PAE	4		0.123	1.973	
Cystine....g	0.190		0	PAE	4		0.054	0.862	
Phenylalanine....g	0.663		0	PAE	4		0.188	3.007	
Tyrosine....g	0.571		0	PAE	4		0.162	2.590	
Valine....g	0.826		0	PAE	4		0.234	3.747	
Arginine....g	1.073		0	PAE	4		0.304	4.867	
Histidine....g	0.581		0	PAE	4		0.165	2.635	
Alanine....g	1.024		0	PAE	4		0.290	4.645	
Aspartic acid....g	1.552		0	PAE	4		0.440	7.040	
Glutamic acid....g	2.552		0	PAE	4		0.723	11.576	
Glycine....g	0.927		0	PAE	4		0.263	4.205	
Proline....g	0.750		0	PAE	4		0.213	3.402	
Serine....g	0.649		0	PAE	4		0.184	2.944	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13817

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13820

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Top Blade Steak, URMIS #1064

Refuse: 23% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.40		0	PAE	4		122.02	41.99	
Energy....kcal	318		0	NC	4		785	270	
Energy....kJ	1331		0		4		3286	1131	
Protein (N x 6.25)....g	27.33		0	PAE	4		67.51	23.23	
Total lipid (fat)....g	22.35		0	PAE	4		55.20	19.00	
Ash....g	0.89		0	PAE	4		2.20	0.76	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0	PAE	4		32	11	
Iron, Fe....mg	3.20		0	PAE	4		7.90	2.72	
Magnesium, Mg....mg	20		0	PAE	4		49	17	
Phosphorus, P....mg	206		0	PAE	4		509	175	
Potassium, K....mg	237		0	PAE	4		585	201	
Sodium, Na....mg	66		0	PAE	4		163	56	
Zinc, Zn....mg	8.65		0	PAE	4		21.37	7.35	
Copper, Cu....mg	0.129		0	PAE	4		0.319	0.110	
Manganese, Mn....mg	0.016		0	PAE	4		0.040	0.014	
Selenium, Se....mcg	24.7		0	BFZN	4		61.0	21.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0	PAE	4		0.173	0.060	
Riboflavin....mg	0.250		0	PAE	4		0.618	0.213	
Niacin....mg	2.460		0	PAE	4		6.076	2.091	
Pantothenic acid....mg	0.320		0	PAE	4		0.790	0.272	
Vitamin B-6....mg	0.260		0	PAE	4		0.642	0.221	
Folate, total....mcg	5		0	PAE	4		12	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0	PAE	4		12	4	
Folate, DFE....mcg_DFE	5		0	NC	4		12	4	
Choline, total....mg	104.1		0	BFPN	4		257.1	88.5	
Betaine....mg	13.7		0	BFPN	4		33.8	11.6	
Vitamin B-12....mcg	2.31		0	PAE	4		5.71	1.96	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.890		0	PAE	4		21.958	7.557	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13820

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.060		0	PAE	4		0.148	0.051	
12:0....g	0.050		0	PAE	4		0.124	0.043	
13:0....g									
14:0....g	0.710		0	PAE	4		1.754	0.604	
15:0....g									
16:0....g	5.400		0	PAE	4		13.338	4.590	
17:0....g									
18:0....g	2.670		0	PAE	4		6.595	2.270	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.660		0	PAE	4		23.860	8.211	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.900		0	PAE	4		2.223	0.765	
17:1....g									
18:1 undifferentiated....g	8.720		0	PAE	4		21.538	7.412	
20:1....g	0.040		0	PAE	4		0.099	0.034	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.800		0	PAE	4		1.976	0.680	
18:2 undifferentiated....g	0.550		0	PAE	4		1.359	0.468	
18:3 undifferentiated....g	0.220		0	PAE	4		0.543	0.187	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.074	0.026	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	104		0	PAE	4		257	88	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.306		0	PAE	4		0.756	0.260	
Threonine....g	1.194		0	PAE	4		2.949	1.015	
Isoleucine....g	1.229		0	PAE	4		3.036	1.045	
Leucine....g	2.160		0	PAE	4		5.335	1.836	
Lysine....g	2.274		0	PAE	4		5.617	1.933	
Methionine....g	0.700		0	PAE	4		1.729	0.595	
Cystine....g	0.306		0	PAE	4		0.756	0.260	
Phenylalanine....g	1.067		0	PAE	4		2.635	0.907	
Tyrosine....g	0.918		0	PAE	4		2.267	0.780	
Valine....g	1.329		0	PAE	4		3.283	1.130	
Arginine....g	1.727		0	PAE	4		4.266	1.468	
Histidine....g	0.936		0	PAE	4		2.312	0.796	
Alanine....g	1.648		0	PAE	4		4.071	1.401	
Aspartic acid....g	2.497		0	PAE	4		6.168	2.122	
Glutamic acid....g	4.106		0	PAE	4		10.142	3.490	
Glycine....g	1.491		0	PAE	4		3.683	1.267	
Proline....g	1.207		0	PAE	4		2.981	1.026	
Serine....g	1.045		0	PAE	4		2.581	0.888	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13820

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Common Measures:

Measure 1 = 247g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13819

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw

Top Blade Steak, URMIS #1064

Refuse: 19% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.83		0	PAE	4		17.81	285.00	
Energy....kcal	230		0	NC	4		65	1043	
Energy....kJ	962		0		4		273	4365	
Protein (N x 6.25)....g	17.37		0	PAE	4		4.92	78.79	
Total lipid (fat)....g	17.33		0	PAE	4		4.91	78.61	
Ash....g	0.84		0	PAE	4		0.24	3.81	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0	PAE	4		3	45	
Iron, Fe....mg	2.07		0	PAE	4		0.59	9.39	
Magnesium, Mg....mg	17		0	PAE	4		5	77	
Phosphorus, P....mg	164		0	PAE	4		46	744	
Potassium, K....mg	276		0	PAE	4		78	1252	
Sodium, Na....mg	69		0	PAE	4		20	313	
Zinc, Zn....mg	5.07		0	PAE	4		1.44	23.00	
Copper, Cu....mg	0.074		0	PAE	4		0.021	0.336	
Manganese, Mn....mg	0.013		0	PAE	4		0.004	0.059	
Selenium, Se....mcg	16.3		0	BFYN	4		4.6	73.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0	PAE	4		0.028	0.454	
Riboflavin....mg	0.170		0	PAE	4		0.048	0.771	
Niacin....mg	2.200		0	PAE	4		0.624	9.979	
Pantothenic acid....mg	0.290		0	PAE	4		0.082	1.315	
Vitamin B-6....mg	0.360		0	PAE	4		0.102	1.633	
Folate, total....mcg	5		0	PAE	4		1	23	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0	PAE	4		1	23	
Folate, DFE....mcg_DFE	5		0	NC	4		1	23	
Choline, total....mg	72.6		0	BFPN	4		20.6	329.1	
Betaine....mg	10.7		0	BFPN	4		3.0	48.4	
Vitamin B-12....mcg	3.44		0	PAE	4		0.98	15.60	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.990		0	PAE	4		1.982	31.707	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13819

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.050		0	PAE	4		0.014	0.227	
12:0....g	0.040		0	PAE	4		0.011	0.181	
13:0....g									
14:0....g	0.550		0	PAE	4		0.156	2.495	
15:0....g									
16:0....g	4.190		0	PAE	4		1.188	19.006	
17:0....g									
18:0....g	2.150		0	PAE	4		0.610	9.752	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.600		0	PAE	4		2.155	34.474	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.850		0	PAE	4		0.241	3.856	
17:1....g									
18:1 undifferentiated....g	6.720		0	PAE	4		1.905	30.482	
20:1....g	0.020		0	PAE	4		0.006	0.091	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.630		0	PAE	4		0.179	2.858	
18:2 undifferentiated....g	0.420		0	PAE	4		0.119	1.905	
18:3 undifferentiated....g	0.190		0	PAE	4		0.054	0.862	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	71		0	PAE	4		20	322	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.194		0	PAE	4		0.055	0.880	
Threonine....g	0.759		0	PAE	4		0.215	3.443	
Isoleucine....g	0.781		0	PAE	4		0.221	3.543	
Leucine....g	1.373		0	PAE	4		0.389	6.228	
Lysine....g	1.445		0	PAE	4		0.410	6.555	
Methionine....g	0.445		0	PAE	4		0.126	2.019	
Cystine....g	0.194		0	PAE	4		0.055	0.880	
Phenylalanine....g	0.678		0	PAE	4		0.192	3.075	
Tyrosine....g	0.583		0	PAE	4		0.165	2.644	
Valine....g	0.845		0	PAE	4		0.240	3.833	
Arginine....g	1.098		0	PAE	4		0.311	4.981	
Histidine....g	0.595		0	PAE	4		0.169	2.699	
Alanine....g	1.048		0	PAE	4		0.297	4.754	
Aspartic acid....g	1.587		0	PAE	4		0.450	7.199	
Glutamic acid....g	2.609		0	PAE	4		0.740	11.834	
Glycine....g	0.947		0	PAE	4		0.268	4.296	
Proline....g	0.767		0	PAE	4		0.217	3.479	
Serine....g	0.664		0	PAE	4		0.188	3.012	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13819

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13382

Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Top Blade Steak

Refuse: 39% 25% bone, 14% separable fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.80		1		1		104.67	46.58	
Energy....kcal	253		0	NC	4		483	215	
Energy....kJ	1059		0		4		2022	900	
Protein (N x 6.25)....g	31.06	0.775	11		1		59.32	26.40	
Total lipid (fat)....g	13.30		1		1		25.40	11.31	
Ash....g	0.99	0.031	11		1		1.89	0.84	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13	1.258	11		1		25	11	
Iron, Fe....mg	3.68	0.200	10		1		7.03	3.13	
Magnesium, Mg....mg	23	0.834	11		1		44	20	
Phosphorus, P....mg	235		1		1		449	200	
Potassium, K....mg	263	8.280	11		1		502	224	
Sodium, Na....mg	71	6.704	11		1		136	60	
Zinc, Zn....mg	10.27	0.753	7		1		19.62	8.73	
Copper, Cu....mg	0.148	0.011	8		1		0.283	0.126	
Manganese, Mn....mg	0.018		1		1		0.034	0.015	
Selenium, Se....mcg	26.7	2.200	7	A	1		51.0	22.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080	0.007	11		1		0.153	0.068	
Riboflavin....mg	0.280	0.020	9		1		0.535	0.238	
Niacin....mg	2.670	0.359	11		1		5.100	2.270	
Pantothenic acid....mg	0.350		1		1		0.669	0.298	
Vitamin B-6....mg	0.290		1		1		0.554	0.247	
Folate, total....mcg	6	1.142	11		1		11	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6	1.142	11		1		11	5	
Folate, DFE....mcg_DFE	6		0	NC	4		11	5	
Choline, total....mg	118.3		0	BFPN	4		225.9	100.6	
Betaine....mg	15.5		0	BFPN	4		29.7	13.2	
Vitamin B-12....mcg	2.47	0.321	11		1		4.72	2.10	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.14		0	NR	4		0.27	0.12	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.4	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		0.4	0.2	
Vitamin D....IU	9		0	BFFN	4		17	7	
Vitamin K (phylloquinone)....mcg	1.7		0	BFSN	4		3.3	1.5	
Lipids:									
Fatty acids, total saturated....g	5.160		0		1		9.856	4.386	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13382

Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		8		1		0.019	0.009	
12:0....g	0.010		8		1		0.019	0.009	
13:0....g									
14:0....g	0.390		8		1		0.745	0.332	
15:0....g									
16:0....g	3.010		8		1		5.749	2.559	
17:0....g									
18:0....g	1.730		8		1		3.304	1.471	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.730		0		1		10.944	4.871	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.460		8		1		0.879	0.391	
17:1....g									
18:1 undifferentiated....g	5.260		8		1		10.047	4.471	
20:1....g	0.010		8		1		0.019	0.009	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.440		0		1		0.840	0.374	
18:2 undifferentiated....g	0.360		8		1		0.688	0.306	
18:3 undifferentiated....g	0.030		8		1		0.057	0.026	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		8		1		0.076	0.034	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	106	1.958	8		1		202	90	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.204		0	A	1		0.390	0.174	
Threonine....g	1.241		0	A	1		2.370	1.055	
Isoleucine....g	1.413		0	A	1		2.699	1.201	
Leucine....g	2.471		0	A	1		4.719	2.100	
Lysine....g	2.625		0	A	1		5.014	2.231	
Methionine....g	0.809		0	A	1		1.545	0.688	
Cystine....g	0.401		0	A	1		0.766	0.341	
Phenylalanine....g	1.227		0	A	1		2.343	1.043	
Tyrosine....g	0.990		0	A	1		1.890	0.841	
Valine....g	1.541		0	A	1		2.943	1.310	
Arginine....g	2.008		0	A	1		3.836	1.707	
Histidine....g	0.991		0	A	1		1.893	0.843	
Alanine....g	1.888		0	A	1		3.607	1.605	
Aspartic acid....g	2.829		0	A	1		5.404	2.405	
Glutamic acid....g	4.663		0	A	1		8.906	3.963	
Glycine....g	1.891		0	A	1		3.612	1.608	
Proline....g	1.481		0	A	1		2.828	1.259	
Serine....g	1.224		0	A	1		2.337	1.040	
Hydroxyproline....g	0.326		0	BFPN	4		0.623	0.277	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13382

Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 191g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13383

Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, choice, cooked, braised

URMIS #1879, Top blade steak

Refuse: 39% Bone, 24%, separable fat, 15%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.00		0		1		103.14	45.90	
Energy....kcal	265		0	NC	4		506	225	
Energy....kJ	1109		0		4		2118	942	
Protein (N x 6.25)....g	31.06		0		1		59.32	26.40	
Total lipid (fat)....g	14.70		0		1		28.08	12.50	
Ash....g	0.99		0		1		1.89	0.84	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0		1		25	11	
Iron, Fe....mg	3.68		0		1		7.03	3.13	
Magnesium, Mg....mg	23		0		1		44	20	
Phosphorus, P....mg	235		0		1		449	200	
Potassium, K....mg	263		0		1		502	224	
Sodium, Na....mg	71		0		1		136	60	
Zinc, Zn....mg	10.27		0		1		19.62	8.73	
Copper, Cu....mg	0.148		0		1		0.283	0.126	
Manganese, Mn....mg	0.018		0		1		0.034	0.015	
Selenium, Se....mcg	26.7		0	BFZN	4		51.0	22.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0		1		0.153	0.068	
Riboflavin....mg	0.280		0		1		0.535	0.238	
Niacin....mg	2.670		0		1		5.100	2.270	
Pantothenic acid....mg	0.350		0		1		0.669	0.298	
Vitamin B-6....mg	0.290		0		1		0.554	0.247	
Folate, total....mcg	6		0		1		11	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0		1		11	5	
Folate, DFE....mcg_DFE	6		0	NC	4		11	5	
Choline, total....mg	118.3		0	BFPN	4		225.9	100.6	
Betaine....mg									
Vitamin B-12....mcg	2.47		0		1		4.72	2.10	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.700		0		1		10.887	4.845	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13383

Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		0		1		0.019	0.009	
12:0....g	0.010		0		1		0.019	0.009	
13:0....g									
14:0....g	0.430		0		1		0.821	0.366	
15:0....g									
16:0....g	3.330		0		1		6.360	2.831	
17:0....g									
18:0....g	1.920		0		1		3.667	1.632	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.340		0		1		12.109	5.389	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.510		0		1		0.974	0.434	
17:1....g									
18:1 undifferentiated....g	5.820		0		1		11.116	4.947	
20:1....g	0.010		0		1		0.019	0.009	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.480		0		1		0.917	0.408	
18:2 undifferentiated....g	0.390		0		1		0.745	0.332	
18:3 undifferentiated....g	0.040		0		1		0.076	0.034	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0		1		0.096	0.043	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	106		0		1		202	90	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.348		0		1		0.665	0.296	
Threonine....g	1.357		0		1		2.592	1.153	
Isoleucine....g	1.397		0		1		2.668	1.187	
Leucine....g	2.455		0		1		4.689	2.087	
Lysine....g	2.584		0		1		4.935	2.196	
Methionine....g	0.795		0		1		1.518	0.676	
Cystine....g	0.348		0		1		0.665	0.296	
Phenylalanine....g	1.213		0		1		2.317	1.031	
Tyrosine....g	1.044		0		1		1.994	0.887	
Valine....g	1.511		0		1		2.886	1.284	
Arginine....g	1.963		0		1		3.749	1.669	
Histidine....g	1.064		0		1		2.032	0.904	
Alanine....g	1.874		0		1		3.579	1.593	
Aspartic acid....g	2.838		0		1		5.421	2.412	
Glutamic acid....g	4.667		0		1		8.914	3.967	
Glycine....g	1.695		0		1		3.237	1.441	
Proline....g	1.372		0		1		2.621	1.166	
Serine....g	1.188		0		1		2.269	1.010	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13383

Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, choice, cooked, braised

Common Measures:

Measure 1 = 191g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13384

Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, select, cooked, braised

Top Blade Steak, URMIS #1064

Refuse: 38% Bone, 25%, separable fat, 13%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	55.70		0		1		108.06	47.35	
Energy ... kcal	238		0	NC	4		462	202	
Energy ... kJ	996		0		4		1932	846	
Protein (N x 6.25) ... g	31.06		0		1		60.26	26.40	
Total lipid (fat) ... g	11.70		0		1		22.70	9.95	
Ash ... g	0.99		0		1		1.92	0.84	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	13		0		1		25	11	
Iron, Fe ... mg	3.68		0		1		7.14	3.13	
Magnesium, Mg ... mg	23		0		1		45	20	
Phosphorus, P ... mg	235		0		1		456	200	
Potassium, K ... mg	263		0		1		510	224	
Sodium, Na ... mg	71		0		1		138	60	
Zinc, Zn ... mg	10.27		0		1		19.92	8.73	
Copper, Cu ... mg	0.148		0		1		0.287	0.126	
Manganese, Mn ... mg	0.018		0		1		0.035	0.015	
Selenium, Se ... mcg	26.7		0	BFZN	4		51.8	22.7	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.080		0		1		0.155	0.068	
Riboflavin ... mg	0.280		0		1		0.543	0.238	
Niacin ... mg	2.670		0		1		5.180	2.270	
Pantothenic acid ... mg	0.350		0		1		0.679	0.298	
Vitamin B-6 ... mg	0.290		0		1		0.563	0.247	
Folate, total ... mcg	6		0		1		12	5	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	6		0		1		12	5	
Folate, DFE ... mcg_DFE	6		0	NC	4		12	5	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	2.47		0		1		4.79	2.10	
Vitamin A, RAE ... mcg_RAE	0		0	AS	1		0	0	
Retinol ... mcg									
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0		1		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	4.540		0		1		8.808	3.859	
4:0 ... g	0.000		0	Z	7		0.000	0.000	
6:0 ... g	0.000		0	Z	7		0.000	0.000	
8:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 13384

Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010		0		1		0.019	0.009	
12:0 ... g	0.010		0		1		0.019	0.009	
13:0 ... g									
14:0 ... g	0.340		0		1		0.660	0.289	
15:0 ... g									
16:0 ... g	2.650		0		1		5.141	2.253	
17:0 ... g									
18:0 ... g	1.530		0		1		2.968	1.301	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.040		0		1		9.778	4.284	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.410		0		1		0.795	0.349	
17:1 ... g									
18:1 undifferentiated ... g	4.630		0		1		8.982	3.936	
20:1 ... g	0.010		0		1		0.019	0.009	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.380		0		1		0.737	0.323	
18:2 undifferentiated ... g	0.310		0		1		0.601	0.264	
18:3 undifferentiated ... g	0.030		0		1		0.058	0.026	
18:4 ... g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.040		0		1		0.078	0.034	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	106		0		1		206	90	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.348		0		1		0.675	0.296	
Threonine ... g	1.357		0		1		2.633	1.153	
Isoleucine ... g	1.397		0		1		2.710	1.187	
Leucine ... g	2.455		0		1		4.763	2.087	
Lysine ... g	2.584		0		1		5.013	2.196	
Methionine ... g	0.795		0		1		1.542	0.676	
Cystine ... g	0.348		0		1		0.675	0.296	
Phenylalanine ... g	1.213		0		1		2.353	1.031	
Tyrosine ... g	1.044		0		1		2.025	0.887	
Valine ... g	1.511		0		1		2.931	1.284	
Arginine ... g	1.963		0		1		3.808	1.669	
Histidine ... g	1.064		0		1		2.064	0.904	
Alanine ... g	1.874		0		1		3.636	1.593	
Aspartic acid ... g	2.838		0		1		5.506	2.412	
Glutamic acid ... g	4.667		0		1		9.054	3.967	
Glycine ... g	1.695		0		1		3.288	1.441	
Proline ... g	1.372		0		1		2.662	1.166	
Serine ... g	1.188		0		1		2.305	1.010	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13384

Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, select, cooked, braised

Common Measures:

Measure 1 = 194g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23552

Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Refuse: 4% Bone and heavy connective tissue, 4%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.09		0	PAK	1		51.93	277.11	
Energy	kcal	207		0	NC	4		176	941	
Energy	kJ	868		0	NC	4		738	3938	
Protein (N x 6.25)	g	25.70		0	PAK	1		21.85	116.59	
Total lipid (fat)	g	10.84		0	PAK	1		9.21	49.15	
Ash	g	1.15		0	PAK	1		0.98	5.21	
Carbohydrate, by difference	g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0	PIK	4		6	34	
Iron, Fe	mg	3.05		0	PIK	4		2.59	13.82	
Magnesium, Mg	mg	21		0	PAK	1		18	94	
Phosphorus, P	mg	212		0	PIK	4		180	962	
Potassium, K	mg	367		0	PIK	4		312	1663	
Sodium, Na	mg	71		0	PIK	4		61	324	
Zinc, Zn	mg	6.04		0	PAK	1		5.13	27.39	
Copper, Cu	mg	0.096		0	PAK	1		0.082	0.436	
Manganese, Mn	mg	0.000		0	PAK	1		0.000	0.002	
Selenium, Se	mcg	29.1		0	PIK	4		24.7	132.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.086		0	PIK	4		0.073	0.390	
Riboflavin	mg	0.240		0	PIK	4		0.204	1.091	
Niacin	mg	3.393		0	PIK	4		2.884	15.389	
Pantothenic acid	mg	0.011		0	PAK	1		0.009	0.048	
Vitamin B-6	mg	0.268		0	PIK	4		0.228	1.216	
Folate, total	mcg	9		0	PIK	4		8	41	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	9		0	PIK	4		8	41	
Folate, DFE	mcg_DFE	9		0	NC	4		8	41	
Choline, total	mg	97.9		0	BFPN	4		83.2	444.1	
Betaine	mg									
Vitamin B-12	mcg	2.97		0	PIK	4		2.53	13.49	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	PIK	4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.16		0	PIK	4		0.13	0.71	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.904		0	PIK	4		3.318	17.708	
4:0	g	0.000		0	PAK	1		0.000	0.000	

NDB No. 23552

Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	PAK	1		0.000	0.000	
8:0 ... g	0.000		0	PAK	1		0.000	0.000	
10:0 ... g	0.019		0	PAK	1		0.016	0.086	
12:0 ... g	0.018		0	PAK	1		0.015	0.080	
13:0 ... g									
14:0 ... g	0.279		0	PAK	1		0.238	1.268	
15:0 ... g									
16:0 ... g	2.396		0	PAK	1		2.036	10.867	
17:0 ... g									
18:0 ... g	1.183		0	PAK	1		1.005	5.366	
20:0 ... g	0.009		0	PAK	1		0.008	0.042	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.179		0	PIK	4		4.402	23.493	
14:1 ... g	0.041		0	PAK	1		0.035	0.186	
15:1 ... g									
16:1 undifferentiated ... g	0.399		0	PAK	1		0.339	1.812	
17:1 ... g									
18:1 undifferentiated ... g	4.727		0	PAK	1		4.018	21.440	
20:1 ... g	0.012		0	PAK	1		0.010	0.054	
22:1 undifferentiated ... g	0.000		0	PAK	1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.455		0	PIK	4		0.387	2.063	
18:2 undifferentiated ... g	0.323		0	PAK	1		0.275	1.467	
18:3 undifferentiated ... g	0.101		0	PAK	1		0.086	0.459	
18:4 ... g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.030		0	PAK	1		0.026	0.137	
20:5 n-3 (EPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	69		0	PAK	1		59	314	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.278		0	PAK	1		0.236	1.260	
Threonine ... g	1.186		0	PAK	1		1.008	5.380	
Isoleucine ... g	1.322		0	PAK	1		1.124	5.998	
Leucine ... g	2.265		0	PAK	1		1.926	10.276	
Lysine ... g	2.404		0	PAK	1		2.044	10.906	
Methionine ... g	0.727		0	PAK	1		0.618	3.298	
Cystine ... g	0.276		0	PAK	1		0.235	1.253	
Phenylalanine ... g	1.111		0	PAK	1		0.945	5.041	
Tyrosine ... g	0.940		0	PAK	1		0.799	4.263	
Valine ... g	1.386		0	PAK	1		1.178	6.286	
Arginine ... g	1.729		0	PAK	1		1.469	7.841	
Histidine ... g	0.830		0	PAK	1		0.706	3.765	
Alanine ... g	1.553		0	PAK	1		1.320	7.047	
Aspartic acid ... g	2.556		0	PAK	1		2.173	11.594	
Glutamic acid ... g	4.113		0	PAK	1		3.496	18.655	
Glycine ... g	1.227		0	PAK	1		1.043	5.567	
Proline ... g	1.088		0	PAK	1		0.925	4.936	
Serine ... g	1.030		0	PAK	1		0.875	4.672	
Hydroxyproline ... g	0.115		0	PAK	1		0.098	0.523	
Others:									
Alcohol, ethyl ... g	0.0		0	PIK	4		0.0	0.0	
Caffeine ... mg	0		0	PIK	4		0	0	
Theobromine ... mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23552

Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23528

Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

URMIS #1947

Refuse: 4% Bone and heavy connective tissue, 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.38		0	PAK	1		51.32	273.87	
Energy....kcal	216		0	NC	4		183	978	
Energy....kJ	903		0	NC	4		767	4094	
Protein (N x 6.25)....g	24.61		0	PAK	1		20.92	111.63	
Total lipid (fat)....g	12.26		0	PAK	1		10.43	55.63	
Ash....g	1.07		0	PAK	1		0.91	4.86	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	PIK	4		6	35	
Iron, Fe....mg	3.02		0	PIK	4		2.56	13.68	
Magnesium, Mg....mg	20		0	PAK	1		17	93	
Phosphorus, P....mg	210		0	PIK	4		178	952	
Potassium, K....mg	363		0	PIK	4		308	1645	
Sodium, Na....mg	71		0	PIK	4		60	322	
Zinc, Zn....mg	5.95		0	PAK	1		5.06	27.00	
Copper, Cu....mg	0.095		0	PAK	1		0.081	0.432	
Manganese, Mn....mg	0.001		0	PAK	1		0.001	0.003	
Selenium, Se....mcg	28.9		0	PIK	4		24.6	131.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.082		0	PIK	4		0.070	0.373	
Riboflavin....mg	0.230		0	PIK	4		0.196	1.044	
Niacin....mg	3.251		0	PIK	4		2.764	14.748	
Pantothenic acid....mg	0.013		0	PAK	1		0.011	0.060	
Vitamin B-6....mg	0.257		0	PIK	4		0.219	1.167	
Folate, total....mcg	9		0	PIK	4		7	40	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	9		0	PIK	4		7	40	
Folate, DFE....mcg_DFE	9		0	NC	4		7	40	
Choline, total....mg	93.7		0	BFPN	4		79.7	425.2	
Betaine....mg									
Vitamin B-12....mcg	2.85		0	PIK	4		2.43	12.95	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PIK	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.15		0	PIK	4		0.13	0.70	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.1	0.8	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	PAK	1		0.1	0.8	
Vitamin D....IU	7		0	PAK	1		6	30	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.285		0	PIK	4		3.642	19.436	
4:0....g	0.000		0	PAK	1		0.000	0.000	

NDB No. 23528

Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	PAK	1		0.000	0.000	
8:0 ... g	0.000		0	PAK	1		0.000	0.000	
10:0 ... g	0.024		0	PAK	1		0.020	0.107	
12:0 ... g	0.022		0	PAK	1		0.019	0.099	
13:0 ... g									
14:0 ... g	0.306		0	PAK	1		0.260	1.389	
15:0 ... g									
16:0 ... g	2.633		0	PAK	1		2.238	11.945	
17:0 ... g									
18:0 ... g	1.291		0	PAK	1		1.097	5.855	
20:0 ... g	0.009		0	PAK	1		0.008	0.041	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.870		0	PIK	4		4.989	26.626	
14:1 ... g	0.036		0	PAK	1		0.031	0.166	
15:1 ... g									
16:1 undifferentiated ... g	0.458		0	PAK	1		0.389	2.075	
17:1 ... g									
18:1 undifferentiated ... g	5.361		0	PAK	1		4.557	24.318	
20:1 ... g	0.015		0	PAK	1		0.013	0.068	
22:1 undifferentiated ... g	0.000		0	PAK	1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.461		0	PIK	4		0.392	2.092	
18:2 undifferentiated ... g	0.324		0	PAK	1		0.276	1.471	
18:3 undifferentiated ... g	0.118		0	PAK	1		0.101	0.537	
18:4 ... g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.018		0	PAK	1		0.016	0.083	
20:5 n-3 (EPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	67		0	PAK	1		57	302	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.266		0	PAK	1		0.226	1.206	
Threonine ... g	1.135		0	PAK	1		0.965	5.148	
Isoleucine ... g	1.265		0	PAK	1		1.075	5.736	
Leucine ... g	2.167		0	PAK	1		1.842	9.829	
Lysine ... g	2.300		0	PAK	1		1.955	10.431	
Methionine ... g	0.696		0	PAK	1		0.591	3.155	
Cystine ... g	0.265		0	PAK	1		0.225	1.201	
Phenylalanine ... g	1.063		0	PAK	1		0.904	4.822	
Tyrosine ... g	0.899		0	PAK	1		0.764	4.078	
Valine ... g	1.326		0	PAK	1		1.127	6.013	
Arginine ... g	1.654		0	PAK	1		1.406	7.504	
Histidine ... g	0.795		0	PAK	1		0.676	3.607	
Alanine ... g	1.487		0	PAK	1		1.264	6.747	
Aspartic acid ... g	2.446		0	PAK	1		2.079	11.093	
Glutamic acid ... g	3.936		0	PAK	1		3.345	17.852	
Glycine ... g	1.177		0	PAK	1		1.000	5.337	
Proline ... g	1.042		0	PAK	1		0.886	4.728	
Serine ... g	0.986		0	PAK	1		0.838	4.471	
Hydroxyproline ... g	0.109		0	PAK	1		0.093	0.496	
Others:									
Alcohol, ethyl ... g	0.0		0	PIK	4		0.0	0.0	
Caffeine ... mg	0		0	PIK	4		0	0	
Theobromine ... mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23528

Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23531

Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

URMIS #1132

Refuse: 5% Bone and heavy connective tissue, 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.13		0	PAK	1		52.81	281.84	
Energy....kcal	196		0	NC	4		166	887	
Energy....kJ	818		0	NC	4		695	3711	
Protein (N x 6.25)....g	27.30		0	PAK	1		23.20	123.82	
Total lipid (fat)....g	8.76		0	PAK	1		7.44	39.71	
Ash....g	1.26		0	PAK	1		1.07	5.72	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	PIK	4		6	33	
Iron, Fe....mg	3.09		0	PIK	4		2.63	14.03	
Magnesium, Mg....mg	21		0	PAK	1		18	96	
Phosphorus, P....mg	215		0	PIK	4		183	976	
Potassium, K....mg	372		0	PIK	4		317	1689	
Sodium, Na....mg	72		0	PIK	4		61	327	
Zinc, Zn....mg	6.16		0	PAK	1		5.24	27.96	
Copper, Cu....mg	0.097		0	PAK	1		0.083	0.442	
Manganese, Mn....mg	0.000		0	PAK	1		0.000	0.001	
Selenium, Se....mcg	29.4		0	PIK	4		25.0	133.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.092		0	PIK	4		0.078	0.415	
Riboflavin....mg	0.256		0	PIK	4		0.217	1.160	
Niacin....mg	3.599		0	PIK	4		3.059	16.323	
Pantothenic acid....mg	0.007		0	PAK	1		0.006	0.031	
Vitamin B-6....mg	0.284		0	PIK	4		0.241	1.287	
Folate, total....mcg	10		0	PIK	4		8	44	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	10		0	PIK	4		8	44	
Folate, DFE....mcg_DFE	10		0	NC	4		8	44	
Choline, total....mg	104.0		0	BFPN	4		88.4	471.6	
Betaine....mg									
Vitamin B-12....mcg	3.15		0	PIK	4		2.67	14.27	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PIK	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.16		0	PIK	4		0.14	0.73	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.1	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	PAK	1		0.1	0.6	
Vitamin D....IU	6		0	PAK	1		5	25	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.349		0	PIK	4		2.847	15.191	
4:0....g	0.000		0	PAK	1		0.000	0.000	

NDB No. 23531

Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	PAK	1		0.000	0.000	
8:0 ... g	0.000		0	PAK	1		0.000	0.000	
10:0 ... g	0.012		0	PAK	1		0.010	0.056	
12:0 ... g	0.011		0	PAK	1		0.010	0.052	
13:0 ... g									
14:0 ... g	0.241		0	PAK	1		0.204	1.091	
15:0 ... g									
16:0 ... g	2.049		0	PAK	1		1.742	9.296	
17:0 ... g									
18:0 ... g	1.026		0	PAK	1		0.872	4.653	
20:0 ... g	0.010		0	PAK	1		0.008	0.043	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.173		0	PIK	4		3.547	18.927	
14:1 ... g	0.048		0	PAK	1		0.041	0.216	
15:1 ... g									
16:1 undifferentiated ... g	0.315		0	PAK	1		0.267	1.427	
17:1 ... g									
18:1 undifferentiated ... g	3.802		0	PAK	1		3.232	17.248	
20:1 ... g	0.008		0	PAK	1		0.007	0.035	
22:1 undifferentiated ... g	0.000		0	PAK	1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.446		0	PIK	4		0.379	2.021	
18:2 undifferentiated ... g	0.322		0	PAK	1		0.274	1.460	
18:3 undifferentiated ... g	0.076		0	PAK	1		0.065	0.345	
18:4 ... g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.048		0	PAK	1		0.041	0.216	
20:5 n-3 (EPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	73		0	PAK	1		62	332	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.295		0	PAK	1		0.251	1.337	
Threonine ... g	1.260		0	PAK	1		1.071	5.717	
Isoleucine ... g	1.406		0	PAK	1		1.195	6.379	
Leucine ... g	2.409		0	PAK	1		2.047	10.926	
Lysine ... g	2.557		0	PAK	1		2.173	11.597	
Methionine ... g	0.773		0	PAK	1		0.657	3.506	
Cystine ... g	0.293		0	PAK	1		0.249	1.331	
Phenylalanine ... g	1.182		0	PAK	1		1.004	5.359	
Tyrosine ... g	0.999		0	PAK	1		0.849	4.531	
Valine ... g	1.473		0	PAK	1		1.252	6.683	
Arginine ... g	1.837		0	PAK	1		1.562	8.333	
Histidine ... g	0.881		0	PAK	1		0.749	3.996	
Alanine ... g	1.650		0	PAK	1		1.402	7.484	
Aspartic acid ... g	2.717		0	PAK	1		2.310	12.325	
Glutamic acid ... g	4.371		0	PAK	1		3.715	19.826	
Glycine ... g	1.301		0	PAK	1		1.106	5.902	
Proline ... g	1.155		0	PAK	1		0.982	5.239	
Serine ... g	1.094		0	PAK	1		0.930	4.964	
Hydroxyproline ... g	0.124		0	PAK	1		0.105	0.562	
Others:									
Alcohol, ethyl ... g	0.0		0	PIK	4		0.0	0.0	
Caffeine ... mg	0		0	PIK	4		0	0	
Theobromine ... mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23531

Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23514

Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Refuse: 10% Bone and heavy connective tissue, 4%, separable fat, 6%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	64.32		0	PAK	1		54.67	291.74	
Energy ... kcal	172		0	NC	4		146	779	
Energy ... kJ	718		0	NC	4		611	3258	
Protein (N x 6.25) ... g	26.82		0	PAK	1		22.80	121.66	
Total lipid (fat) ... g	6.34		0	PAK	1		5.39	28.74	
Ash ... g	1.20		0	PAK	1		1.02	5.44	
Carbohydrate, by difference ... g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary ... g	0.0		0	PIK	4		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	7		0	PIK	4		6	32	
Iron, Fe ... mg	3.20		0	PIK	4		2.72	14.51	
Magnesium, Mg ... mg	22		0	PAK	1		19	99	
Phosphorus, P ... mg	222		0	PIK	4		189	1008	
Potassium, K ... mg	385		0	PIK	4		328	1748	
Sodium, Na ... mg	74		0	PIK	4		63	334	
Zinc, Zn ... mg	6.39		0	PAK	1		5.43	28.99	
Copper, Cu ... mg	0.100		0	PAK	1		0.085	0.454	
Manganese, Mn ... mg									
Selenium, Se ... mcg	30.0		0	PAK	1		25.5	136.1	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	PIK	4		0.0	0.0	
Thiamin ... mg	0.090		0	PIK	4		0.077	0.409	
Riboflavin ... mg	0.252		0	PIK	4		0.214	1.142	
Niacin ... mg	3.529		0	PIK	4		3.000	16.009	
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.278		0	PIK	4		0.236	1.259	
Folate, total ... mcg	10		0	PIK	4		8	43	
Folic acid ... mcg	0		0	PIK	4		0	0	
Folate, food ... mcg	10		0	PIK	4		8	43	
Folate, DFE ... mcg_DFE	10		0	NC	4		8	43	
Choline, total ... mg	102.2		0	BFPN	4		86.8	463.4	
Betaine ... mg									
Vitamin B-12 ... mcg	3.07		0	PIK	4		2.61	13.94	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	AS	1		0	0	
Retinol ... mcg	0		0	Z	7		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0	PIK	4		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.17		0	PIK	4		0.14	0.77	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	2.037		0	PIK	4		1.732	9.241	
4:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 23514

Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g									
12:0 g	0.000		0	PAK	1		0.000	0.000	
13:0 g									
14:0 g	0.122		0	PAK	1		0.104	0.554	
15:0 g									
16:0 g	1.229		0	PAK	1		1.045	5.574	
17:0 g									
18:0 g	0.676		0	PAK	1		0.575	3.068	
20:0 g	0.010		0	PAK	1		0.009	0.045	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.270		0	PIK	4		2.779	14.832	
14:1 g	0.044		0	PAK	1		0.037	0.200	
15:1 g									
16:1 undifferentiated g	0.192		0	PAK	1		0.163	0.870	
17:1 g									
18:1 undifferentiated g	3.034		0	PAK	1		2.579	13.762	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.287		0	PIK	4		0.244	1.300	
18:2 undifferentiated g	0.224		0	PAK	1		0.191	1.018	
18:3 undifferentiated g	0.030		0	PAK	1		0.026	0.136	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.032		0	PAK	1		0.027	0.146	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	67		0	PAK	1		57	305	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.289		0	PAK	1		0.246	1.313	
Threonine g	1.240		0	PAK	1		1.054	5.623	
Isoleucine g	1.385		0	PAK	1		1.177	6.282	
Leucine g	2.371		0	PAK	1		2.015	10.756	
Lysine g	2.517		0	PAK	1		2.140	11.418	
Methionine g	0.761		0	PAK	1		0.647	3.451	
Cystine g	0.288		0	PAK	1		0.245	1.306	
Phenylalanine g	1.163		0	PAK	1		0.989	5.275	
Tyrosine g	0.983		0	PAK	1		0.836	4.459	
Valine g	1.450		0	PAK	1		1.233	6.579	
Arginine g	1.807		0	PAK	1		1.536	8.197	
Histidine g	0.865		0	PAK	1		0.735	3.922	
Alanine g	1.621		0	PAK	1		1.378	7.354	
Aspartic acid g	2.674		0	PAK	1		2.273	12.128	
Glutamic acid g	4.299		0	PAK	1		3.654	19.502	
Glycine g	1.275		0	PAK	1		1.084	5.784	
Proline g	1.134		0	PAK	1		0.964	5.144	
Serine g	1.076		0	PAK	1		0.915	4.882	
Hydroxyproline g	0.124		0	PAK	1		0.105	0.562	
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0	0.0	
Caffeine mg	0		0	PIK	4		0	0	
Theobromine mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23514

Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13937

Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

URMIS #1947

Refuse: 11% Bone and heavy connective tissue, 3%, separable fat, 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.39	0.675	8	A	1		54.73		
Energy....kcal	171		0	NC	4		145		
Energy....kJ	716		0	NC	4		609		
Protein (N x 6.25)....g	25.95	0.760	8	A	1		22.06		
Total lipid (fat)....g	6.69	0.400	8	A	1		5.69		
Ash....g	1.13	0.035	8	A	1		0.96		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFNY	4		6		
Iron, Fe....mg	3.20		0	BFNY	4		2.72		
Magnesium, Mg....mg	22	0.001	4	A	1		19		
Phosphorus, P....mg	223		0	BFNY	4		189		
Potassium, K....mg	386		0	BFNY	4		328		
Sodium, Na....mg	74		0	BFNY	4		63		
Zinc, Zn....mg	6.39	0.000	4	A	1		5.43		
Copper, Cu....mg	0.100	0.000	4	A	1		0.085		
Manganese, Mn....mg									
Selenium, Se....mcg	30.0	0.000	4	A	1		25.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.087		0	BFPY	4		0.074		
Riboflavin....mg	0.244		0	BFPY	4		0.207		
Niacin....mg	3.415		0	BFPY	4		2.902		
Pantothenic acid....mg									
Vitamin B-6....mg	0.269		0	BFPY	4		0.228		
Folate, total....mcg	9		0	BFPY	4		8		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFPY	4		8		
Folate, DFE....mcg_DFE	9		0	NC	4		8		
Choline, total....mg	98.8		0	BFPN	4		84.0		
Betaine....mg									
Vitamin B-12....mcg	2.97		0	BFPY	4		2.53		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.17		0	NR	4		0.14		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		4	AS	1		0.1		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1	0.034	4	A	1		0.1		
Vitamin D....IU	6	1.346	4	A	1		5		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.960		0	NC	4		1.666		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 13937

Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		0	Z	7		0.000		
10:0 g									
12:0 g	0.000	0.000	4	A	1		0.000		
13:0 g									
14:0 g	0.110	0.010	4	A	1		0.094		
15:0 g									
16:0 g	1.180	0.095	4	A	1		1.003		
17:0 g									
18:0 g	0.660	0.075	4	A	1		0.561		
20:0 g	0.010	0.005	4	A	1		0.009		
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.510		0	NC	4		2.984		
14:1 g	0.040	0.015	4	A	1		0.034		
15:1 g									
16:1 undifferentiated g	0.200	0.020	4	A	1		0.170		
17:1 g									
18:1 undifferentiated g	3.270	0.435	4	A	1		2.780		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.250		0	NC	4		0.213		
18:2 undifferentiated g	0.200	0.010	4	A	1		0.170		
18:3 undifferentiated g	0.030	0.005	4	A	1		0.026		
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020	0.005	4	A	1		0.017		
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	64	0.004	4	A	1		54		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.280		0	A	1		0.238		
Threonine g	1.199		0	A	1		1.019		
Isoleucine g	1.340		0	A	1		1.139		
Leucine g	2.294		0	A	1		1.950		
Lysine g	2.435		0	A	1		2.070		
Methionine g	0.736		0	A	1		0.626		
Cystine g	0.279		0	A	1		0.237		
Phenylalanine g	1.125		0	A	1		0.956		
Tyrosine g	0.951		0	A	1		0.808		
Valine g	1.403		0	A	1		1.193		
Arginine g	1.748		0	A	1		1.486		
Histidine g	0.837		0	A	1		0.711		
Alanine g	1.569		0	A	1		1.333		
Aspartic acid g	2.587		0	A	1		2.199		
Glutamic acid g	4.160		0	A	1		3.536		
Glycine g	1.234		0	A	1		1.049		
Proline g	1.097		0	A	1		0.933		
Serine g	1.041		0	A	1		0.885		
Hydroxyproline g	0.120		0	BFPN	4		0.102		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13937

Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13940

Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

URMIS #1132

Refuse: 9% Bone and heavy connective tissue, 5%, separable fat, 4%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.21	0.890	6	A	1		54.58		
Energy....kcal	172		0	NC	4		147		
Energy....kJ	721		0	NC	4		613		
Protein (N x 6.25)....g	28.09	0.710	6	A	1		23.88		
Total lipid (fat)....g	5.82	0.290	6	A	1		4.95		
Ash....g	1.30	0.090	6	A	1		1.11		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFNY	4		6		
Iron, Fe....mg	3.19		0	BFNY	4		2.71		
Magnesium, Mg....mg	22	0.001	4	A	1		19		
Phosphorus, P....mg	222		0	BFNY	4		189		
Potassium, K....mg	384		0	BFNY	4		327		
Sodium, Na....mg	74		0	BFNY	4		63		
Zinc, Zn....mg	6.39	0.000	4	A	1		5.43		
Copper, Cu....mg	0.100	0.000	4	A	1		0.085		
Manganese, Mn....mg									
Selenium, Se....mcg	30.0	0.000	4	A	1		25.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.094		0	BFPY	4		0.080		
Riboflavin....mg	0.264		0	BFPY	4		0.224		
Niacin....mg	3.696		0	BFPY	4		3.142		
Pantothenic acid....mg									
Vitamin B-6....mg	0.291		0	BFPY	4		0.247		
Folate, total....mcg	10		0	BFPY	4		9		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	10		0	BFPY	4		9		
Folate, DFE....mcg_DFE	10		0	NC	4		9		
Choline, total....mg	107.0		0	BFPN	4		90.9		
Betaine....mg									
Vitamin B-12....mcg	3.22		0	BFPY	4		2.74		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.17		0	NR	4		0.14		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		2	AS	1		0.1		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		2	A	1		0.1		
Vitamin D....IU	5		2	A	1		4		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.150		0	NC	4		1.828		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 13940

Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g									
12:0....g	0.000	0.000	3	A	1		0.000		
13:0....g									
14:0....g	0.140	0.006	3	A	1		0.119		
15:0....g									
16:0....g	1.300	0.092	3	A	1		1.105		
17:0....g									
18:0....g	0.700	0.035	3	A	1		0.595		
20:0....g	0.010	0.000	3	A	1		0.009		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.920		0	NC	4		2.482		
14:1....g	0.050	0.006	3	A	1		0.043		
15:1....g									
16:1 undifferentiated....g	0.180	0.029	3	A	1		0.153		
17:1....g									
18:1 undifferentiated....g	2.690	0.358	3	A	1		2.287		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.340		0	NC	4		0.289		
18:2 undifferentiated....g	0.260	0.029	3	A	1		0.221		
18:3 undifferentiated....g	0.030	0.006	3	A	1		0.026		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050	0.006	3	A	1		0.043		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	72	0.007	3	A	1		61		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.303		0	A	1		0.258		
Threonine....g	1.298		0	A	1		1.104		
Isoleucine....g	1.451		0	A	1		1.233		
Leucine....g	2.483		0	A	1		2.111		
Lysine....g	2.636		0	A	1		2.241		
Methionine....g	0.797		0	A	1		0.677		
Cystine....g	0.302		0	A	1		0.256		
Phenylalanine....g	1.218		0	A	1		1.035		
Tyrosine....g	1.030		0	A	1		0.875		
Valine....g	1.519		0	A	1		1.291		
Arginine....g	1.893		0	A	1		1.609		
Histidine....g	0.906		0	A	1		0.770		
Alanine....g	1.698		0	A	1		1.443		
Aspartic acid....g	2.800		0	A	1		2.380		
Glutamic acid....g	4.503		0	A	1		3.827		
Glycine....g	1.335		0	A	1		1.135		
Proline....g	1.188		0	A	1		1.010		
Serine....g	1.127		0	A	1		0.958		
Hydroxyproline....g	0.130		0	BFPN	4		0.110		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13940

Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23515

Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Refuse: 19% Bone and heavy connective tissue, 8%, separable fat, 11%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.92		0	PAK	1		55.18	294.47	
Energy....kcal	173		0	PIK	4		147	785	
Energy....kJ	726		0	PIK	4		617	3291	
Protein (N x 6.25)....g	26.36		0	PAK	1		22.41	119.59	
Total lipid (fat)....g	6.75		0	PAK	1		5.73	30.60	
Ash....g	1.17		0	PAK	1		1.00	5.33	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	PIK	4		6	31	
Iron, Fe....mg	3.09		0	PIK	4		2.62	14.00	
Magnesium, Mg....mg	22		0	PAK	1		19	99	
Phosphorus, P....mg	215		0	PIK	4		182	973	
Potassium, K....mg	372		0	PIK	4		316	1687	
Sodium, Na....mg	71		0	PIK	4		61	323	
Zinc, Zn....mg	6.39		0	PAK	1		5.43	28.99	
Copper, Cu....mg	0.100		0	PAK	1		0.085	0.454	
Manganese, Mn....mg									
Selenium, Se....mcg	30.0		0	PAK	1		25.5	136.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.089		0	PIK	4		0.075	0.402	
Riboflavin....mg	0.247		0	PIK	4		0.210	1.122	
Niacin....mg	3.469		0	PIK	4		2.949	15.736	
Pantothenic acid....mg									
Vitamin B-6....mg	0.273		0	PIK	4		0.232	1.238	
Folate, total....mcg	9		0	PIK	4		8	43	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	9		0	PIK	4		8	43	
Folate, DFE....mcg_DFE	9		0	NC	4		8	43	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.02		0	PIK	4		2.57	13.70	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.17		0	PIK	4		0.14	0.75	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.144		0	PIK	4		1.822	9.725	
4:0....g									
6:0....g									
8:0....g									

NDB No. 23515

Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g									
12:0 ... g	0.000		0	PAK	1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.132		0	PAK	1		0.112	0.598	
15:0 ... g									
16:0 ... g	1.319		0	PAK	1		1.121	5.985	
17:0 ... g									
18:0 ... g	0.683		0	PAK	1		0.580	3.097	
20:0 ... g	0.010		0	PAK	1		0.009	0.045	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.294		0	PIK	4		2.800	14.940	
14:1 ... g	0.052		0	PAK	1		0.044	0.235	
15:1 ... g									
16:1 undifferentiated ... g	0.203		0	PAK	1		0.173	0.922	
17:1 ... g									
18:1 undifferentiated ... g	3.038		0	PAK	1		2.583	13.782	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.290		0	PIK	4		0.247	1.315	
18:2 undifferentiated ... g	0.226		0	PAK	1		0.192	1.025	
18:3 undifferentiated ... g	0.026		0	PAK	1		0.022	0.118	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.038		0	PAK	1		0.032	0.173	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	71		0	PIK	4		61	324	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.285		0	PAK	1		0.242	1.291	
Threonine ... g	1.219		0	PAK	1		1.036	5.527	
Isoleucine ... g	1.361		0	PAK	1		1.157	6.176	
Leucine ... g	2.331		0	PAK	1		1.981	10.573	
Lysine ... g	2.474		0	PAK	1		2.103	11.224	
Methionine ... g	0.748		0	PAK	1		0.636	3.392	
Cystine ... g	0.283		0	PAK	1		0.241	1.284	
Phenylalanine ... g	1.143		0	PAK	1		0.972	5.185	
Tyrosine ... g	0.966		0	PAK	1		0.821	4.383	
Valine ... g	1.426		0	PAK	1		1.212	6.467	
Arginine ... g	1.776		0	PAK	1		1.510	8.058	
Histidine ... g	0.850		0	PAK	1		0.722	3.855	
Alanine ... g	1.594		0	PAK	1		1.355	7.228	
Aspartic acid ... g	2.628		0	PAK	1		2.234	11.922	
Glutamic acid ... g	4.226		0	PAK	1		3.592	19.170	
Glycine ... g	1.253		0	PAK	1		1.065	5.685	
Proline ... g	1.115		0	PAK	1		0.948	5.056	
Serine ... g	1.058		0	PAK	1		0.899	4.799	
Hydroxyproline ... g	0.122		0	PAK	1		0.104	0.553	
Others:									
Alcohol, ethyl ... g	0.0		0	PIK	4		0.0	0.0	
Caffeine ... mg	0		0	PIK	4		0	0	
Theobromine ... mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23515

Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23513

Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw

Refuse: 9% Bone and heavy connective tissue, 4%, separable fat, 5%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.41		0	PAK	1		332.98	20.81	
Energy	kcal	129		0	PIK	4		585	37	
Energy	kJ	540		0	PIK	4		2450	153	
Protein (N x 6.25)	g	19.63		0	PAK	1		89.04	5.57	
Total lipid (fat)	g	5.02		0	PAK	1		22.78	1.42	
Ash	g	1.17		0	PAK	1		5.32	0.33	
Carbohydrate, by difference	g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	PIK	4		26	2	
Iron, Fe	mg	2.35		0	PIK	4		10.67	0.67	
Magnesium, Mg	mg	22		0	PAK	1		99	6	
Phosphorus, P	mg	192		0	PIK	4		873	55	
Potassium, K	mg	354		0	PIK	4		1607	100	
Sodium, Na	mg	64		0	PIK	4		289	18	
Zinc, Zn	mg	4.83		0	PAK	1		21.91	1.37	
Copper, Cu	mg	0.090		0	PIK	4		0.406	0.025	
Manganese, Mn	mg									
Selenium, Se	mcg	30.0		0	PAK	1		136.1	8.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.120		0	PIK	4		0.544	0.034	
Riboflavin	mg	0.194		0	PIK	4		0.880	0.055	
Niacin	mg	3.444		0	PIK	4		15.623	0.976	
Pantothenic acid	mg									
Vitamin B-6	mg	0.406		0	PIK	4		1.843	0.115	
Folate, total	mcg	7		0	PIK	4		34	2	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	7		0	PIK	4		34	2	
Folate, DFE	mcg_DFE	7		0	NC	4		34	2	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	3.21		0	PIK	4		14.58	0.91	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.13		0	PIK	4		0.57	0.04	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.414		0	PIK	4		6.414	0.401	
4:0	g									
6:0	g									
8:0	g									

NDB No. 23513

Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.000		0	PAK	1		0.000	0.000	
13:0 g									
14:0 g	0.082		0	PAK	1		0.373	0.023	
15:0 g									
16:0 g	0.851		0	PAK	1		3.860	0.241	
17:0 g									
18:0 g	0.471		0	PAK	1		2.135	0.133	
20:0 g	0.010		0	PAK	1		0.045	0.003	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.965		0	PIK	4		8.911	0.557	
14:1 g	0.030		0	PAK	1		0.136	0.009	
15:1 g									
16:1 undifferentiated g	0.096		0	PAK	1		0.435	0.027	
17:1 g									
18:1 undifferentiated g	1.839		0	PAK	1		8.340	0.521	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.286		0	PIK	4		1.295	0.081	
18:2 undifferentiated g	0.218		0	PAK	1		0.988	0.062	
18:3 undifferentiated g	0.022		0	PAK	1		0.099	0.006	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.046		0	PAK	1		0.208	0.013	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	59		0	PIK	4		266	17	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.212		0	PAK	1		0.961	0.060	
Threonine g	0.907		0	PAK	1		4.115	0.257	
Isoleucine g	1.014		0	PAK	1		4.598	0.287	
Leucine g	1.735		0	PAK	1		7.872	0.492	
Lysine g	1.842		0	PAK	1		8.357	0.522	
Methionine g	0.557		0	PAK	1		2.526	0.158	
Cystine g	0.211		0	PAK	1		0.956	0.060	
Phenylalanine g	0.851		0	PAK	1		3.861	0.241	
Tyrosine g	0.719		0	PAK	1		3.264	0.204	
Valine g	1.062		0	PAK	1		4.815	0.301	
Arginine g	1.323		0	PAK	1		6.000	0.375	
Histidine g	0.633		0	PAK	1		2.871	0.179	
Alanine g	1.187		0	PAK	1		5.382	0.336	
Aspartic acid g	1.957		0	PAK	1		8.877	0.555	
Glutamic acid g	3.147		0	PAK	1		14.274	0.892	
Glycine g	0.933		0	PAK	1		4.233	0.265	
Proline g	0.830		0	PAK	1		3.765	0.235	
Serine g	0.788		0	PAK	1		3.573	0.223	
Hydroxyproline g	0.091		0	PAK	1		0.411	0.026	
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0	0.0	
Caffeine mg	0		0	PIK	4		0	0	
Theobromine mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23513

Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23533

Beef, chuck, clod steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, braised

URMIS #1948

Refuse: 6% Bone and heavy connective tissue, 6%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	56.27		0	PAK	1		47.83	255.23	
Energy ... kcal	231		0	PIK	4		196	1048	
Energy ... kJ	965		0	PIK	4		820	4376	
Protein (N x 6.25) ... g	28.06		0	PAK	1		23.85	127.29	
Total lipid (fat) ... g	12.28		0	PAK	1		10.44	55.69	
Ash ... g	1.12		0	PAK	1		0.96	5.10	
Carbohydrate, by difference ... g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary ... g	0.0		0	PIK	4		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	8		0	PIK	4		7	35	
Iron, Fe ... mg	3.63		0	PAK	1		3.08	16.44	
Magnesium, Mg ... mg	21		0	PAK	1		18	94	
Phosphorus, P ... mg	186		0	PIK	4		158	844	
Potassium, K ... mg	290		0	PIK	4		246	1315	
Sodium, Na ... mg	54		0	PIK	4		46	244	
Zinc, Zn ... mg	6.76		0	PIK	4		5.75	30.68	
Copper, Cu ... mg	0.126		0	PIK	4		0.107	0.572	
Manganese, Mn ... mg	0.001		0	PAK	1		0.000	0.002	
Selenium, Se ... mcg	29.0		0	PIK	4		24.7	131.6	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	PIK	4		0.0	0.0	
Thiamin ... mg	0.077		0	PIK	4		0.066	0.351	
Riboflavin ... mg	0.236		0	PIK	4		0.200	1.069	
Niacin ... mg	2.748		0	PIK	4		2.336	12.466	
Pantothenic acid ... mg	0.012		0	PAK	1		0.010	0.053	
Vitamin B-6 ... mg	0.208		0	PIK	4		0.177	0.944	
Folate, total ... mcg	7		0	PIK	4		6	31	
Folic acid ... mcg	0		0	PIK	4		0	0	
Folate, food ... mcg	7		0	PIK	4		6	31	
Folate, DFE ... mcg_DFE	7		0	NC	4		6	31	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	2.80		0	PIK	4		2.38	12.70	
Vitamin A, RAE ... mcg_RAE	0		0	AS	1		0	0	
Retinol ... mcg	0		0	Z	7		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0	AS	1		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.18		0	PIK	4		0.15	0.81	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	4.157		0	PIK	4		3.533	18.854	
4:0 ... g	0.000		0	PAK	1		0.000	0.000	
6:0 ... g	0.000		0	PAK	1		0.000	0.000	
8:0 ... g	0.000		0	PAK	1		0.000	0.000	

NDB No. 23533

Beef, chuck, clod steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.021		0	PAK	1		0.018	0.095	
12:0 g	0.019		0	PAK	1		0.016	0.088	
13:0 g									
14:0 g	0.292		0	PAK	1		0.248	1.325	
15:0 g									
16:0 g	2.562		0	PAK	1		2.178	11.622	
17:0 g									
18:0 g	1.244		0	PAK	1		1.057	5.641	
20:0 g	0.018		0	PAK	1		0.016	0.084	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.636		0	PIK	4		4.791	25.564	
14:1 g	0.046		0	PAK	1		0.039	0.209	
15:1 g									
16:1 undifferentiated g	0.436		0	PAK	1		0.371	1.979	
17:1 g									
18:1 undifferentiated g	5.140		0	PAK	1		4.369	23.317	
20:1 g	0.013		0	PAK	1		0.011	0.060	
22:1 undifferentiated g	0.000		0	PAK	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.464		0	PIK	4		0.394	2.104	
18:2 undifferentiated g	0.337		0	PAK	1		0.287	1.530	
18:3 undifferentiated g	0.108		0	PAK	1		0.092	0.490	
18:4 g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.018		0	PAK	1		0.016	0.084	
20:5 n-3 (EPA) g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	89		0	PIK	4		76	405	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.303		0	PAK	1		0.258	1.375	
Threonine g	1.295		0	PAK	1		1.101	5.874	
Isoleucine g	1.444		0	PAK	1		1.227	6.549	
Leucine g	2.473		0	PAK	1		2.102	11.219	
Lysine g	2.625		0	PAK	1		2.231	11.907	
Methionine g	0.794		0	PAK	1		0.675	3.601	
Cystine g	0.302		0	PAK	1		0.256	1.369	
Phenylalanine g	1.213		0	PAK	1		1.031	5.504	
Tyrosine g	1.026		0	PAK	1		0.872	4.654	
Valine g	1.513		0	PAK	1		1.286	6.863	
Arginine g	1.887		0	PAK	1		1.604	8.561	
Histidine g	0.906		0	PAK	1		0.770	4.111	
Alanine g	1.696		0	PAK	1		1.442	7.694	
Aspartic acid g	2.791		0	PAK	1		2.372	12.659	
Glutamic acid g	4.490		0	PAK	1		3.817	20.368	
Glycine g	1.340		0	PAK	1		1.139	6.078	
Proline g	1.188		0	PAK	1		1.010	5.389	
Serine g	1.124		0	PAK	1		0.956	5.101	
Hydroxyproline g	0.126		0	PAK	1		0.107	0.571	
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0	0.0	
Caffeine mg	0		0	PIK	4		0	0	
Theobromine mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23533

Beef, chuck, clod steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23536

Beef, chuck, clod steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, braised

URMIS #1133

Refuse: 4% Bone and heavy connective tissue, 4%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.16		0	PAK	1		50.29	268.37	
Energy....kcal	205		0	PIK	4		174	928	
Energy....kJ	856		0	PIK	4		728	3882	
Protein (N x 6.25)....g	29.84		0	PAK	1		25.36	135.34	
Total lipid (fat)....g	8.55		0	PAK	1		7.27	38.80	
Ash....g	1.21		0	PAK	1		1.03	5.48	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	PIK	4		7	40	
Iron, Fe....mg	3.76		0	PAK	1		3.20	17.08	
Magnesium, Mg....mg	21		0	PAK	1		18	97	
Phosphorus, P....mg	253		0	PIK	4		215	1146	
Potassium, K....mg	273		0	PIK	4		232	1240	
Sodium, Na....mg	63		0	PIK	4		53	285	
Zinc, Zn....mg	8.14		0	PIK	4		6.92	36.91	
Copper, Cu....mg	0.155		0	PIK	4		0.131	0.701	
Manganese, Mn....mg	0.000		0	PAK	1		0.000	0.001	
Selenium, Se....mcg	29.7		0	PIK	4		25.2	134.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.072		0	PIK	4		0.062	0.328	
Riboflavin....mg	0.262		0	PIK	4		0.223	1.188	
Niacin....mg	3.371		0	PIK	4		2.865	15.291	
Pantothenic acid....mg	0.004		0	PAK	1		0.003	0.018	
Vitamin B-6....mg	0.299		0	PIK	4		0.254	1.357	
Folate, total....mcg	10		0	PIK	4		8	45	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	10		0	PIK	4		8	45	
Folate, DFE....mcg_DFE	10		0	NC	4		8	45	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.09		0	PIK	4		2.62	14.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		0	PIK	4		0.16	0.83	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.183		0	PIK	4		2.705	14.436	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	

NDB No. 23536

Beef, chuck, clod steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.007		0	PAK	1		0.006	0.033	
12:0 ... g	0.007		0	PAK	1		0.006	0.031	
13:0 ... g									
14:0 ... g	0.209		0	PAK	1		0.178	0.950	
15:0 ... g									
16:0 ... g	1.939		0	PAK	1		1.648	8.797	
17:0 ... g									
18:0 ... g	1.010		0	PAK	1		0.859	4.582	
20:0 ... g	0.010		0	PAK	1		0.008	0.044	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.936		0	PIK	4		3.345	17.853	
14:1 ... g	0.049		0	PAK	1		0.041	0.221	
15:1 ... g									
16:1 undifferentiated ... g	0.260		0	PAK	1		0.221	1.179	
17:1 ... g									
18:1 undifferentiated ... g	3.623		0	PAK	1		3.079	16.432	
20:1 ... g	0.005		0	PAK	1		0.004	0.021	
22:1 undifferentiated ... g	0.000		0	PAK	1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.383		0	PIK	4		0.326	1.738	
18:2 undifferentiated ... g	0.287		0	PAK	1		0.244	1.302	
18:3 undifferentiated ... g	0.067		0	PAK	1		0.057	0.304	
18:4 ... g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.029		0	PAK	1		0.025	0.132	
20:5 n-3 (EPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	99		0	PIK	4		84	449	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.322		0	PAK	1		0.274	1.461	
Threonine ... g	1.378		0	PAK	1		1.172	6.252	
Isoleucine ... g	1.539		0	PAK	1		1.308	6.980	
Leucine ... g	2.635		0	PAK	1		2.240	11.953	
Lysine ... g	2.797		0	PAK	1		2.378	12.688	
Methionine ... g	0.846		0	PAK	1		0.719	3.836	
Cystine ... g	0.321		0	PAK	1		0.272	1.454	
Phenylalanine ... g	1.293		0	PAK	1		1.099	5.863	
Tyrosine ... g	1.093		0	PAK	1		0.929	4.956	
Valine ... g	1.612		0	PAK	1		1.370	7.311	
Arginine ... g	2.009		0	PAK	1		1.708	9.114	
Histidine ... g	0.962		0	PAK	1		0.818	4.366	
Alanine ... g	1.803		0	PAK	1		1.533	8.180	
Aspartic acid ... g	2.972		0	PAK	1		2.526	13.481	
Glutamic acid ... g	4.780		0	PAK	1		4.063	21.682	
Glycine ... g	1.421		0	PAK	1		1.207	6.444	
Proline ... g	1.262		0	PAK	1		1.073	5.725	
Serine ... g	1.197		0	PAK	1		1.017	5.428	
Hydroxyproline ... g	0.137		0	PAK	1		0.116	0.619	
Others:									
Alcohol, ethyl ... g	0.0		0	PIK	4		0.0	0.0	
Caffeine ... mg	0		0	PIK	4		0	0	
Theobromine ... mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23536

Beef, chuck, clod steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23554

Beef, chuck, clod steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Refuse: 5% Bone and heavy connective tissue, 5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.45		0	PAK	1		48.83	260.58	
Energy....kcal	220		0	PIK	4		187	998	
Energy....kJ	920		0	PIK	4		782	4175	
Protein (N x 6.25)....g	28.79		0	PAK	1		24.47	130.57	
Total lipid (fat)....g	10.76		0	PAK	1		9.15	48.81	
Ash....g	1.16		0	PAK	1		0.98	5.25	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	PIK	4		7	37	
Iron, Fe....mg	3.68		0	PAK	1		3.13	16.70	
Magnesium, Mg....mg	21		0	PAK	1		18	95	
Phosphorus, P....mg	213		0	PIK	4		181	967	
Potassium, K....mg	283		0	PIK	4		241	1285	
Sodium, Na....mg	57		0	PIK	4		49	261	
Zinc, Zn....mg	7.32		0	PIK	4		6.22	33.21	
Copper, Cu....mg	0.138		0	PIK	4		0.117	0.624	
Manganese, Mn....mg	0.000		0	PAK	1		0.000	0.002	
Selenium, Se....mcg	29.3		0	PIK	4		24.9	132.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.075		0	PIK	4		0.064	0.342	
Riboflavin....mg	0.246		0	PIK	4		0.209	1.118	
Niacin....mg	3.002		0	PIK	4		2.551	13.616	
Pantothenic acid....mg	0.009		0	PAK	1		0.007	0.039	
Vitamin B-6....mg	0.245		0	PIK	4		0.208	1.112	
Folate, total....mcg	8		0	PIK	4		7	37	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	8		0	PIK	4		7	37	
Folate, DFE....mcg_DFE	8		0	NC	4		7	37	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.92		0	PIK	4		2.48	13.23	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		0	PIK	4		0.15	0.82	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.760		0	PIK	4		3.196	17.056	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	

NDB No. 23554

Beef, chuck, clod steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.015		0	PAK	1		0.013	0.070	
12:0 g	0.014		0	PAK	1		0.012	0.064	
13:0 g									
14:0 g	0.258		0	PAK	1		0.220	1.172	
15:0 g									
16:0 g	2.309		0	PAK	1		1.962	10.472	
17:0 g									
18:0 g	1.149		0	PAK	1		0.976	5.210	
20:0 g	0.015		0	PAK	1		0.013	0.068	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.944		0	PIK	4		4.202	22.426	
14:1 g	0.047		0	PAK	1		0.040	0.214	
15:1 g									
16:1 undifferentiated g	0.364		0	PAK	1		0.310	1.653	
17:1 g									
18:1 undifferentiated g	4.523		0	PAK	1		3.844	20.515	
20:1 g	0.010		0	PAK	1		0.008	0.044	
22:1 undifferentiated g	0.000		0	PAK	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.431		0	PIK	4		0.366	1.955	
18:2 undifferentiated g	0.317		0	PAK	1		0.269	1.437	
18:3 undifferentiated g	0.091		0	PAK	1		0.078	0.414	
18:4 g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.023		0	PAK	1		0.019	0.104	
20:5 n-3 (EPA) g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	93		0	PIK	4		79	423	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.311		0	PAK	1		0.264	1.410	
Threonine g	1.329		0	PAK	1		1.130	6.028	
Isoleucine g	1.482		0	PAK	1		1.260	6.724	
Leucine g	2.539		0	PAK	1		2.158	11.518	
Lysine g	2.695		0	PAK	1		2.291	12.225	
Methionine g	0.815		0	PAK	1		0.693	3.696	
Cystine g	0.309		0	PAK	1		0.263	1.403	
Phenylalanine g	1.246		0	PAK	1		1.059	5.650	
Tyrosine g	1.053		0	PAK	1		0.895	4.777	
Valine g	1.553		0	PAK	1		1.320	7.046	
Arginine g	1.937		0	PAK	1		1.646	8.786	
Histidine g	0.929		0	PAK	1		0.790	4.215	
Alanine g	1.740		0	PAK	1		1.479	7.892	
Aspartic acid g	2.865		0	PAK	1		2.435	12.994	
Glutamic acid g	4.608		0	PAK	1		3.917	20.903	
Glycine g	1.373		0	PAK	1		1.167	6.227	
Proline g	1.218		0	PAK	1		1.035	5.526	
Serine g	1.154		0	PAK	1		0.981	5.234	
Hydroxyproline g	0.130		0	PAK	1		0.111	0.591	
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0	0.0	
Caffeine mg	0		0	PIK	4		0	0	
Theobromine mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23554

Beef, chuck, clod steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13943

Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, braised

URMIS #1948

Refuse: 13% Bone and heavy connective tissue, 6%, separable fat, 7%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.42	0.700	8	A	1		50.51	269.53	
Energy....kcal	193		0	NC	4		164	875	
Energy....kJ	807		0	NC	4		686	3662	
Protein (N x 6.25)....g	29.52	0.612	8	A	1		25.09	133.90	
Total lipid (fat)....g	7.42	0.520	8	A	1		6.31	33.66	
Ash....g	1.18	0.110	8	A	1		1.00	5.35	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFNY	4		6	32	
Iron, Fe....mg	3.84	0.000	4	A	1		3.26	17.42	
Magnesium, Mg....mg	22	0.001	4	A	1		19	99	
Phosphorus, P....mg	195		0	BFNY	4		166	886	
Potassium, K....mg	304		0	BFNY	4		259	1380	
Sodium, Na....mg	55		0	BFNY	4		47	249	
Zinc, Zn....mg	7.21		0	BFNY	4		6.13	32.71	
Copper, Cu....mg	0.133		0	BFNY	4		0.113	0.602	
Manganese, Mn....mg									
Selenium, Se....mcg	30.0	0.000	4	A	1		25.5	136.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.081		0	BFPY	4		0.069	0.368	
Riboflavin....mg	0.248		0	BFPY	4		0.211	1.124	
Niacin....mg	2.849		0	BFPY	4		2.421	12.921	
Pantothenic acid....mg									
Vitamin B-6....mg	0.214		0	BFPY	4		0.182	0.970	
Folate, total....mcg	7		0	BFPY	4		6	33	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0	BFPY	4		6	33	
Folate, DFE....mcg_DFE	7		0	NC	4		6	33	
Choline, total....mg	112.4		0	BFPN	4		95.6	510.0	
Betaine....mg									
Vitamin B-12....mcg	2.90		0	BFPY	4		2.46	13.15	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.19		0	NR	4		0.16	0.87	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.120		0	NC	4		1.802	9.616	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13943

Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g									
12:0....g	0.000	0.000	4	A	1		0.000	0.000	
13:0....g									
14:0....g	0.120	0.010	4	A	1		0.102	0.544	
15:0....g									
16:0....g	1.290	0.090	4	A	1		1.097	5.851	
17:0....g									
18:0....g	0.690	0.060	4	A	1		0.587	3.130	
20:0....g	0.020	0.005	4	A	1		0.017	0.091	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.560		0	NC	4		3.026	16.148	
14:1....g	0.050	0.005	4	A	1		0.043	0.227	
15:1....g									
16:1 undifferentiated....g	0.210	0.020	4	A	1		0.179	0.953	
17:1....g									
18:1 undifferentiated....g	3.300	0.445	4	A	1		2.805	14.969	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.280		0	NC	4		0.238	1.270	
18:2 undifferentiated....g	0.230	0.020	4	A	1		0.196	1.043	
18:3 undifferentiated....g	0.030	0.005	4	A	1		0.026	0.136	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020	0.005	4	A	1		0.017	0.091	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	89		0	BFSN	4		76	403	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.319		0	A	1		0.271	1.445	
Threonine....g	1.364		0	A	1		1.160	6.189	
Isoleucine....g	1.524		0	A	1		1.296	6.915	
Leucine....g	2.610		0	A	1		2.218	11.838	
Lysine....g	2.770		0	A	1		2.355	12.567	
Methionine....g	0.837		0	A	1		0.712	3.798	
Cystine....g	0.317		0	A	1		0.269	1.438	
Phenylalanine....g	1.280		0	A	1		1.088	5.806	
Tyrosine....g	1.082		0	A	1		0.920	4.908	
Valine....g	1.596		0	A	1		1.357	7.241	
Arginine....g	1.989		0	A	1		1.691	9.022	
Histidine....g	0.952		0	A	1		0.809	4.317	
Alanine....g	1.784		0	A	1		1.517	8.094	
Aspartic acid....g	2.943		0	A	1		2.501	13.349	
Glutamic acid....g	4.732		0	A	1		4.022	21.465	
Glycine....g	1.403		0	A	1		1.193	6.366	
Proline....g	1.248		0	A	1		1.061	5.662	
Serine....g	1.185		0	A	1		1.007	5.373	
Hydroxyproline....g	0.136		0	BFPN	4		0.116	0.619	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13943

Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13946

Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA select, cooked, braised

URMIS #1133

Refuse: 7% Bone and heavy connective tissue, 4%, separable fat, 3%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.29	0.902	6	A	1		51.25	273.48	
Energy....kcal	191		0	NC	4		163	868	
Energy....kJ	801		0	NC	4		681	3632	
Protein (N x 6.25)....g	30.37	0.563	6	A	1		25.81	137.76	
Total lipid (fat)....g	6.84	0.661	6	A	1		5.81	31.03	
Ash....g	1.23	0.139	6	A	1		1.05	5.58	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	BFNN	4		7	39	
Iron, Fe....mg	3.84	0.000	4	A	1		3.26	17.42	
Magnesium, Mg....mg	22	0.001	4	A	1		19	99	
Phosphorus, P....mg	258		0	BFNN	4		219	1168	
Potassium, K....mg	278		0	BFNN	4		236	1260	
Sodium, Na....mg	63		0	BFNN	4		54	288	
Zinc, Zn....mg	8.32		0	BFNN	4		7.07	37.75	
Copper, Cu....mg	0.158		0	BFNN	4		0.134	0.715	
Manganese, Mn....mg									
Selenium, Se....mcg	30.0	0.000	4	A	1		25.5	136.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.074		0	BFPN	4		0.063	0.334	
Riboflavin....mg	0.267		0	BFPN	4		0.227	1.210	
Niacin....mg	3.421		0	BFPN	4		2.908	15.520	
Pantothenic acid....mg									
Vitamin B-6....mg	0.304		0	BFPN	4		0.258	1.377	
Folate, total....mcg	10		0	BFPN	4		9	46	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		9	46	
Folate, DFE....mcg_DFE	10		0	NC	4		9	46	
Choline, total....mg	115.7		0	BFPN	4		98.3	524.7	
Betaine....mg									
Vitamin B-12....mcg	3.13		0	BFPN	4		2.66	14.18	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.19		0	NR	4		0.16	0.85	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.480		0	NC	4		2.108	11.249	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13946

Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	Z	7		0.000	0.000	
8:0 ... g	0.000		0	Z	7		0.000	0.000	
10:0 ... g									
12:0 ... g	0.000	0.000	3	A	1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.150	0.000	3	A	1		0.128	0.680	
15:0 ... g									
16:0 ... g	1.500	0.121	3	A	1		1.275	6.804	
17:0 ... g									
18:0 ... g	0.820	0.110	3	A	1		0.697	3.720	
20:0 ... g	0.010	0.006	3	A	1		0.009	0.045	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.200		0	NC	4		2.720	14.515	
14:1 ... g	0.050	0.006	3	A	1		0.043	0.227	
15:1 ... g									
16:1 undifferentiated ... g	0.180	0.012	3	A	1		0.153	0.816	
17:1 ... g									
18:1 undifferentiated ... g	2.970	0.404	3	A	1		2.525	13.472	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.320		0	NC	4		0.272	1.452	
18:2 undifferentiated ... g	0.250	0.029	3	A	1		0.213	1.134	
18:3 undifferentiated ... g	0.040	0.017	3	A	1		0.034	0.181	
18:4 ... g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.030	0.006	3	A	1		0.026	0.136	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	99		0	BFSN	4		84	449	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.328		0	A	1		0.279	1.487	
Threonine ... g	1.404		0	A	1		1.193	6.367	
Isoleucine ... g	1.568		0	A	1		1.333	7.114	
Leucine ... g	2.685		0	A	1		2.282	12.179	
Lysine ... g	2.850		0	A	1		2.423	12.929	
Methionine ... g	0.861		0	A	1		0.732	3.908	
Cystine ... g	0.326		0	A	1		0.277	1.479	
Phenylalanine ... g	1.317		0	A	1		1.119	5.973	
Tyrosine ... g	1.113		0	A	1		0.946	5.049	
Valine ... g	1.642		0	A	1		1.396	7.449	
Arginine ... g	2.046		0	A	1		1.739	9.282	
Histidine ... g	0.979		0	A	1		0.832	4.441	
Alanine ... g	1.836		0	A	1		1.560	8.327	
Aspartic acid ... g	3.028		0	A	1		2.573	13.733	
Glutamic acid ... g	4.868		0	A	1		4.138	22.083	
Glycine ... g	1.444		0	A	1		1.227	6.549	
Proline ... g	1.284		0	A	1		1.091	5.825	
Serine ... g	1.219		0	A	1		1.036	5.528	
Hydroxyproline ... g	0.140		0	BFPN	4		0.119	0.637	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13946

Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA select, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23516

Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Refuse: 10% Bone and heavy connective tissue, 5%, separable fat, 5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.77		0	PAK	1		50.81	271.14	
Energy....kcal	192		0	NC	4		163	872	
Energy....kJ	805		0	NC	4		684	3650	
Protein (N x 6.25)....g	29.87		0	PAK	1		25.39	135.47	
Total lipid (fat)....g	7.18		0	PAK	1		6.11	32.59	
Ash....g	1.20		0	PAK	1		1.02	5.44	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	PIK	4		7	35	
Iron, Fe....mg	3.84		0	PAK	1		3.26	17.42	
Magnesium, Mg....mg	22		0	PAK	1		19	99	
Phosphorus, P....mg	221		0	PIK	4		188	1001	
Potassium, K....mg	293		0	PIK	4		249	1331	
Sodium, Na....mg	58		0	PIK	4		50	264	
Zinc, Zn....mg	7.66		0	PIK	4		6.51	34.76	
Copper, Cu....mg	0.143		0	PIK	4		0.121	0.648	
Manganese, Mn....mg									
Selenium, Se....mcg	30.0		0	PAK	1		25.5	136.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.078		0	PIK	4		0.066	0.354	
Riboflavin....mg	0.256		0	PIK	4		0.217	1.159	
Niacin....mg	3.082		0	PIK	4		2.619	13.979	
Pantothenic acid....mg									
Vitamin B-6....mg	0.250		0	PIK	4		0.213	1.136	
Folate, total....mcg	8		0	PIK	4		7	38	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	8		0	PIK	4		7	38	
Folate, DFE....mcg_DFE	8		0	NC	4		7	38	
Choline, total....mg	113.8		0	BFPN	4		96.7	516.0	
Betaine....mg									
Vitamin B-12....mcg	2.99		0	PIK	4		2.54	13.57	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PIK	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.19		0	PIK	4		0.16	0.87	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.267		0	PIK	4		1.927	10.281	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23516

Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g									
12:0 g	0.000		0	PAK	1		0.000	0.000	
13:0 g									
14:0 g	0.132		0	PAK	1		0.112	0.600	
15:0 g									
16:0 g	1.375		0	PAK	1		1.169	6.239	
17:0 g									
18:0 g	0.743		0	PAK	1		0.631	3.370	
20:0 g	0.016		0	PAK	1		0.014	0.072	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.413		0	PIK	4		2.901	15.484	
14:1 g	0.050		0	PAK	1		0.043	0.227	
15:1 g									
16:1 undifferentiated g	0.198		0	PAK	1		0.168	0.897	
17:1 g									
18:1 undifferentiated g	3.166		0	PAK	1		2.691	14.360	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.296		0	PIK	4		0.252	1.344	
18:2 undifferentiated g	0.238		0	PAK	1		0.202	1.080	
18:3 undifferentiated g	0.034		0	PAK	1		0.029	0.155	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.024		0	PAK	1		0.020	0.109	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	93		0	PIK	4		79	422	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.322		0	PAK	1		0.274	1.462	
Threonine g	1.380		0	PAK	1		1.173	6.261	
Isoleucine g	1.542		0	PAK	1		1.311	6.996	
Leucine g	2.640		0	PAK	1		2.244	11.977	
Lysine g	2.803		0	PAK	1		2.383	12.714	
Methionine g	0.847		0	PAK	1		0.720	3.843	
Cystine g	0.321		0	PAK	1		0.273	1.455	
Phenylalanine g	1.295		0	PAK	1		1.101	5.874	
Tyrosine g	1.095		0	PAK	1		0.930	4.965	
Valine g	1.615		0	PAK	1		1.373	7.326	
Arginine g	2.012		0	PAK	1		1.710	9.128	
Histidine g	0.963		0	PAK	1		0.818	4.367	
Alanine g	1.805		0	PAK	1		1.534	8.188	
Aspartic acid g	2.977		0	PAK	1		2.531	13.505	
Glutamic acid g	4.788		0	PAK	1		4.069	21.716	
Glycine g	1.420		0	PAK	1		1.207	6.441	
Proline g	1.263		0	PAK	1		1.073	5.728	
Serine g	1.198		0	PAK	1		1.019	5.436	
Hydroxyproline g	0.138		0	PAK	1		0.117	0.626	
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0	0.0	
Caffeine mg	0		0	PIK	4		0	0	
Theobromine mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23516

Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23517

Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Refuse: 21% Bone and heavy connective tissue, 8%, separable fat, 13%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.02		0	PAK	1		51.02	272.24	
Energy....kcal	189		0	PIK	4		160	856	
Energy....kJ	790		0	PIK	4		671	3583	
Protein (N x 6.25)....g	29.34		0	PAK	1		24.94	133.09	
Total lipid (fat)....g	7.04		0	PAK	1		5.99	31.94	
Ash....g	1.17		0	PAK	1		0.99	5.30	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	PIK	4		7	36	
Iron, Fe....mg	3.79		0	PIK	4		3.23	17.21	
Magnesium, Mg....mg	22		0	PAK	1		19	99	
Phosphorus, P....mg	233		0	PIK	4		198	1057	
Potassium, K....mg	287		0	PIK	4		244	1303	
Sodium, Na....mg	60		0	PIK	4		51	272	
Zinc, Zn....mg	7.87		0	PIK	4		6.69	35.72	
Copper, Cu....mg	0.148		0	PIK	4		0.126	0.670	
Manganese, Mn....mg									
Selenium, Se....mcg	30.0		0	PAK	1		25.5	136.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.075		0	PIK	4		0.064	0.341	
Riboflavin....mg	0.254		0	PIK	4		0.216	1.150	
Niacin....mg	3.121		0	PIK	4		2.653	14.156	
Pantothenic acid....mg									
Vitamin B-6....mg	0.261		0	PIK	4		0.222	1.185	
Folate, total....mcg	9		0	PIK	4		7	40	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	9		0	PIK	4		7	40	
Folate, DFE....mcg_DFE	9		0	NC	4		7	40	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.97		0	PIK	4		2.53	13.48	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.13		0	PIK	4		0.11	0.61	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.271		0	PIK	4		1.930	10.299	
4:0....g									
6:0....g									
8:0....g									

NDB No. 23517

Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.000		0	PAK	1		0.000	0.000	
13:0 g									
14:0 g	0.140		0	PAK	1		0.119	0.637	
15:0 g									
16:0 g	1.388		0	PAK	1		1.180	6.295	
17:0 g									
18:0 g	0.727		0	PAK	1		0.618	3.296	
20:0 g	0.016		0	PAK	1		0.014	0.072	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.450		0	PIK	4		2.933	15.650	
14:1 g	0.050		0	PAK	1		0.043	0.227	
15:1 g									
16:1 undifferentiated g	0.214		0	PAK	1		0.182	0.971	
17:1 g									
18:1 undifferentiated g	3.186		0	PAK	1		2.708	14.452	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.308		0	PIK	4		0.262	1.399	
18:2 undifferentiated g	0.254		0	PAK	1		0.216	1.154	
18:3 undifferentiated g	0.026		0	PAK	1		0.022	0.118	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.028		0	PAK	1		0.024	0.128	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	94		0	PIK	4		80	426	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.317		0	PAK	1		0.270	1.439	
Threonine g	1.359		0	PAK	1		1.155	6.164	
Isoleucine g	1.518		0	PAK	1		1.290	6.887	
Leucine g	2.599		0	PAK	1		2.209	11.790	
Lysine g	2.759		0	PAK	1		2.345	12.516	
Methionine g	0.834		0	PAK	1		0.709	3.783	
Cystine g	0.316		0	PAK	1		0.268	1.432	
Phenylalanine g	1.275		0	PAK	1		1.084	5.783	
Tyrosine g	1.078		0	PAK	1		0.916	4.888	
Valine g	1.590		0	PAK	1		1.351	7.211	
Arginine g	1.981		0	PAK	1		1.684	8.985	
Histidine g	0.948		0	PAK	1		0.806	4.299	
Alanine g	1.777		0	PAK	1		1.511	8.061	
Aspartic acid g	2.931		0	PAK	1		2.491	13.294	
Glutamic acid g	4.713		0	PAK	1		4.006	21.377	
Glycine g	1.398		0	PAK	1		1.188	6.340	
Proline g	1.243		0	PAK	1		1.057	5.639	
Serine g	1.180		0	PAK	1		1.003	5.351	
Hydroxyproline g	0.136		0	PAK	1		0.115	0.616	
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0	0.0	
Caffeine mg	0		0	PIK	4		0	0	
Theobromine mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23517

Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23519

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

Mock Tender Steak, URMIS #1931

Refuse: 5% Bone and heavy connective tissue, 5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.57		0	PAK	1		55.74	297.43	
Energy....kcal	161		0	NC	4		137	732	
Energy....kJ	675		0	NC	4		574	3064	
Protein (N x 6.25)....g	25.73		0	PAK	1		21.87	116.73	
Total lipid (fat)....g	5.72		0	PAK	1		4.86	25.93	
Ash....g	1.50		0	PAK	1		1.27	6.80	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	PIK	4		7	35	
Iron, Fe....mg	3.02		0	PIK	4		2.57	13.70	
Magnesium, Mg....mg	23		0	PAK	1		20	106	
Phosphorus, P....mg	234		0	PIK	4		199	1062	
Potassium, K....mg	293		0	PAK	1		249	1329	
Sodium, Na....mg	73		0	PIK	4		62	333	
Zinc, Zn....mg	7.83		0	PAK	1		6.65	35.51	
Copper, Cu....mg	0.121		0	PIK	4		0.103	0.549	
Manganese, Mn....mg	0.000		0	PAK	1		0.000	0.000	
Selenium, Se....mcg	25.2		0	PIK	4		21.5	114.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.110		0	PIK	4		0.094	0.500	
Riboflavin....mg	0.229		0	PIK	4		0.194	1.038	
Niacin....mg	3.612		0	PIK	4		3.070	16.384	
Pantothenic acid....mg	0.000		0	PAK	1		0.000	0.000	
Vitamin B-6....mg	0.320		0	PIK	4		0.272	1.450	
Folate, total....mcg	8		0	PIK	4		7	37	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	8		0	PIK	4		7	37	
Folate, DFE....mcg_DFE	8		0	NC	4		7	37	
Choline, total....mg	98.0		0	BFPN	4		83.3	444.6	
Betaine....mg									
Vitamin B-12....mcg	3.37		0	PIK	4		2.86	15.29	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PIK	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.16		0	PIK	4		0.14	0.74	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.721		0	PIK	4		1.463	7.805	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	

NDB No. 23519

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	PAK	1		0.000	0.001	
12:0 ... g	0.000		0	PAK	1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.071		0	PAK	1		0.060	0.322	
15:0 ... g									
16:0 ... g	1.027		0	PAK	1		0.873	4.657	
17:0 ... g									
18:0 ... g	0.613		0	PAK	1		0.521	2.780	
20:0 ... g	0.010		0	PAK	1		0.008	0.045	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.721		0	PIK	4		2.313	12.343	
14:1 ... g	0.040		0	PAK	1		0.034	0.181	
15:1 ... g									
16:1 undifferentiated ... g	0.141		0	PAK	1		0.120	0.640	
17:1 ... g									
18:1 undifferentiated ... g	2.540		0	PAK	1		2.159	11.521	
20:1 ... g	0.000		0	PAK	1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	PAK	1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.401		0	PIK	4		0.341	1.819	
18:2 undifferentiated ... g	0.301		0	PAK	1		0.255	1.363	
18:3 undifferentiated ... g	0.040		0	PAK	1		0.034	0.183	
18:4 ... g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.060		0	PAK	1		0.051	0.272	
20:5 n-3 (EPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	65		0	PAK	1		56	297	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.278		0	PAK	1		0.236	1.260	
Threonine ... g	1.189		0	PAK	1		1.011	5.395	
Isoleucine ... g	1.329		0	PAK	1		1.130	6.028	
Leucine ... g	2.275		0	PAK	1		1.934	10.319	
Lysine ... g	2.415		0	PAK	1		2.053	10.955	
Methionine ... g	0.730		0	PAK	1		0.620	3.311	
Cystine ... g	0.276		0	PAK	1		0.235	1.253	
Phenylalanine ... g	1.116		0	PAK	1		0.948	5.061	
Tyrosine ... g	0.943		0	PAK	1		0.802	4.278	
Valine ... g	1.392		0	PAK	1		1.183	6.312	
Arginine ... g	1.734		0	PAK	1		1.474	7.865	
Histidine ... g	0.830		0	PAK	1		0.705	3.763	
Alanine ... g	1.555		0	PAK	1		1.322	7.056	
Aspartic acid ... g	2.565		0	PAK	1		2.181	11.636	
Glutamic acid ... g	4.125		0	PAK	1		3.506	18.711	
Glycine ... g	1.223		0	PAK	1		1.040	5.550	
Proline ... g	1.088		0	PAK	1		0.925	4.935	
Serine ... g	1.033		0	PAK	1		0.878	4.684	
Hydroxyproline ... g	0.119		0	PAK	1		0.101	0.539	
Others:									
Alcohol, ethyl ... g	0.0		0	PIK	4		0.0	0.0	
Caffeine ... mg	0		0	PIK	4		0	0	
Theobromine ... mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23519

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23521

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

Mock Tender Steak, URMIS #1116

Refuse: 3% Bone and heavy connective tissue, 3%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.09		0	PAK	1		57.03	304.34	
Energy....kcal	159		0	NC	4		135	720	
Energy....kJ	664		0	NC	4		564	3011	
Protein (N x 6.25)....g	26.08		0	PAK	1		22.17	118.29	
Total lipid (fat)....g	5.24		0	PAK	1		4.46	23.78	
Ash....g	1.15		0	PAK	1		0.98	5.21	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	PIK	4		6	33	
Iron, Fe....mg	2.80		0	PIK	4		2.38	12.69	
Magnesium, Mg....mg	23		0	PAK	1		20	106	
Phosphorus, P....mg	217		0	PIK	4		184	983	
Potassium, K....mg	293		0	PAK	1		249	1327	
Sodium, Na....mg	68		0	PIK	4		58	308	
Zinc, Zn....mg	7.81		0	PAK	1		6.64	35.42	
Copper, Cu....mg	0.112		0	PIK	4		0.095	0.508	
Manganese, Mn....mg	0.000		0	PAK	1		0.000	0.000	
Selenium, Se....mcg	25.3		0	PIK	4		21.5	114.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.112		0	PIK	4		0.095	0.506	
Riboflavin....mg	0.232		0	PIK	4		0.197	1.051	
Niacin....mg	3.660		0	PIK	4		3.111	16.603	
Pantothenic acid....mg	0.001		0	PAK	1		0.000	0.002	
Vitamin B-6....mg	0.324		0	PIK	4		0.275	1.469	
Folate, total....mcg	8		0	PIK	4		7	38	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	8		0	PIK	4		7	38	
Folate, DFE....mcg_DFE	8		0	NC	4		7	38	
Choline, total....mg	99.3		0	BFPN	4		84.4	450.5	
Betaine....mg									
Vitamin B-12....mcg	3.42		0	PIK	4		2.90	15.49	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PIK	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.15		0	PIK	4		0.13	0.70	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.090		0	PIK	4		1.777	9.481	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	

NDB No. 23521

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.001		0	PAK	1		0.001	0.004	
12:0 g	0.001		0	PAK	1		0.001	0.004	
13:0 g									
14:0 g	0.108		0	PAK	1		0.092	0.488	
15:0 g									
16:0 g	1.226		0	PAK	1		1.042	5.563	
17:0 g									
18:0 g	0.744		0	PAK	1		0.633	3.376	
20:0 g	0.010		0	PAK	1		0.008	0.045	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.555		0	PIK	4		2.172	11.590	
14:1 g	0.040		0	PAK	1		0.034	0.181	
15:1 g									
16:1 undifferentiated g	0.140		0	PAK	1		0.119	0.636	
17:1 g									
18:1 undifferentiated g	2.374		0	PAK	1		2.018	10.771	
20:1 g	0.001		0	PAK	1		0.000	0.003	
22:1 undifferentiated g	0.000		0	PAK	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.368		0	PIK	4		0.313	1.668	
18:2 undifferentiated g	0.285		0	PAK	1		0.242	1.291	
18:3 undifferentiated g	0.033		0	PAK	1		0.028	0.152	
18:4 g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		0	PAK	1		0.042	0.226	
20:5 n-3 (EPA) g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	60		0	PAK	1		51	270	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.281		0	PAK	1		0.239	1.277	
Threonine g	1.205		0	PAK	1		1.024	5.467	
Isoleucine g	1.346		0	PAK	1		1.144	6.107	
Leucine g	2.305		0	PAK	1		1.959	10.456	
Lysine g	2.447		0	PAK	1		2.080	11.100	
Methionine g	0.740		0	PAK	1		0.629	3.355	
Cystine g	0.280		0	PAK	1		0.238	1.270	
Phenylalanine g	1.131		0	PAK	1		0.961	5.128	
Tyrosine g	0.956		0	PAK	1		0.812	4.335	
Valine g	1.410		0	PAK	1		1.198	6.395	
Arginine g	1.757		0	PAK	1		1.493	7.969	
Histidine g	0.841		0	PAK	1		0.715	3.814	
Alanine g	1.576		0	PAK	1		1.340	7.150	
Aspartic acid g	2.599		0	PAK	1		2.209	11.791	
Glutamic acid g	4.180		0	PAK	1		3.553	18.960	
Glycine g	1.240		0	PAK	1		1.054	5.625	
Proline g	1.103		0	PAK	1		0.937	5.002	
Serine g	1.046		0	PAK	1		0.889	4.746	
Hydroxyproline g	0.120		0	PAK	1		0.102	0.546	
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0	0.0	
Caffeine mg	0		0	PIK	4		0	0	
Theobromine mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23521

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23547

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Mock Tender Steak

Refuse: 4% Bone and heavy connective tissue, 4%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.19		0	PAK	1		56.26	300.24	
Energy....kcal	160		0	NC	4		136	727	
Energy....kJ	671		0	NC	4		570	3042	
Protein (N x 6.25)....g	25.87		0	PAK	1		21.99	117.36	
Total lipid (fat)....g	5.52		0	PAK	1		4.69	25.05	
Ash....g	1.36		0	PAK	1		1.15	6.15	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	PIK	4		6	34	
Iron, Fe....mg	2.93		0	PIK	4		2.49	13.29	
Magnesium, Mg....mg	23		0	PAK	1		20	106	
Phosphorus, P....mg	227		0	PIK	4		193	1030	
Potassium, K....mg	293		0	PAK	1		249	1328	
Sodium, Na....mg	71		0	PIK	4		60	323	
Zinc, Zn....mg	7.82		0	PAK	1		6.65	35.47	
Copper, Cu....mg	0.117		0	PIK	4		0.100	0.532	
Manganese, Mn....mg	0.000		0	PAK	1		0.000	0.000	
Selenium, Se....mcg	25.2		0	PIK	4		21.5	114.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.111		0	PIK	4		0.094	0.502	
Riboflavin....mg	0.230		0	PIK	4		0.196	1.043	
Niacin....mg	3.632		0	PIK	4		3.087	16.473	
Pantothenic acid....mg	0.000		0	PAK	1		0.000	0.001	
Vitamin B-6....mg	0.321		0	PIK	4		0.273	1.457	
Folate, total....mcg	8		0	PIK	4		7	38	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	8		0	PIK	4		7	38	
Folate, DFE....mcg_DFE	8		0	NC	4		7	38	
Choline, total....mg	98.5		0	BFPN	4		83.8	447.0	
Betaine....mg									
Vitamin B-12....mcg	3.39		0	PIK	4		2.88	15.37	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PIK	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.16		0	PIK	4		0.14	0.72	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.871		0	PIK	4		1.590	8.487	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	

NDB No. 23547

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0	PAK	1		0.000	0.002	
12:0 g	0.000		0	PAK	1		0.000	0.002	
13:0 g									
14:0 g	0.086		0	PAK	1		0.073	0.389	
15:0 g									
16:0 g	1.108		0	PAK	1		0.942	5.026	
17:0 g									
18:0 g	0.666		0	PAK	1		0.566	3.023	
20:0 g	0.010		0	PAK	1		0.008	0.045	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.654		0	PIK	4		2.256	12.037	
14:1 g	0.040		0	PAK	1		0.034	0.181	
15:1 g									
16:1 undifferentiated g	0.141		0	PAK	1		0.120	0.639	
17:1 g									
18:1 undifferentiated g	2.473		0	PAK	1		2.102	11.215	
20:1 g	0.000		0	PAK	1		0.000	0.001	
22:1 undifferentiated g	0.000		0	PAK	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.387		0	PIK	4		0.329	1.757	
18:2 undifferentiated g	0.294		0	PAK	1		0.250	1.334	
18:3 undifferentiated g	0.038		0	PAK	1		0.032	0.170	
18:4 g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.056		0	PAK	1		0.047	0.253	
20:5 n-3 (EPA) g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	63		0	PAK	1		54	286	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.279		0	PAK	1		0.237	1.267	
Threonine g	1.196		0	PAK	1		1.016	5.424	
Isoleucine g	1.336		0	PAK	1		1.136	6.060	
Leucine g	2.287		0	PAK	1		1.944	10.375	
Lysine g	2.428		0	PAK	1		2.064	11.014	
Methionine g	0.734		0	PAK	1		0.624	3.329	
Cystine g	0.278		0	PAK	1		0.236	1.260	
Phenylalanine g	1.122		0	PAK	1		0.954	5.089	
Tyrosine g	0.948		0	PAK	1		0.806	4.301	
Valine g	1.399		0	PAK	1		1.189	6.346	
Arginine g	1.743		0	PAK	1		1.482	7.907	
Histidine g	0.834		0	PAK	1		0.709	3.784	
Alanine g	1.564		0	PAK	1		1.329	7.094	
Aspartic acid g	2.579		0	PAK	1		2.192	11.699	
Glutamic acid g	4.147		0	PAK	1		3.525	18.812	
Glycine g	1.230		0	PAK	1		1.046	5.580	
Proline g	1.094		0	PAK	1		0.930	4.962	
Serine g	1.038		0	PAK	1		0.882	4.709	
Hydroxyproline g	0.119		0	PAK	1		0.102	0.542	
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0	0.0	
Caffeine mg	0		0	PIK	4		0	0	
Theobromine mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23547

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13961

Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Mock Tender Steak, URMIS #1931

Refuse: 5% Bone and heavy connective tissue, 5%, separable fat, 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.59	0.499	8	A	1		55.75		
Energy....kcal	161		0	NC	4		137		
Energy....kJ	675		0	NC	4		573		
Protein (N x 6.25)....g	25.74	0.258	8	A	1		21.88		
Total lipid (fat)....g	5.69	0.484	8	A	1		4.84		
Ash....g	1.50	0.156	8	A	1		1.28		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	BFNY	4		7		
Iron, Fe....mg	3.02		0	BFNY	4		2.57		
Magnesium, Mg....mg	23	0.000	4	A	1		20		
Phosphorus, P....mg	234		0	BFNY	4		199		
Potassium, K....mg	293	0.012	4	A	1		249		
Sodium, Na....mg	73		0	BFNY	4		62		
Zinc, Zn....mg	7.83	0.000	4	A	1		6.66		
Copper, Cu....mg	0.121		0	BFNY	4		0.103		
Manganese, Mn....mg									
Selenium, Se....mcg	25.2		0	BFNN	4		21.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.110		0	BFPY	4		0.094		
Riboflavin....mg	0.229		0	BFPY	4		0.195		
Niacin....mg	3.613		0	BFPY	4		3.071		
Pantothenic acid....mg									
Vitamin B-6....mg	0.320		0	BFPY	4		0.272		
Folate, total....mcg	8		0	BFPY	4		7		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	8		0	BFPY	4		7		
Folate, DFE....mcg_DFE	8		0	NC	4		7		
Choline, total....mg	98.0		0	BFPN	4		83.3		
Betaine....mg									
Vitamin B-12....mcg	3.37		0	BFPY	4		2.87		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.16		0	NR	4		0.14		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.710		0	NC	4		1.454		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 13961

Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		0	Z	7		0.000		
10:0 g									
12:0 g	0.000	0.000	4	A	1		0.000		
13:0 g									
14:0 g	0.070	0.010	4	A	1		0.060		
15:0 g									
16:0 g	1.020	0.090	4	A	1		0.867		
17:0 g									
18:0 g	0.610	0.040	4	A	1		0.519		
20:0 g	0.010	0.005	4	A	1		0.009		
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.710		0	NC	4		2.304		
14:1 g	0.040	0.005	4	A	1		0.034		
15:1 g									
16:1 undifferentiated g	0.140	0.020	4	A	1		0.119		
17:1 g									
18:1 undifferentiated g	2.530	0.305	4	A	1		2.151		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.400		0	NC	4		0.340		
18:2 undifferentiated g	0.300	0.020	4	A	1		0.255		
18:3 undifferentiated g	0.040	0.010	4	A	1		0.034		
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.060	0.005	4	A	1		0.051		
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	65	0.008	4	A	1		56		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.278		0	A	1		0.236		
Threonine g	1.190		0	A	1		1.011		
Isoleucine g	1.329		0	A	1		1.130		
Leucine g	2.276		0	A	1		1.934		
Lysine g	2.416		0	A	1		2.053		
Methionine g	0.730		0	A	1		0.621		
Cystine g	0.276		0	A	1		0.235		
Phenylalanine g	1.116		0	A	1		0.949		
Tyrosine g	0.943		0	A	1		0.802		
Valine g	1.392		0	A	1		1.183		
Arginine g	1.734		0	A	1		1.474		
Histidine g	0.830		0	A	1		0.705		
Alanine g	1.556		0	A	1		1.322		
Aspartic acid g	2.566		0	A	1		2.181		
Glutamic acid g	4.126		0	A	1		3.507		
Glycine g	1.224		0	A	1		1.040		
Proline g	1.088		0	A	1		0.925		
Serine g	1.033		0	A	1		0.878		
Hydroxyproline g	0.119		0	BFPN	4		0.101		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13961

Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13963

Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Mock Tender Steak, URMIS #1116

Refuse: 3% Bone and heavy connective tissue, 3%, separable fat, 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.26	0.347	6	A	1		57.17		
Energy....kcal	157		0	NC	4		133		
Energy....kJ	656		0	NC	4		558		
Protein (N x 6.25)....g	26.13	0.555	6	A	1		22.21		
Total lipid (fat)....g	5.02	0.531	6	A	1		4.27		
Ash....g	1.15	0.041	6	A	1		0.98		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFNY	4		6		
Iron, Fe....mg	2.80		0	BFNY	4		2.38		
Magnesium, Mg....mg	23	0.000	4	A	1		20		
Phosphorus, P....mg	217		0	BFNY	4		185		
Potassium, K....mg	293	0.012	4	A	1		249		
Sodium, Na....mg	68		0	BFNY	4		58		
Zinc, Zn....mg	7.83	0.000	4	A	1		6.66		
Copper, Cu....mg	0.112		0	BFNY	4		0.095		
Manganese, Mn....mg									
Selenium, Se....mcg	25.3		0	BFNN	4		21.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.112		0	BFPY	4		0.095		
Riboflavin....mg	0.232		0	BFPY	4		0.197		
Niacin....mg	3.668		0	BFPY	4		3.117		
Pantothenic acid....mg									
Vitamin B-6....mg	0.324		0	BFPY	4		0.276		
Folate, total....mcg	8		0	BFPY	4		7		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	8		0	BFPY	4		7		
Folate, DFE....mcg_DFE	8		0	NC	4		7		
Choline, total....mg	99.5		0	BFPN	4		84.6		
Betaine....mg									
Vitamin B-12....mcg	3.42		0	BFPY	4		2.91		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.16		0	NR	4		0.13		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.000		0	NC	4		1.700		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 13963

Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		0	Z	7		0.000		
10:0 g									
12:0 g	0.000	0.000	3	A	1		0.000		
13:0 g									
14:0 g	0.100	0.040	3	A	1		0.085		
15:0 g									
16:0 g	1.170	0.237	3	A	1		0.995		
17:0 g									
18:0 g	0.720	0.150	3	A	1		0.612		
20:0 g	0.010	0.000	3	A	1		0.009		
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.460		0	NC	4		2.091		
14:1 g	0.040	0.006	3	A	1		0.034		
15:1 g									
16:1 undifferentiated g	0.130	0.023	3	A	1		0.111		
17:1 g									
18:1 undifferentiated g	2.290	0.427	3	A	1		1.947		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.360		0	NC	4		0.306		
18:2 undifferentiated g	0.280	0.035	3	A	1		0.238		
18:3 undifferentiated g	0.030	0.006	3	A	1		0.026		
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050	0.006	3	A	1		0.043		
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	59	0.002	3	A	1		50		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.282		0	A	1		0.240		
Threonine g	1.208		0	A	1		1.027		
Isoleucine g	1.349		0	A	1		1.147		
Leucine g	2.310		0	A	1		1.964		
Lysine g	2.452		0	A	1		2.084		
Methionine g	0.741		0	A	1		0.630		
Cystine g	0.281		0	A	1		0.239		
Phenylalanine g	1.133		0	A	1		0.963		
Tyrosine g	0.958		0	A	1		0.814		
Valine g	1.413		0	A	1		1.201		
Arginine g	1.761		0	A	1		1.496		
Histidine g	0.842		0	A	1		0.716		
Alanine g	1.579		0	A	1		1.342		
Aspartic acid g	2.605		0	A	1		2.214		
Glutamic acid g	4.189		0	A	1		3.560		
Glycine g	1.242		0	A	1		1.056		
Proline g	1.105		0	A	1		0.939		
Serine g	1.048		0	A	1		0.891		
Hydroxyproline g	0.121		0	BFPN	4		0.103		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13963

Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23509

Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Mock Tender Steak

Refuse: 4% Bone and heavy connective tissue, 4%, separable fat, 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.27		0	PAK	1		56.33	300.60	
Energy....kcal	159		0	NC	4		136	723	
Energy....kJ	667		0	NC	4		567	3026	
Protein (N x 6.25)....g	25.90		0	PAK	1		22.01	117.48	
Total lipid (fat)....g	5.42		0	PAK	1		4.60	24.57	
Ash....g	1.36		0	PAK	1		1.15	6.16	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	PIK	4		6	34	
Iron, Fe....mg	2.93		0	PIK	4		2.49	13.30	
Magnesium, Mg....mg	23		0	PAK	1		20	106	
Phosphorus, P....mg	227		0	PIK	4		193	1031	
Potassium, K....mg	293		0	PAK	1		249	1330	
Sodium, Na....mg	71		0	PIK	4		61	323	
Zinc, Zn....mg	7.83		0	PAK	1		6.66	35.52	
Copper, Cu....mg	0.118		0	PIK	4		0.100	0.533	
Manganese, Mn....mg									
Selenium, Se....mcg	25.3		0	PIK	4		21.5	114.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.111		0	PIK	4		0.094	0.503	
Riboflavin....mg	0.230		0	PIK	4		0.196	1.044	
Niacin....mg	3.635		0	PIK	4		3.090	16.489	
Pantothenic acid....mg									
Vitamin B-6....mg	0.322		0	PIK	4		0.273	1.459	
Folate, total....mcg	8		0	PIK	4		7	38	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	8		0	PIK	4		7	38	
Folate, DFE....mcg_DFE	8		0	NC	4		7	38	
Choline, total....mg	98.6		0	BFPN	4		83.8	447.4	
Betaine....mg									
Vitamin B-12....mcg	3.39		0	PIK	4		2.88	15.38	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PIK	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.16		0	PIK	4		0.14	0.73	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.828		0	PIK	4		1.554	8.292	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23509

Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g									
12:0 g	0.000		0	PAK	1		0.000	0.000	
13:0 g									
14:0 g	0.082		0	PAK	1		0.070	0.373	
15:0 g									
16:0 g	1.081		0	PAK	1		0.919	4.904	
17:0 g									
18:0 g	0.655		0	PAK	1		0.557	2.970	
20:0 g	0.010		0	PAK	1		0.009	0.045	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.608		0	PIK	4		2.217	11.831	
14:1 g	0.040		0	PAK	1		0.034	0.181	
15:1 g									
16:1 undifferentiated g	0.136		0	PAK	1		0.116	0.617	
17:1 g									
18:1 undifferentiated g	2.432		0	PAK	1		2.067	11.033	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.384		0	PIK	4		0.326	1.741	
18:2 undifferentiated g	0.292		0	PAK	1		0.248	1.324	
18:3 undifferentiated g	0.036		0	PAK	1		0.031	0.163	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.056		0	PAK	1		0.048	0.254	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	63		0	PAK	1		54	286	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.280		0	PAK	1		0.238	1.268	
Threonine g	1.197		0	PAK	1		1.017	5.430	
Isoleucine g	1.337		0	PAK	1		1.137	6.066	
Leucine g	2.290		0	PAK	1		1.946	10.386	
Lysine g	2.431		0	PAK	1		2.066	11.025	
Methionine g	0.735		0	PAK	1		0.624	3.332	
Cystine g	0.278		0	PAK	1		0.236	1.261	
Phenylalanine g	1.123		0	PAK	1		0.955	5.094	
Tyrosine g	0.949		0	PAK	1		0.807	4.306	
Valine g	1.400		0	PAK	1		1.190	6.352	
Arginine g	1.745		0	PAK	1		1.483	7.915	
Histidine g	0.835		0	PAK	1		0.710	3.787	
Alanine g	1.565		0	PAK	1		1.331	7.101	
Aspartic acid g	2.582		0	PAK	1		2.195	11.711	
Glutamic acid g	4.152		0	PAK	1		3.529	18.831	
Glycine g	1.231		0	PAK	1		1.047	5.585	
Proline g	1.095		0	PAK	1		0.931	4.967	
Serine g	1.039		0	PAK	1		0.883	4.714	
Hydroxyproline g	0.120		0	PAK	1		0.102	0.543	
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0	0.0	
Caffeine mg	0		0	PIK	4		0	0	
Theobromine mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23509

Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23054

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Beef Value Cut, Tender Medallions, Teres Major

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.65		13	A	1		21.01	55.81	
Energy....kcal	177		0	NC	4		57	150	
Energy....kJ	740		0	NC	4		237	629	
Protein (N x 6.25)....g	26.22		13	A	1		8.39	22.28	
Total lipid (fat)....g	7.20		13	A	1		2.30	6.12	
Ash....g	1.02		13	A	1		0.33	0.87	
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		3	A	1		2	4	
Iron, Fe....mg	2.59		3	A	1		0.83	2.20	
Magnesium, Mg....mg	25		3	A	1		8	21	
Phosphorus, P....mg	225		3	A	1		72	192	
Potassium, K....mg	356		3	A	1		114	303	
Sodium, Na....mg	59		3	A	1		19	51	
Zinc, Zn....mg	5.24		3	A	1		1.68	4.45	
Copper, Cu....mg	0.171		2	A	1		0.055	0.146	
Manganese, Mn....mg	0.014		3	A	1		0.005	0.012	
Selenium, Se....mcg	38.7		3	A	1		12.4	32.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.078		3	A	1		0.025	0.066	
Riboflavin....mg	0.267		3	A	1		0.085	0.227	
Niacin....mg	5.187		3	A	1		1.660	4.409	
Pantothenic acid....mg	0.856		3	A	1		0.274	0.728	
Vitamin B-6....mg	0.596		3	A	1		0.191	0.507	
Folate, total....mcg	8		1	A	1		3	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		1	A	1		3	7	
Folate, DFE....mcg_DFE	8		0	NC	4		3	7	
Choline, total....mg	107.9		0	AS	1		34.5	91.7	
Betaine....mg	13.5		2	A	1		4.3	11.4	
Vitamin B-12....mcg	5.16		3	A	1		1.65	4.38	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.17		1	A	1		0.05	0.14	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.03		1	A	1		0.01	0.03	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.2		1	A	1		0.1	0.2	
Lipids:									
Fatty acids, total saturated....g	2.833		0	NC	4		0.907	2.408	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23054

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		3	A	1		0.000	0.000	
10:0 g	0.000		3	A	1		0.000	0.000	
12:0 g	0.000		3	A	1		0.000	0.000	
13:0 g									
14:0 g	0.199		3	A	1		0.064	0.169	
15:0 g	0.031		3	A	1		0.010	0.027	
16:0 g	1.646		3	A	1		0.527	1.399	
17:0 g	0.078		3	A	1		0.025	0.066	
18:0 g	0.858		3	A	1		0.275	0.729	
20:0 g	0.000		3	A	1		0.000	0.000	
22:0 g	0.022		3	A	1		0.007	0.018	
24:0 g									
Fatty acids, total monounsaturated g	2.933		0	NC	4		0.939	2.493	
14:1 g	0.044		3	A	1		0.014	0.037	
15:1 g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated g	0.207		3	A	1		0.066	0.176	
17:1 g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated g	2.676		0	AS	1		0.856	2.274	
18:1 c g	2.456		3	A	1		0.786	2.088	
18:1-11c (18:1c n-7) g									
18:1 t g	0.220		3	A	1		0.070	0.187	
18:1-11t (18:1t n-7) g									
20:1 g	0.008		3	A	1		0.002	0.006	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.410		0	NC	4		0.131	0.348	
18:2 undifferentiated g	0.338		0	AS	1		0.108	0.287	
18:2 n-6 c,c g	0.284		3	A	1		0.091	0.242	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.053		3	A	1		0.017	0.045	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.013		0	AS	1		0.004	0.011	
18:3 n-3 c,c,c (ALA) g	0.013		3	A	1		0.004	0.011	
18:3 n-6 c,c,c g	0.000		3	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		3	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.060		3	A	1		0.019	0.051	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.273		0	NC	4		0.087	0.232	
Fatty acids, total trans-monoenoic g	0.220		0	NC	4		0.070	0.187	
Fatty acids, total trans-polyenoic g	0.053		0	NC	4		0.017	0.045	
Cholesterol mg	78		10	A	1		25	66	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.172		0	A	1		0.055	0.146	
Threonine g	1.047		0	A	1		0.335	0.890	
Isoleucine g	1.193		0	A	1		0.382	1.014	
Leucine g	2.086		0	A	1		0.667	1.773	
Lysine g	2.216		0	A	1		0.709	1.883	
Methionine g	0.683		0	A	1		0.218		

NDB No. 23054

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.683			A	1			0.580	
Cystine....g	0.338		0	A	1		0.108	0.288	
Phenylalanine....g	1.036		0	A	1		0.331	0.880	
Tyrosine....g	0.835		0	A	1		0.267	0.710	
Valine....g	1.301		0	A	1		0.416	1.106	
Arginine....g	1.695		0	A	1		0.542	1.441	
Histidine....g	0.837		0	A	1		0.268	0.711	
Alanine....g	1.594		0	A	1		0.510	1.355	
Aspartic acid....g	2.388		0	A	1		0.764	2.030	
Glutamic acid....g	3.936		0	A	1		1.259	3.345	
Glycine....g	1.596		0	A	1		0.511	1.357	
Proline....g	1.250		0	A	1		0.400	1.062	
Serine....g	1.033		0	A	1		0.330	0.878	
Hydroxyproline....g	0.275		0	A	1		0.088	0.234	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 medallion

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23053

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw

Beef Value Cut, Tender Medallions, Teres Major

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.80		11	A	1		29.85		
Energy....kcal	144		0	NC	4		59		
Energy....kJ	602		0	NC	4		247		
Protein (N x 6.25)....g	20.54		11	A	1		8.42		
Total lipid (fat)....g	6.22		11	A	1		2.55		
Ash....g	0.92		11	A	1		0.38		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		1	A	1		2		
Iron, Fe....mg	1.95		1	A	1		0.80		
Magnesium, Mg....mg	23		1	A	1		9		
Phosphorus, P....mg	196		1	A	1		80		
Potassium, K....mg	327		1	A	1		134		
Sodium, Na....mg	58		1	A	1		24		
Zinc, Zn....mg	3.72		1	A	1		1.53		
Copper, Cu....mg	0.131		1	A	1		0.054		
Manganese, Mn....mg	0.016		1	A	1		0.007		
Selenium, Se....mcg	33.3		1	A	1		13.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.087		1	A	1		0.036		
Riboflavin....mg	0.269		1	A	1		0.110		
Niacin....mg	4.510		1	A	1		1.849		
Pantothenic acid....mg	0.799		1	A	1		0.328		
Vitamin B-6....mg	0.503		1	A	1		0.206		
Folate, total....mcg	7		1	A	1		3		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	7		1	A	1		3		
Folate, DFE....mcg_DFE	7		0	NC	4		3		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.97		1	A	1		1.63		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		1	A	1		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.09		1	A	1		0.04		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.01		1	A	1		0.01		
Tocopherol, gamma....mg	0.02		1	A	1		0.01		
Tocopherol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.2		0	BFSN	4		0.1		
Lipids:									
Fatty acids, total saturated....g	2.088		0	NC	4		0.856		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 23053

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.000		1	A	1		0.000		
12:0 g	0.000		1	A	1		0.000		
13:0 g									
14:0 g	0.147		1	A	1		0.060		
15:0 g	0.022		1	A	1		0.009		
16:0 g	1.211		1	A	1		0.496		
17:0 g	0.055		1	A	1		0.023		
18:0 g	0.636		1	A	1		0.261		
20:0 g	0.000		1	A	1		0.000		
22:0 g	0.018		1	A	1		0.007		
24:0 g									
Fatty acids, total monounsaturated g	2.136		0	NC	4		0.876		
14:1 g	0.031		1	A	1		0.013		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	0.151		1	A	1		0.062		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	1.954		0	AS	1		0.801		
18:1 c g	1.779		1	A	1		0.729		
18:1-11c (18:1c n-7) g									
18:1 t g	0.175		1	A	1		0.072		
18:1-11t (18:1t n-7) g									
20:1 g	0.000		1	A	1		0.000		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.340		0	NC	4		0.139		
18:2 undifferentiated g	0.276		0	AS	1		0.113		
18:2 n-6 c,c g	0.236		1	A	1		0.097		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.040		1	A	1		0.016		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.010		0	AS	1		0.004		
18:3 n-3 c,c,c (ALA) g	0.010		1	A	1		0.004		
18:3 n-6 c,c,c g	0.000		1	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		1	A	1		0.000		
20:3 undifferentiated g	0.000		1	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.054		1	A	1		0.022		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.215		0	NC	4		0.088		
Fatty acids, total trans-monoenoic g	0.175		0	NC	4		0.072		
Fatty acids, total trans-polyenoic g	0.040		0	NC	4		0.016		
Cholesterol mg	57		10	A	1		23		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.135		0	A	1		0.055		
Threonine g	0.820		0	A	1		0.336		
Isoleucine g	0.934		0	A	1		0.383		
Leucine g	1.634		0	A	1		0.670		
Lysine g	1.736		0	A	1		0.712		
Methionine g	0.535		0	A	1		0.219		

NDB No. 23053

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.535			A	1				
Cystine....g	0.265		0	A	1		0.109		
Phenylalanine....g	0.811		0	A	1		0.333		
Tyrosine....g	0.654		0	A	1		0.268		
Valine....g	1.019		0	A	1		0.418		
Arginine....g	1.328		0	A	1		0.544		
Histidine....g	0.655		0	A	1		0.269		
Alanine....g	1.249		0	A	1		0.512		
Aspartic acid....g	1.871		0	A	1		0.767		
Glutamic acid....g	3.083		0	A	1		1.264		
Glycine....g	1.251		0	A	1		0.513		
Proline....g	0.979		0	A	1		0.401		
Serine....g	0.809		0	A	1		0.332		
Hydroxyproline....g	0.216		0	A	1		0.088		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 41g: 1 medallion

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23035

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Beef Value Cut, Tender Medallions, Teres Major, URMIS #1979 or #1845

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.57		8	A	1		19.67	55.73	
Energy....kcal	181		0	NC	4		54	154	
Energy....kJ	756		0	NC	4		227	642	
Protein (N x 6.25)....g	26.07		8	A	1		7.82	22.16	
Total lipid (fat)....g	7.68		8	A	1		2.31	6.53	
Ash....g	1.03		8	A	1		0.31	0.88	
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		2	A	1		2	5	
Iron, Fe....mg	2.58		2	A	1		0.77	2.19	
Magnesium, Mg....mg	25		2	A	1		8	22	
Phosphorus, P....mg	227		2	A	1		68	193	
Potassium, K....mg	361		2	A	1		108	306	
Sodium, Na....mg	60		2	A	1		18	51	
Zinc, Zn....mg	5.26		2	A	1		1.58	4.47	
Copper, Cu....mg	0.090		1	A	1		0.027	0.077	
Manganese, Mn....mg	0.011		2	A	1		0.003	0.009	
Selenium, Se....mcg	38.9		2	A	1		11.7	33.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.081		2	A	1		0.024	0.069	
Riboflavin....mg	0.223		2	A	1		0.067	0.190	
Niacin....mg	5.035		2	A	1		1.511	4.280	
Pantothenic acid....mg	0.858		2	A	1		0.257	0.729	
Vitamin B-6....mg	0.586		2	A	1		0.176	0.498	
Folate, total....mcg	8		1	A	1		2	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		1	A	1		2	7	
Folate, DFE....mcg_DFE	8		0	NC	4		2	7	
Choline, total....mg	102.8		0	AS	1		30.8	87.4	
Betaine....mg	13.8		1	A	1		4.1	11.7	
Vitamin B-12....mcg	4.73		2	A	1		1.42	4.02	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.17		1	A	1		0.05	0.14	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.03		1	A	1		0.01	0.03	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.2		1	A	1		0.1	0.2	
Lipids:									
Fatty acids, total saturated....g	2.737		0	NC	4		0.821	2.326	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23035

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		2	A	1		0.000	0.000	
10:0 g	0.000		2	A	1		0.000	0.000	
12:0 g	0.000		2	A	1		0.000	0.000	
13:0 g									
14:0 g	0.188		2	A	1		0.057	0.160	
15:0 g	0.029		2	A	1		0.009	0.025	
16:0 g	1.619		2	A	1		0.486	1.376	
17:0 g	0.073		2	A	1		0.022	0.062	
18:0 g	0.806		2	A	1		0.242	0.685	
20:0 g	0.000		2	A	1		0.000	0.000	
22:0 g	0.020		2	A	1		0.006	0.017	
24:0 g									
Fatty acids, total monounsaturated g	2.872		0	NC	4		0.862	2.441	
14:1 g	0.042		2	A	1		0.013	0.036	
15:1 g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated g	0.205		2	A	1		0.062	0.175	
17:1 g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated g	2.618		0	AS	1		0.786	2.226	
18:1 c g	2.416		2	A	1		0.725	2.054	
18:1-11c (18:1c n-7) g									
18:1 t g	0.202		2	A	1		0.061	0.172	
18:1-11t (18:1t n-7) g									
20:1 g	0.007		2	A	1		0.002	0.006	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.381		0	NC	4		0.114	0.324	
18:2 undifferentiated g	0.312		0	AS	1		0.094	0.265	
18:2 n-6 c,c g	0.263		2	A	1		0.079	0.223	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.049		2	A	1		0.015	0.042	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.011		0	AS	1		0.003	0.009	
18:3 n-3 c,c,c (ALA) g	0.011		2	A	1		0.003	0.009	
18:3 n-6 c,c,c g	0.000		2	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.057		2	A	1		0.017	0.049	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.251		0	NC	4		0.075	0.214	
Fatty acids, total trans-monoenoic g	0.202		0	NC	4		0.061	0.172	
Fatty acids, total trans-polyenoic g	0.049		0	NC	4		0.015	0.042	
Cholesterol mg	76		6	A	1		23	65	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.171		0	A	1		0.051	0.146	
Threonine g	1.042		0	A	1		0.312	0.885	
Isoleucine g	1.186		0	A	1		0.356	1.008	
Leucine g	2.074		0	A	1		0.622	1.763	
Lysine g	2.204		0	A	1		0.661	1.873	
Methionine g	0.679		0	A	1		0.204		

NDB No. 23035

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.679			A	1			0.577	
Cystine....g	0.336		0	A	1		0.101	0.286	
Phenylalanine....g	1.030		0	A	1		0.309	0.875	
Tyrosine....g	0.831		0	A	1		0.249	0.706	
Valine....g	1.294		0	A	1		0.388	1.100	
Arginine....g	1.686		0	A	1		0.506	1.433	
Histidine....g	0.832		0	A	1		0.250	0.707	
Alanine....g	1.585		0	A	1		0.476	1.347	
Aspartic acid....g	2.375		0	A	1		0.713	2.019	
Glutamic acid....g	3.914		0	A	1		1.174	3.327	
Glycine....g	1.588		0	A	1		0.476	1.350	
Proline....g	1.243		0	A	1		0.373	1.057	
Serine....g	1.027		0	A	1		0.308	0.873	
Hydroxyproline....g	0.274		0	A	1		0.082	0.233	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 medallion

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23034

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw

Beef Value Cut, Tender Medallions, Teres Major, URMIS #1979 or #1845

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.87		8	A	1		29.15		
Energy....kcal	145		0	NC	4		58		
Energy....kJ	606		0	NC	4		243		
Protein (N x 6.25)....g	20.51		8	A	1		8.20		
Total lipid (fat)....g	6.36		8	A	1		2.54		
Ash....g	0.91		8	A	1		0.36		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		2	A	1		2		
Iron, Fe....mg	2.01		2	A	1		0.81		
Magnesium, Mg....mg	23		2	A	1		9		
Phosphorus, P....mg	200		2	A	1		80		
Potassium, K....mg	339		2	A	1		136		
Sodium, Na....mg	59		2	A	1		24		
Zinc, Zn....mg	3.98		2	A	1		1.59		
Copper, Cu....mg	0.131		1	A	1		0.052		
Manganese, Mn....mg	0.014		2	A	1		0.005		
Selenium, Se....mcg	30.8		2	A	1		12.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.085		2	A	1		0.034		
Riboflavin....mg	0.235		2	A	1		0.094		
Niacin....mg	4.580		2	A	1		1.832		
Pantothenic acid....mg	0.779		2	A	1		0.312		
Vitamin B-6....mg	0.516		2	A	1		0.206		
Folate, total....mcg	7		1	A	1		3		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	7		1	A	1		3		
Folate, DFE....mcg_DFE	7		0	NC	4		3		
Choline, total....mg	75.1		0	AS	1		30.0		
Betaine....mg	12.2		1	A	1		4.9		
Vitamin B-12....mcg	3.98		2	A	1		1.59		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		1	A	1		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.09		1	A	1		0.04		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.01		1	A	1		0.01		
Tocopherol, gamma....mg	0.02		1	A	1		0.01		
Tocopherol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.2		0	BFSN	4		0.1		
Lipids:									
Fatty acids, total saturated....g	2.328		0	NC	4		0.931		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 23034

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		2	A	1		0.000		
10:0 g	0.000		2	A	1		0.000		
12:0 g	0.000		2	A	1		0.000		
13:0 g									
14:0 g	0.164		2	A	1		0.066		
15:0 g	0.025		2	A	1		0.010		
16:0 g	1.374		2	A	1		0.550		
17:0 g	0.063		2	A	1		0.025		
18:0 g	0.683		2	A	1		0.273		
20:0 g	0.000		2	A	1		0.000		
22:0 g	0.017		2	A	1		0.007		
24:0 g									
Fatty acids, total monounsaturated g	2.430		0	NC	4		0.972		
14:1 g	0.037		2	A	1		0.015		
15:1 g	0.000		2	A	1		0.000		
16:1 undifferentiated g	0.173		2	A	1		0.069		
17:1 g	0.000		2	A	1		0.000		
18:1 undifferentiated g	2.215		0	AS	1		0.886		
18:1 c g	2.039		2	A	1		0.816		
18:1-11c (18:1c n-7) g									
18:1 t g	0.175		2	A	1		0.070		
18:1-11t (18:1t n-7) g									
20:1 g	0.005		2	A	1		0.002		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.326		0	NC	4		0.130		
18:2 undifferentiated g	0.266		0	AS	1		0.107		
18:2 n-6 c,c g	0.223		2	A	1		0.089		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.043		2	A	1		0.017		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.010		0	AS	1		0.004		
18:3 n-3 c,c,c (ALA) g	0.010		2	A	1		0.004		
18:3 n-6 c,c,c g	0.000		2	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		2	A	1		0.000		
20:3 undifferentiated g	0.000		2	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.050		2	A	1		0.020		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.219		0	NC	4		0.088		
Fatty acids, total trans-monoenoic g	0.175		0	NC	4		0.070		
Fatty acids, total trans-polyenoic g	0.043		0	NC	4		0.017		
Cholesterol mg	56		6	A	1		22		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.135		0	A	1		0.054		
Threonine g	0.819		0	A	1		0.328		
Isoleucine g	0.933		0	A	1		0.373		
Leucine g	1.632		0	A	1		0.653		
Lysine g	1.733		0	A	1		0.693		
Methionine g	0.534		0	A	1		0.214		

NDB No. 23034

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.534			A	1				
Cystine....g	0.265		0	A	1		0.106		
Phenylalanine....g	0.810		0	A	1		0.324		
Tyrosine....g	0.654		0	A	1		0.261		
Valine....g	1.018		0	A	1		0.407		
Arginine....g	1.326		0	A	1		0.530		
Histidine....g	0.655		0	A	1		0.262		
Alanine....g	1.247		0	A	1		0.499		
Aspartic acid....g	1.868		0	A	1		0.747		
Glutamic acid....g	3.079		0	A	1		1.232		
Glycine....g	1.249		0	A	1		0.500		
Proline....g	0.978		0	A	1		0.391		
Serine....g	0.808		0	A	1		0.323		
Hydroxyproline....g	0.085		1	A	1		0.034		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 1 medallion

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23065

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Beef Value Cut, Tender Medallions, Teres Major, URMIS #1164 or #1030

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.79		5	A	1		22.37	55.92	
Energy....kcal	172		0	NC	4		59	146	
Energy....kJ	721		0	NC	4		245	612	
Protein (N x 6.25)....g	26.45		5	A	1		8.99	22.48	
Total lipid (fat)....g	6.43		5	A	1		2.19	5.46	
Ash....g	1.00		5	A	1		0.34	0.85	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		1	A	1		2	4	
Iron, Fe....mg	2.60		1	A	1		0.88	2.21	
Magnesium, Mg....mg	24		1	A	1		8	21	
Phosphorus, P....mg	223		1	A	1		76	190	
Potassium, K....mg	348		1	A	1		118	296	
Sodium, Na....mg	58		1	A	1		20	49	
Zinc, Zn....mg	5.19		1	A	1		1.76	4.41	
Copper, Cu....mg	0.253		1	A	1		0.086	0.215	
Manganese, Mn....mg	0.021		1	A	1		0.007	0.018	
Selenium, Se....mcg	38.3		1	A	1		13.0	32.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.072		1	A	1		0.024	0.061	
Riboflavin....mg	0.354		1	A	1		0.120	0.301	
Niacin....mg	5.490		1	A	1		1.867	4.666	
Pantothenic acid....mg	0.852		1	A	1		0.290	0.724	
Vitamin B-6....mg	0.615		1	A	1		0.209	0.523	
Folate, total....mcg	8		0	BFPN	4		3	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0	BFPN	4		3	7	
Folate, DFE....mcg_DFE	8		0	NC	4		3	7	
Choline, total....mg	112.9		0	AS	1		38.4	96.0	
Betaine....mg	13.1		1	A	1		4.5	11.2	
Vitamin B-12....mcg	6.01		1	A	1		2.04	5.11	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.17		0	BFSN	4		0.06	0.14	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma....mg	0.03		0	BFSN	4		0.01	0.03	
Tocopherol, delta....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.2		0	BFPN	4		0.1	0.2	
Lipids:									
Fatty acids, total saturated....g	1.700		0	NC	4		0.578	1.445	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23065

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		1	A	1		0.000	0.000	
10:0 g	0.000		1	A	1		0.000	0.000	
12:0 g	0.000		1	A	1		0.000	0.000	
13:0 g									
14:0 g	0.123		1	A	1		0.042	0.105	
15:0 g	0.020		1	A	1		0.007	0.017	
16:0 g	0.954		1	A	1		0.324	0.811	
17:0 g	0.048		1	A	1		0.016	0.041	
18:0 g	0.541		1	A	1		0.184	0.460	
20:0 g	0.000		1	A	1		0.000	0.000	
22:0 g	0.013		1	A	1		0.005	0.011	
24:0 g									
Fatty acids, total monounsaturated g	3.284		0	NC	4		1.116	2.791	
14:1 g	0.026		1	A	1		0.009	0.022	
15:1 g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated g	0.117		1	A	1		0.040	0.100	
17:1 g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated g	1.567		0	AS	1		0.533	1.332	
18:1 c g	1.424		1	A	1		0.484	1.210	
18:1-11c (18:1c n-7) g									
18:1 t g	0.143		1	A	1		0.049	0.122	
18:1-11t (18:1t n-7) g									
20:1 g	0.006		1	A	1		0.002	0.005	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.490		0	NC	4		0.167	0.416	
18:2 undifferentiated g	0.218		0	AS	1		0.074	0.185	
18:2 n-6 c,c g	0.184		1	A	1		0.062	0.156	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.034		1	A	1		0.012	0.029	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.009		0	AS	1		0.003	0.008	
18:3 n-3 c,c,c (ALA) g	0.009		1	A	1		0.003	0.008	
18:3 n-6 c,c,c g	0.000		1	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		1	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.036		1	A	1		0.012	0.031	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.177		0	NC	4		0.060	0.151	
Fatty acids, total trans-monoenoic g	0.143		0	NC	4		0.049	0.122	
Fatty acids, total trans-polyenoic g	0.034		0	NC	4		0.012	0.029	
Cholesterol mg	80		4	A	1		27	68	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.174		0	A	1		0.059	0.148	
Threonine g	1.056		0	A	1		0.359	0.898	
Isoleucine g	1.203		0	A	1		0.409	1.023	
Leucine g	2.104		0	A	1		0.715	1.788	
Lysine g	2.235		0	A	1		0.760	1.900	
Methionine g	0.689		0	A	1		0.234		

NDB No. 23065

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.689			A	1			0.585	
Cystine....g	0.341		0	A	1		0.116	0.290	
Phenylalanine....g	1.045		0	A	1		0.355	0.888	
Tyrosine....g	0.843		0	A	1		0.287	0.716	
Valine....g	1.312		0	A	1		0.446	1.115	
Arginine....g	1.710		0	A	1		0.581	1.454	
Histidine....g	0.844		0	A	1		0.287	0.717	
Alanine....g	1.608		0	A	1		0.547	1.367	
Aspartic acid....g	2.409		0	A	1		0.819	2.048	
Glutamic acid....g	3.970		0	A	1		1.350	3.375	
Glycine....g	1.610		0	A	1		0.548	1.369	
Proline....g	1.261		0	A	1		0.429	1.072	
Serine....g	1.042		0	A	1		0.354	0.885	
Hydroxyproline....g	0.278		0	A	1		0.094	0.236	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 1 medallion

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23036

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw

Beef Value Cut, Tender Medallions, Teres Major, URMIS #1164 or #1030

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.79		5	A	1		32.03		
Energy....kcal	142		0	NC	4		62		
Energy....kJ	593		0	NC	4		261		
Protein (N x 6.25)....g	20.93		5	A	1		9.21		
Total lipid (fat)....g	5.79		5	A	1		2.55		
Ash....g	0.90		5	A	1		0.40		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		1	A	1		2		
Iron, Fe....mg	2.39		1	A	1		1.05		
Magnesium, Mg....mg	25		1	A	1		11		
Phosphorus, P....mg	219		1	A	1		96		
Potassium, K....mg	366		1	A	1		161		
Sodium, Na....mg	60		1	A	1		26		
Zinc, Zn....mg	4.38		1	A	1		1.93		
Copper, Cu....mg	0.130		1	A	1		0.057		
Manganese, Mn....mg	0.018		1	A	1		0.008		
Selenium, Se....mcg	31.8		1	A	1		14.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.089		1	A	1		0.039		
Riboflavin....mg	0.269		1	A	1		0.118		
Niacin....mg	5.570		1	A	1		2.451		
Pantothenic acid....mg	0.921		1	A	1		0.405		
Vitamin B-6....mg	0.519		1	A	1		0.228		
Folate, total....mcg	7		0	BFPN	4		3		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	7		0	BFPN	4		3		
Folate, DFE....mcg_DFE	7		0	NC	4		3		
Choline, total....mg	85.2		0	AS	1		37.5		
Betaine....mg	12.1		1	A	1		5.3		
Vitamin B-12....mcg	5.09		1	A	1		2.24		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	BFSN	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.09		0	BFSN	4		0.04		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.01		0	BFSN	4		0.01		
Tocopherol, gamma....mg	0.02		0	BFSN	4		0.01		
Tocopherol, delta....mg	0.00		0	BFSN	4		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.2		0	BFSN	4		0.1		
Lipids:									
Fatty acids, total saturated....g	1.988		0	NC	4		0.875		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 23036

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.144		1	A	1		0.063		
15:0....g	0.023		1	A	1		0.010		
16:0....g	1.106		1	A	1		0.487		
17:0....g	0.056		1	A	1		0.025		
18:0....g	0.642		1	A	1		0.282		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.017		1	A	1		0.007		
24:0....g									
Fatty acids, total monounsaturated....g	1.979		0	NC	4		0.871		
14:1....g	0.031		1	A	1		0.014		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.134		1	A	1		0.059		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.814		0	AS	1		0.798		
18:1 c....g	1.642		1	A	1		0.722		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.172		1	A	1		0.076		
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.337		0	NC	4		0.148		
18:2 undifferentiated....g	0.278		0	AS	1		0.122		
18:2 n-6 c,c....g	0.236		1	A	1		0.104		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.042		1	A	1		0.018		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.011		0	AS	1		0.005		
18:3 n-3 c,c,c (ALA)....g	0.011		1	A	1		0.005		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.048		1	A	1		0.021		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.214		0	NC	4		0.094		
Fatty acids, total trans-monoenoic....g	0.172		0	NC	4		0.076		
Fatty acids, total trans-polyenoic....g	0.042		0	NC	4		0.018		
Cholesterol....mg	58		4	A	1		26		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.138		0	A	1		0.061		
Threonine....g	0.836		0	A	1		0.368		
Isoleucine....g	0.952		0	A	1		0.419		
Leucine....g	1.665		0	A	1		0.733		
Lysine....g	1.769		0	A	1		0.778		
Methionine....g	0.545		0	A	1		0.240		

NDB No. 23036

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.545			A	1				
Cystine....g	0.270		0	A	1		0.119		
Phenylalanine....g	0.827		0	A	1		0.364		
Tyrosine....g	0.667		0	A	1		0.293		
Valine....g	1.038		0	A	1		0.457		
Arginine....g	1.353		0	A	1		0.596		
Histidine....g	0.668		0	A	1		0.294		
Alanine....g	1.273		0	A	1		0.560		
Aspartic acid....g	1.907		0	A	1		0.839		
Glutamic acid....g	3.142		0	A	1		1.383		
Glycine....g	1.275		0	A	1		0.561		
Proline....g	0.998		0	A	1		0.439		
Serine....g	0.825		0	A	1		0.363		
Hydroxyproline....g	0.075		1	A	1		0.033		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44g: 1 medallion

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23058

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Beef Value Cut, Center Cut Steak, Ranch Cut Steak, Triceps Brachii

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.88		13	A	1		119.37	55.15	
Energy....kcal	182		0	NC	4		335	155	
Energy....kJ	761		0	NC	4		1400	647	
Protein (N x 6.25)....g	26.30		13	A	1		48.39	22.35	
Total lipid (fat)....g	7.66		13	A	1		14.09	6.51	
Ash....g	1.04		13	A	1		1.92	0.89	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		3	A	1		9	4	
Iron, Fe....mg	2.79		3	A	1		5.13	2.37	
Magnesium, Mg....mg	26		3	A	1		47	22	
Phosphorus, P....mg	232		3	A	1		426	197	
Potassium, K....mg	361		3	A	1		665	307	
Sodium, Na....mg	60		3	A	1		111	51	
Zinc, Zn....mg	7.09		3	A	1		13.05	6.03	
Copper, Cu....mg	0.089		3	A	1		0.164	0.076	
Manganese, Mn....mg	0.015		3	A	1		0.028	0.013	
Selenium, Se....mcg	41.5		3	A	1		76.3	35.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.075		3	A	1		0.137	0.063	
Riboflavin....mg	0.294		3	A	1		0.540	0.250	
Niacin....mg	5.273		3	A	1		9.703	4.482	
Pantothenic acid....mg	0.839		3	A	1		1.544	0.713	
Vitamin B-6....mg	0.576		3	A	1		1.060	0.490	
Folate, total....mcg	11		1	A	1		20	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		1	A	1		20	9	
Folate, DFE....mcg_DFE	11		0	NC	4		20	9	
Choline, total....mg	99.0		0	AS	1		182.1	84.1	
Betaine....mg	14.2		2	A	1		26.2	12.1	
Vitamin B-12....mcg	4.95		3	A	1		9.10	4.20	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		1	A	1		0.33	0.15	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.02		1	A	1		0.04	0.02	
Tocopherol, delta....mg	0.01		1	A	1		0.03	0.01	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.4		1	A	1		0.8	0.4	
Lipids:									
Fatty acids, total saturated....g	2.765		0	NC	4		5.088	2.351	

NDB No. 23058

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		3	A	1		0.000	0.000	
10:0 g	0.000		3	A	1		0.000	0.000	
12:0 g	0.000		3	A	1		0.000	0.000	
13:0 g									
14:0 g	0.201		3	A	1		0.369	0.171	
15:0 g	0.029		3	A	1		0.053	0.025	
16:0 g	1.658		3	A	1		3.051	1.410	
17:0 g	0.070		3	A	1		0.129	0.059	
18:0 g	0.808		3	A	1		1.486	0.686	
20:0 g	0.000		3	A	1		0.000	0.000	
22:0 g	0.000		3	A	1		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	3.044		0	NC	4		5.601	2.587	
14:1 g	0.053		3	A	1		0.098	0.045	
15:1 g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated g	0.226		3	A	1		0.416	0.192	
17:1 g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated g	2.758		0	AS	1		5.074	2.344	
18:1 c g	2.539		3	A	1		4.672	2.158	
18:1-11c (18:1c n-7) g									
18:1 t g	0.219		3	A	1		0.402	0.186	
18:1-11t (18:1t n-7) g									
20:1 g	0.007		3	A	1		0.013	0.006	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.395		0	NC	4		0.728	0.336	
18:2 undifferentiated g	0.331		0	AS	1		0.609	0.281	
18:2 n-6 c,c g	0.275		3	A	1		0.506	0.234	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.056		3	A	1		0.103	0.048	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.013		0	AS	1		0.023	0.011	
18:3 n-3 c,c,c (ALA) g	0.013		3	A	1		0.023	0.011	
18:3 n-6 c,c,c g	0.000		3	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		3	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.052		3	A	1		0.096	0.044	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.275		0	NC	4		0.505	0.233	
Fatty acids, total trans-monoenoic g	0.219		0	NC	4		0.402	0.186	
Fatty acids, total trans-polyenoic g	0.056		0	NC	4		0.103	0.048	
Cholesterol mg	76		10	A	1		139	64	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.173		0	A	1		0.318	0.147	
Threonine g	1.051		0	A	1		1.933	0.893	
Isoleucine g	1.196		0	A	1		2.201	1.017	

NDB No. 23058

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	2.092		0	A	1		3.849	1.778	
Lysine....g	2.222		0	A	1		4.089	1.889	
Methionine....g	0.685		0	A	1		1.260	0.582	
Cystine....g	0.339		0	A	1		0.624	0.288	
Phenylalanine....g	1.039		0	A	1		1.911	0.883	
Tyrosine....g	0.838		0	A	1		1.542	0.712	
Valine....g	1.305		0	A	1		2.401	1.109	
Arginine....g	1.700		0	A	1		3.129	1.445	
Histidine....g	0.839		0	A	1		1.544	0.713	
Alanine....g	1.599		0	A	1		2.942	1.359	
Aspartic acid....g	2.395		0	A	1		4.407	2.036	
Glutamic acid....g	3.948		0	A	1		7.264	3.356	
Glycine....g	1.601		0	A	1		2.946	1.361	
Proline....g	1.254		0	A	1		2.307	1.066	
Serine....g	1.036		0	A	1		1.906	0.881	
Hydroxyproline....g	0.276		0	A	1		0.508	0.235	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 184g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23057

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw

Beef Value Cut, Center Cut Steak, Ranch Cut Steak, Triceps Brachii

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	72.51		13	A	1		174.75		
Energy ... kcal	141		0	NC	4		341		
Energy ... kJ	592		0	NC	4		1427		
Protein (N x 6.25) ... g	20.67		13	A	1		49.83		
Total lipid (fat) ... g	5.88		13	A	1		14.18		
Ash ... g	0.90		13	A	1		2.16		
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00		
Fiber, total dietary ... g	0.0		0	Z	7		0.0		
Sugars, total ... g	0.00		0	Z	7		0.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	4		3	A	1		11		
Iron, Fe ... mg	2.31		3	A	1		5.56		
Magnesium, Mg ... mg	24		3	A	1		58		
Phosphorus, P ... mg	215		3	A	1		517		
Potassium, K ... mg	355		3	A	1		855		
Sodium, Na ... mg	60		3	A	1		144		
Zinc, Zn ... mg	5.49		3	A	1		13.24		
Copper, Cu ... mg	0.094		3	A	1		0.227		
Manganese, Mn ... mg	0.014		3	A	1		0.034		
Selenium, Se ... mcg	30.4		3	A	1		73.3		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0		
Thiamin ... mg	0.079		3	A	1		0.191		
Riboflavin ... mg	0.238		3	A	1		0.573		
Niacin ... mg	5.193		3	A	1		12.516		
Pantothenic acid ... mg	0.775		3	A	1		1.867		
Vitamin B-6 ... mg	0.656		3	A	1		1.582		
Folate, total ... mcg	7		1	A	1		17		
Folic acid ... mcg	0		0	Z	7		0		
Folate, food ... mcg	7		1	A	1		17		
Folate, DFE ... mcg_DFE	7		0	NC	4		17		
Choline, total ... mg	86.0		0	AS	1		207.2		
Betaine ... mg	13.4		2	A	1		32.4		
Vitamin B-12 ... mcg	3.93		3	A	1		9.48		
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... mcg_RAE	0		0	AS	1		0		
Retinol ... mcg	0		1	A	1		0		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
Vitamin A, IU ... IU	0		0	AS	1		0		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.18		1	A	1		0.43		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg	0.00		1	A	1		0.00		
Tocopherol, gamma ... mg	0.02		1	A	1		0.05		
Tocopherol, delta ... mg	0.01		1	A	1		0.04		
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	0.2		1	A	1		0.4		
Lipids:									
Fatty acids, total saturated ... g	1.985		0	NC	4		4.785		
4:0 ... g	0.000		0	Z	7		0.000		

NDB No. 23057

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		3	A	1		0.000		
10:0 g	0.000		3	A	1		0.000		
12:0 g	0.000		3	A	1		0.000		
13:0 g									
14:0 g	0.143		3	A	1		0.344		
15:0 g	0.021		3	A	1		0.050		
16:0 g	1.190		3	A	1		2.867		
17:0 g	0.049		3	A	1		0.119		
18:0 g	0.577		3	A	1		1.390		
20:0 g	0.000		3	A	1		0.000		
22:0 g	0.006		3	A	1		0.014		
24:0 g									
Fatty acids, total monounsaturated g	2.937		0	NC	4		7.078		
14:1 g	0.039		3	A	1		0.093		
15:1 g	0.000		3	A	1		0.000		
16:1 undifferentiated g	0.165		3	A	1		0.397		
17:1 g	0.000		3	A	1		0.000		
18:1 undifferentiated g	1.993		0	AS	1		4.802		
18:1 c g	1.837		3	A	1		4.426		
18:1-11c (18:1c n-7) g									
18:1 t g	0.156		3	A	1		0.376		
18:1-11t (18:1t n-7) g									
20:1 g	0.002		3	A	1		0.006		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.397		0	NC	4		0.956		
18:2 undifferentiated g	0.261		0	AS	1		0.629		
18:2 n-6 c,c g	0.222		3	A	1		0.534		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.040		3	A	1		0.095		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.004		0	AS	1		0.009		
18:3 n-3 c,c,c (ALA) g	0.004		3	A	1		0.009		
18:3 n-6 c,c,c g	0.000		3	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		3	A	1		0.000		
20:3 undifferentiated g	0.000		3	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.049		3	A	1		0.119		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.196		0	NC	4		0.471		
Fatty acids, total trans-monoenoic g	0.156		0	NC	4		0.376		
Fatty acids, total trans-polyenoic g	0.040		0	NC	4		0.095		
Cholesterol mg	57		10	A	1		138		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.136		0	A	1		0.327		
Threonine g	0.826		0	A	1		1.990		
Isoleucine g	0.941		0	A	1		2.267		
Leucine g	1.645		0	A	1		3.964		
Lysine g	1.747		0	A	1		4.211		
Methionine g	0.538		0	A	1		1.298		

NDB No. 23057

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.538			A	1				
Cystine....g	0.267		0	A	1		0.643		
Phenylalanine....g	0.817		0	A	1		1.968		
Tyrosine....g	0.659		0	A	1		1.588		
Valine....g	1.026		0	A	1		2.472		
Arginine....g	1.337		0	A	1		3.222		
Histidine....g	0.660		0	A	1		1.590		
Alanine....g	1.257		0	A	1		3.029		
Aspartic acid....g	1.883		0	A	1		4.539		
Glutamic acid....g	3.104		0	A	1		7.480		
Glycine....g	1.259		0	A	1		3.034		
Proline....g	0.986		0	A	1		2.375		
Serine....g	0.814		0	A	1		1.963		
Hydroxyproline....g	0.094		2	A	1		0.225		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23038

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Beef Value Cut, Center Cut Steak, Ranch Cut Steak, URMIS #1977, Triceps Brachii

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.02		8	A	1		122.24	55.27	
Energy....kcal	184		0	NC	4		347	157	
Energy....kJ	772		0	NC	4		1451	656	
Protein (N x 6.25)....g	26.07		8	A	1		49.01	22.16	
Total lipid (fat)....g	8.11		8	A	1		15.24	6.89	
Ash....g	1.03		8	A	1		1.94	0.88	
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		2	A	1		9	4	
Iron, Fe....mg	2.57		2	A	1		4.83	2.18	
Magnesium, Mg....mg	24		2	A	1		46	21	
Phosphorus, P....mg	223		2	A	1		419	190	
Potassium, K....mg	342		2	A	1		642	290	
Sodium, Na....mg	59		2	A	1		112	50	
Zinc, Zn....mg	6.85		2	A	1		12.88	5.82	
Copper, Cu....mg	0.097		2	A	1		0.183	0.083	
Manganese, Mn....mg	0.013		2	A	1		0.024	0.011	
Selenium, Se....mcg	40.1		2	A	1		75.3	34.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.068		2	A	1		0.129	0.058	
Riboflavin....mg	0.268		2	A	1		0.505	0.228	
Niacin....mg	5.165		2	A	1		9.710	4.390	
Pantothenic acid....mg	0.784		2	A	1		1.474	0.666	
Vitamin B-6....mg	0.567		2	A	1		1.067	0.482	
Folate, total....mcg	11		1	A	1		21	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		1	A	1		21	9	
Folate, DFE....mcg_DFE	11		0	NC	4		21	9	
Choline, total....mg	94.0		0	AS	1		176.7	79.9	
Betaine....mg	15.5		1	A	1		29.1	13.2	
Vitamin B-12....mcg	4.56		2	A	1		8.58	3.88	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		1	A	1		0.34	0.15	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.02		1	A	1		0.04	0.02	
Tocopherol, delta....mg	0.01		1	A	1		0.03	0.01	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.4		1	A	1		0.8	0.4	
Lipids:									
Fatty acids, total saturated....g	3.031		0	NC	4		5.698	2.576	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23038

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		2	A	1		0.000	0.000	
10:0 g	0.000		2	A	1		0.000	0.000	
12:0 g	0.000		2	A	1		0.000	0.000	
13:0 g									
14:0 g	0.223		2	A	1		0.418	0.189	
15:0 g	0.031		2	A	1		0.058	0.026	
16:0 g	1.855		2	A	1		3.488	1.577	
17:0 g	0.074		2	A	1		0.139	0.063	
18:0 g	0.848		2	A	1		1.594	0.721	
20:0 g	0.000		2	A	1		0.000	0.000	
22:0 g	0.000		2	A	1		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	3.380		0	NC	4		6.354	2.873	
14:1 g	0.061		2	A	1		0.115	0.052	
15:1 g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated g	0.260		2	A	1		0.490	0.221	
17:1 g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated g	3.047		0	AS	1		5.729	2.590	
18:1 c g	2.815		2	A	1		5.292	2.393	
18:1-11c (18:1c n-7) g									
18:1 t g	0.232		2	A	1		0.437	0.198	
18:1-11t (18:1t n-7) g									
20:1 g	0.011		2	A	1		0.021	0.009	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.405		0	NC	4		0.762	0.345	
18:2 undifferentiated g	0.340		0	AS	1		0.639	0.289	
18:2 n-6 c,c g	0.281		2	A	1		0.529	0.239	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.058		2	A	1		0.110	0.050	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.013		0	AS	1		0.024	0.011	
18:3 n-3 c,c,c (ALA) g	0.013		2	A	1		0.024	0.011	
18:3 n-6 c,c,c g	0.000		2	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.053		2	A	1		0.100	0.045	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.291		0	NC	4		0.547	0.247	
Fatty acids, total trans-monoenoic g	0.232		0	NC	4		0.437	0.198	
Fatty acids, total trans-polyenoic g	0.058		0	NC	4		0.110	0.050	
Cholesterol mg	74		6	A	1		140	63	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.171		0	A	1		0.322	0.146	
Threonine g	1.041		0	A	1		1.958	0.885	
Isoleucine g	1.186		0	A	1		2.230	1.008	
Leucine g	2.074		0	A	1		3.898	1.763	
Lysine g	2.203		0	A	1		4.142	1.873	
Methionine g	0.679		0	A	1		1.276		

NDB No. 23038

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.679			A	1			0.577	
Cystine....g	0.336		0	A	1		0.632	0.286	
Phenylalanine....g	1.030		0	A	1		1.936	0.875	
Tyrosine....g	0.831		0	A	1		1.562	0.706	
Valine....g	1.293		0	A	1		2.431	1.099	
Arginine....g	1.686		0	A	1		3.169	1.433	
Histidine....g	0.832		0	A	1		1.564	0.707	
Alanine....g	1.585		0	A	1		2.979	1.347	
Aspartic acid....g	2.374		0	A	1		4.464	2.018	
Glutamic acid....g	3.913		0	A	1		7.357	3.326	
Glycine....g	1.587		0	A	1		2.984	1.349	
Proline....g	1.243		0	A	1		2.336	1.056	
Serine....g	1.027		0	A	1		1.930	0.873	
Hydroxyproline....g	0.274		0	A	1		0.515	0.233	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 188g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23037

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw

Beef Value Cut, Center Cut Steak, Ranch Cut Steak, URMIS #1977, Triceps Brachii

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.49		8	A	1		178.33		
Energy....kcal	143		0	NC	4		351		
Energy....kJ	597		0	NC	4		1468		
Protein (N x 6.25)....g	20.39		8	A	1		50.16		
Total lipid (fat)....g	6.12		8	A	1		15.04		
Ash....g	0.91		8	A	1		2.24		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	4		2	A	1		11		
Iron, Fe....mg	2.14		2	A	1		5.26		
Magnesium, Mg....mg	24		2	A	1		58		
Phosphorus, P....mg	212		2	A	1		520		
Potassium, K....mg	347		2	A	1		854		
Sodium, Na....mg	61		2	A	1		150		
Zinc, Zn....mg	5.24		2	A	1		12.90		
Copper, Cu....mg	0.088		2	A	1		0.216		
Manganese, Mn....mg	0.011		2	A	1		0.027		
Selenium, Se....mcg	29.7		2	A	1		72.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.072		2	A	1		0.178		
Riboflavin....mg	0.230		2	A	1		0.566		
Niacin....mg	5.130		2	A	1		12.620		
Pantothenic acid....mg	0.731		2	A	1		1.799		
Vitamin B-6....mg	0.673		2	A	1		1.657		
Folate, total....mcg	7		1	A	1		17		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	7		1	A	1		17		
Folate, DFE....mcg_DFE	7		0	NC	4		17		
Choline, total....mg	85.1		0	AS	1		209.2		
Betaine....mg	15.1		1	A	1		37.1		
Vitamin B-12....mcg	3.56		2	A	1		8.76		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		1	A	1		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.18		1	A	1		0.44		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		1	A	1		0.00		
Tocopherol, gamma....mg	0.02		1	A	1		0.05		
Tocopherol, delta....mg	0.01		1	A	1		0.04		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.2		1	A	1		0.4		
Lipids:									
Fatty acids, total saturated....g	2.083		0	NC	4		5.123		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 23037

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		2	A	1		0.000		
10:0 g	0.000		2	A	1		0.000		
12:0 g	0.000		2	A	1		0.000		
13:0 g									
14:0 g	0.151		2	A	1		0.371		
15:0 g	0.021		2	A	1		0.053		
16:0 g	1.272		2	A	1		3.129		
17:0 g	0.050		2	A	1		0.123		
18:0 g	0.579		2	A	1		1.425		
20:0 g	0.000		2	A	1		0.000		
22:0 g	0.009		2	A	1		0.022		
24:0 g									
Fatty acids, total monounsaturated g	3.439		0	NC	4		8.460		
14:1 g	0.042		2	A	1		0.103		
15:1 g	0.000		2	A	1		0.000		
16:1 undifferentiated g	0.181		2	A	1		0.445		
17:1 g	0.000		2	A	1		0.000		
18:1 undifferentiated g	2.108		0	AS	1		5.185		
18:1 c g	1.949		2	A	1		4.794		
18:1-11c (18:1c n-7) g									
18:1 t g	0.159		2	A	1		0.391		
18:1-11t (18:1t n-7) g									
20:1 g	0.000		2	A	1		0.000		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.554		0	NC	4		1.364		
18:2 undifferentiated g	0.253		0	AS	1		0.623		
18:2 n-6 c,c g	0.213		2	A	1		0.524		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.040		2	A	1		0.100		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.000		0	AS	1		0.000		
18:3 n-3 c,c,c (ALA) g	0.000		2	A	1		0.000		
18:3 n-6 c,c,c g	0.000		2	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		2	A	1		0.000		
20:3 undifferentiated g	0.000		2	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.048		2	A	1		0.117		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.199		0	NC	4		0.491		
Fatty acids, total trans-monoenoic g	0.159		0	NC	4		0.391		
Fatty acids, total trans-polyenoic g	0.040		0	NC	4		0.100		
Cholesterol mg	57		6	A	1		140		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.134		0	A	1		0.330		
Threonine g	0.815		0	A	1		2.004		
Isoleucine g	0.928		0	A	1		2.282		
Leucine g	1.622		0	A	1		3.990		
Lysine g	1.723		0	A	1		4.239		
Methionine g	0.531		0	A	1		1.306		

NDB No. 23037

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.531			A	1				
Cystine....g	0.263		0	A	1		0.647		
Phenylalanine....g	0.805		0	A	1		1.981		
Tyrosine....g	0.650		0	A	1		1.598		
Valine....g	1.012		0	A	1		2.488		
Arginine....g	1.318		0	A	1		3.243		
Histidine....g	0.651		0	A	1		1.601		
Alanine....g	1.240		0	A	1		3.049		
Aspartic acid....g	1.857		0	A	1		4.569		
Glutamic acid....g	3.061		0	A	1		7.530		
Glycine....g	1.242		0	A	1		3.054		
Proline....g	0.972		0	A	1		2.391		
Serine....g	0.803		0	A	1		1.976		
Hydroxyproline....g	0.068		1	A	1		0.167		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23040

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Beef Value Cut, Center Cut Steak, Ranch Cut Steak, URMIS #1162, Triceps Brachii

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.65		5	A	1		115.72	54.95	
Energy....kcal	176		0	NC	4		316	150	
Energy....kJ	738		0	NC	4		1322	628	
Protein (N x 6.25)....g	26.66		5	A	1		47.73	22.67	
Total lipid (fat)....g	6.94		5	A	1		12.43	5.90	
Ash....g	1.07		5	A	1		1.91	0.91	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		1	A	1		9	4	
Iron, Fe....mg	3.23		1	A	1		5.78	2.75	
Magnesium, Mg....mg	28		1	A	1		50	24	
Phosphorus, P....mg	249		1	A	1		446	212	
Potassium, K....mg	401		1	A	1		718	341	
Sodium, Na....mg	62		1	A	1		111	53	
Zinc, Zn....mg	7.58		1	A	1		13.57	6.44	
Copper, Cu....mg	0.073		1	A	1		0.130	0.062	
Manganese, Mn....mg	0.019		1	A	1		0.034	0.016	
Selenium, Se....mcg	44.3		1	A	1		79.3	37.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.087		1	A	1		0.156	0.074	
Riboflavin....mg	0.344		1	A	1		0.616	0.292	
Niacin....mg	5.490		1	A	1		9.827	4.666	
Pantothenic acid....mg	0.949		1	A	1		1.699	0.807	
Vitamin B-6....mg	0.593		1	A	1		1.061	0.504	
Folate, total....mcg	11		0	BFPN	4		20	10	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0	BFPN	4		20	10	
Folate, DFE....mcg_DFE	11		0	NC	4		20	10	
Choline, total....mg	104.0		0	AS	1		186.1	88.4	
Betaine....mg	13.0		1	A	1		23.3	11.0	
Vitamin B-12....mcg	5.71		1	A	1		10.22	4.85	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		0	BFSN	4		0.33	0.15	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma....mg	0.02		0	BFSN	4		0.04	0.02	
Tocopherol, delta....mg	0.01		0	BFSN	4		0.03	0.01	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.4		0	BFSN	4		0.8	0.4	
Lipids:									
Fatty acids, total saturated....g	2.235		0	NC	4		4.000	1.900	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23040

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		1	A	1		0.000	0.000	
10:0 g	0.000		1	A	1		0.000	0.000	
12:0 g	0.000		1	A	1		0.000	0.000	
13:0 g									
14:0 g	0.157		1	A	1		0.281	0.133	
15:0 g	0.025		1	A	1		0.045	0.021	
16:0 g	1.264		1	A	1		2.263	1.074	
17:0 g	0.062		1	A	1		0.111	0.053	
18:0 g	0.727		1	A	1		1.301	0.618	
20:0 g	0.000		1	A	1		0.000	0.000	
22:0 g	0.000		1	A	1		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	2.373		0	NC	4		4.247	2.017	
14:1 g	0.037		1	A	1		0.066	0.031	
15:1 g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated g	0.158		1	A	1		0.283	0.134	
17:1 g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated g	2.178		0	AS	1		3.898	1.851	
18:1 c g	1.987		1	A	1		3.557	1.689	
18:1-11c (18:1c n-7) g									
18:1 t g	0.191		1	A	1		0.342	0.162	
18:1-11t (18:1t n-7) g									
20:1 g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.376		0	NC	4		0.673	0.319	
18:2 undifferentiated g	0.313		0	AS	1		0.560	0.266	
18:2 n-6 c,c g	0.262		1	A	1		0.469	0.223	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.051		1	A	1		0.091	0.043	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.013		0	AS	1		0.023	0.011	
18:3 n-3 c,c,c (ALA) g	0.013		1	A	1		0.023	0.011	
18:3 n-6 c,c,c g	0.000		1	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		1	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.050		1	A	1		0.090	0.043	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.242		0	NC	4		0.433	0.206	
Fatty acids, total trans-monoenoic g	0.191		0	NC	4		0.342	0.162	
Fatty acids, total trans-polyenoic g	0.051		0	NC	4		0.091	0.043	
Cholesterol mg	77		4	A	1		139	66	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.171		0	A	1		0.307	0.146	
Threonine g	1.041		0	A	1		1.864	0.885	
Isoleucine g	1.186		0	A	1		2.123	1.008	
Leucine g	2.074		0	A	1		3.712	1.763	
Lysine g	2.203		0	A	1		3.943	1.873	
Methionine g	0.679		0	A	1		1.215		

NDB No. 23040

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.679			A	1			0.577	
Cystine....g	0.336		0	A	1		0.602	0.286	
Phenylalanine....g	1.030		0	A	1		1.843	0.875	
Tyrosine....g	0.831		0	A	1		1.487	0.706	
Valine....g	1.293		0	A	1		2.315	1.099	
Arginine....g	1.686		0	A	1		3.017	1.433	
Histidine....g	0.832		0	A	1		1.489	0.707	
Alanine....g	1.585		0	A	1		2.837	1.347	
Aspartic acid....g	2.374		0	A	1		4.250	2.018	
Glutamic acid....g	3.913		0	A	1		7.005	3.326	
Glycine....g	1.587		0	A	1		2.841	1.349	
Proline....g	1.243		0	A	1		2.224	1.056	
Serine....g	1.027		0	A	1		1.838	0.873	
Hydroxyproline....g	0.280		0	A	1		0.501	0.238	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 179g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23039

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw

Beef Value Cut, Center Cut Steak, Ranch Cut Steak, URMIS #1162, Triceps Brachii

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.54		5	A	1		169.01		
Energy....kcal	140		0	NC	4		326		
Energy....kJ	585		0	NC	4		1364		
Protein (N x 6.25)....g	21.13		5	A	1		49.23		
Total lipid (fat)....g	5.51		5	A	1		12.83		
Ash....g	0.88		5	A	1		2.05		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	4		1	A	1		10		
Iron, Fe....mg	2.64		1	A	1		6.15		
Magnesium, Mg....mg	25		1	A	1		59		
Phosphorus, P....mg	221		1	A	1		515		
Potassium, K....mg	370		1	A	1		862		
Sodium, Na....mg	58		1	A	1		134		
Zinc, Zn....mg	5.99		1	A	1		13.96		
Copper, Cu....mg	0.107		1	A	1		0.249		
Manganese, Mn....mg	0.020		1	A	1		0.046		
Selenium, Se....mcg	32.0		1	A	1		74.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.093		1	A	1		0.217		
Riboflavin....mg	0.253		1	A	1		0.589		
Niacin....mg	5.320		1	A	1		12.396		
Pantothenic acid....mg	0.861		1	A	1		2.006		
Vitamin B-6....mg	0.622		1	A	1		1.449		
Folate, total....mcg	7		0	BFPN	4		17		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	7		0	BFPN	4		17		
Folate, DFE....mcg_DFE	7		0	NC	4		17		
Choline, total....mg	86.9		0	AS	1		202.4		
Betaine....mg	11.8		1	A	1		27.4		
Vitamin B-12....mcg	4.68		1	A	1		10.90		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	BFSN	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.18		0	BFSN	4		0.42		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	BFSN	4		0.00		
Tocopherol, gamma....mg	0.02		0	BFSN	4		0.05		
Tocopherol, delta....mg	0.01		0	BFSN	4		0.03		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.2		0	BFSN	4		0.4		
Lipids:									
Fatty acids, total saturated....g	1.791		0	NC	4		4.173		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 23039

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.126		1	A	1		0.294		
15:0....g	0.020		1	A	1		0.046		
16:0....g	1.025		1	A	1		2.388		
17:0....g	0.048		1	A	1		0.112		
18:0....g	0.572		1	A	1		1.333		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	1.933		0	NC	4		4.503		
14:1....g	0.032		1	A	1		0.075		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.132		1	A	1		0.307		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.762		0	AS	1		4.105		
18:1 c....g	1.612		1	A	1		3.756		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.150		1	A	1		0.350		
18:1-11t (18:1t n-7)....g									
20:1....g	0.007		1	A	1		0.016		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.341		0	NC	4		0.794		
18:2 undifferentiated....g	0.277		0	AS	1		0.645		
18:2 n-6 c,c....g	0.239		1	A	1		0.557		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.038		1	A	1		0.088		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.011		0	AS	1		0.025		
18:3 n-3 c,c,c (ALA)....g	0.011		1	A	1		0.025		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.053		1	A	1		0.123		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.188		0	NC	4		0.438		
Fatty acids, total trans-monoenoic....g	0.150		0	NC	4		0.350		
Fatty acids, total trans-polyenoic....g	0.038		0	NC	4		0.088		
Cholesterol....mg	58		4	A	1		135		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.139		0	A	1		0.324		
Threonine....g	0.844		0	A	1		1.967		
Isoleucine....g	0.961		0	A	1		2.240		
Leucine....g	1.681		0	A	1		3.916		
Lysine....g	1.786		0	A	1		4.161		
Methionine....g	0.550		0	A	1		1.282		

NDB No. 23039

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.550			A	1				
Cystine....g	0.273		0	A	1		0.635		
Phenylalanine....g	0.835		0	A	1		1.945		
Tyrosine....g	0.673		0	A	1		1.569		
Valine....g	1.048		0	A	1		2.442		
Arginine....g	1.366		0	A	1		3.183		
Histidine....g	0.674		0	A	1		1.571		
Alanine....g	1.285		0	A	1		2.993		
Aspartic acid....g	1.925		0	A	1		4.484		
Glutamic acid....g	3.172		0	A	1		7.391		
Glycine....g	1.287		0	A	1		2.998		
Proline....g	1.007		0	A	1		2.347		
Serine....g	0.832		0	A	1		1.939		
Hydroxyproline....g	0.119		1	A	1		0.277		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 233g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23060

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Beef Value Cut, Flat Iron Steak, Infraspinatus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.04		13	A	1		117.87	52.73	
Energy	kcal	222		0	NC	4		421	189	
Energy	kJ	928		0	NC	4		1763	789	
Protein (N x 6.25)	g	24.93		13	A	1		47.36	21.19	
Total lipid (fat)	g	12.79		13	A	1		24.31	10.87	
Ash	g	0.94		13	A	1		1.78	0.79	
Carbohydrate, by difference	g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		3	A	1		11	5	
Iron, Fe	mg	2.88		3	A	1		5.48	2.45	
Magnesium, Mg	mg	23		3	A	1		44	19	
Phosphorus, P	mg	203		3	A	1		385	172	
Potassium, K	mg	322		3	A	1		612	274	
Sodium, Na	mg	77		3	A	1		146	66	
Zinc, Zn	mg	9.05		3	A	1		17.19	7.69	
Copper, Cu	mg	0.134		3	A	1		0.254	0.114	
Manganese, Mn	mg	0.018		3	A	1		0.034	0.015	
Selenium, Se	mcg	37.8		3	A	1		71.8	32.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.073		3	A	1		0.139	0.062	
Riboflavin	mg	0.292		3	A	1		0.554	0.248	
Niacin	mg	3.833		3	A	1		7.283	3.258	
Pantothenic acid	mg	0.944		3	A	1		1.794	0.802	
Vitamin B-6	mg	0.387		3	A	1		0.736	0.329	
Folate, total	mcg	6		1	A	1		11	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		1	A	1		11	5	
Folate, DFE	mcg_DFE	6		0	NC	4		11	5	
Choline, total	mg	106.8		0	AS	1		203.0	90.8	
Betaine	mg	14.5		2	A	1		27.6	12.4	
Vitamin B-12	mcg	5.89		3	A	1		11.19	5.01	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		1	A	1		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.14		1	A	1		0.27	0.12	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.01		1	A	1		0.03	0.01	
Tocopherol, gamma	mg	0.02		1	A	1		0.04	0.02	
Tocopherol, delta	mg	0.01		1	A	1		0.03	0.01	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.9		1	A	1		1.7	0.7	
Lipids:										
Fatty acids, total saturated	g	5.095		0	NC	4		9.681	4.331	
4:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 23060

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		3	A	1		0.000	0.000	
10:0 g	0.000		3	A	1		0.000	0.000	
12:0 g	0.010		3	A	1		0.019	0.009	
13:0 g									
14:0 g	0.377		3	A	1		0.717	0.321	
15:0 g	0.054		3	A	1		0.102	0.046	
16:0 g	2.924		3	A	1		5.556	2.485	
17:0 g	0.136		3	A	1		0.259	0.116	
18:0 g	1.594		3	A	1		3.028	1.355	
20:0 g	0.000		3	A	1		0.000	0.000	
22:0 g	0.000		3	A	1		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	5.330		0	NC	4		10.127	4.530	
14:1 g	0.086		3	A	1		0.164	0.073	
15:1 g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated g	0.361		3	A	1		0.686	0.307	
17:1 g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated g	4.866		0	AS	1		9.245	4.136	
18:1 c g	4.457		3	A	1		8.468	3.788	
18:1-11c (18:1c n-7) g									
18:1 t g	0.409		3	A	1		0.777	0.348	
18:1-11t (18:1t n-7) g									
20:1 g	0.017		3	A	1		0.032	0.014	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.563		0	NC	4		1.069	0.478	
18:2 undifferentiated g	0.491		0	AS	1		0.933	0.418	
18:2 n-6 c,c g	0.388		3	A	1		0.738	0.330	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.103		3	A	1		0.196	0.087	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.020		0	AS	1		0.039	0.017	
18:3 n-3 c,c,c (ALA) g	0.020		3	A	1		0.039	0.017	
18:3 n-6 c,c,c g	0.000		3	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		3	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.051		3	A	1		0.097	0.044	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.512		0	NC	4		0.973	0.435	
Fatty acids, total trans-monoenoic g	0.409		0	NC	4		0.777	0.348	
Fatty acids, total trans-polyenoic g	0.103		0	NC	4		0.196	0.087	
Cholesterol mg	83		10	A	1		157	70	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.173		0	A	1		0.328	0.147	
Threonine g	1.051		0	A	1		1.996	0.893	
Isoleucine g	1.196		0	A	1		2.273	1.017	
Leucine g	2.092		0	A	1		3.975	1.778	
Lysine g	2.222		0	A	1		4.223	1.889	
Methionine g	0.685		0	A	1		1.301		

NDB No. 23060

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.685			A	1			0.582	
Cystine....g	0.339		0	A	1		0.645	0.288	
Phenylalanine....g	1.039		0	A	1		1.974	0.883	
Tyrosine....g	0.838		0	A	1		1.592	0.712	
Valine....g	1.305		0	A	1		2.479	1.109	
Arginine....g	1.700		0	A	1		3.231	1.445	
Histidine....g	0.839		0	A	1		1.595	0.713	
Alanine....g	1.599		0	A	1		3.038	1.359	
Aspartic acid....g	2.395		0	A	1		4.551	2.036	
Glutamic acid....g	3.948		0	A	1		7.501	3.356	
Glycine....g	1.601		0	A	1		3.042	1.361	
Proline....g	1.254		0	A	1		2.382	1.066	
Serine....g	1.036		0	A	1		1.968	0.881	
Hydroxyproline....g	0.276		0	BFPN	4		0.525	0.235	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 190g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23059

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Beef Value Cut, Flat Iron Steak, Infraspinatus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	70.46		13	A	1		176.15		
Energy ... kcal	176		0	NC	4		440		
Energy ... kJ	736		0	NC	4		1841		
Protein (N x 6.25) ... g	18.99		13	A	1		47.48		
Total lipid (fat) ... g	10.52		13	A	1		26.29		
Ash ... g	0.90		13	A	1		2.26		
Carbohydrate, by difference ... g	0.00		0	NC	4		0.00		
Fiber, total dietary ... g	0.0		0	Z	7		0.0		
Sugars, total ... g	0.00		0	Z	7		0.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	6		3	A	1		14		
Iron, Fe ... mg	2.36		3	A	1		5.90		
Magnesium, Mg ... mg	21		3	A	1		53		
Phosphorus, P ... mg	184		3	A	1		461		
Potassium, K ... mg	309		3	A	1		773		
Sodium, Na ... mg	74		3	A	1		186		
Zinc, Zn ... mg	6.88		3	A	1		17.20		
Copper, Cu ... mg	0.119		3	A	1		0.298		
Manganese, Mn ... mg	0.016		3	A	1		0.039		
Selenium, Se ... mcg	29.8		3	A	1		74.4		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0		
Thiamin ... mg	0.099		3	A	1		0.248		
Riboflavin ... mg	0.227		3	A	1		0.567		
Niacin ... mg	3.420		3	A	1		8.550		
Pantothenic acid ... mg	0.952		3	A	1		2.380		
Vitamin B-6 ... mg	0.370		3	A	1		0.924		
Folate, total ... mcg	3		1	A	1		8		
Folic acid ... mcg	0		0	Z	7		0		
Folate, food ... mcg	3		1	A	1		8		
Folate, DFE ... mcg_DFE	3		0	NC	4		8		
Choline, total ... mg	92.9		0	AS	1		232.3		
Betaine ... mg	13.5		2	A	1		33.8		
Vitamin B-12 ... mcg	5.05		3	A	1		12.62		
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... mcg_RAE	0		0	AS	1		0		
Retinol ... mcg	0		1	A	1		0		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
Vitamin A, IU ... IU	0		0	AS	1		0		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.17		1	A	1		0.43		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg	0.01		1	A	1		0.04		
Tocopherol, gamma ... mg	0.03		1	A	1		0.07		
Tocopherol, delta ... mg	0.01		1	A	1		0.04		
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	0.6		1	A	1		1.5		
Lipids:									
Fatty acids, total saturated ... g	3.945		0	NC	4		9.864		
4:0 ... g	0.000		0	Z	7		0.000		

NDB No. 23059

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		3	A	1		0.000		
10:0 g	0.000		3	A	1		0.000		
12:0 g	0.000		3	A	1		0.000		
13:0 g									
14:0 g	0.291		3	A	1		0.727		
15:0 g	0.040		3	A	1		0.099		
16:0 g	2.276		3	A	1		5.689		
17:0 g	0.107		3	A	1		0.268		
18:0 g	1.233		3	A	1		3.081		
20:0 g	0.000		3	A	1		0.000		
22:0 g	0.000		3	A	1		0.000		
24:0 g									
Fatty acids, total monounsaturated g	4.144		0	NC	4		10.360		
14:1 g	0.063		3	A	1		0.158		
15:1 g	0.000		3	A	1		0.000		
16:1 undifferentiated g	0.278		3	A	1		0.694		
17:1 g	0.000		3	A	1		0.000		
18:1 undifferentiated g	3.790		0	AS	1		9.475		
18:1 c g	3.495		3	A	1		8.737		
18:1-11c (18:1c n-7) g									
18:1 t g	0.295		3	A	1		0.738		
18:1-11t (18:1t n-7) g									
20:1 g	0.013		3	A	1		0.033		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.475		0	NC	4		1.186		
18:2 undifferentiated g	0.403		0	AS	1		1.007		
18:2 n-6 c,c g	0.327		3	A	1		0.817		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.076		3	A	1		0.190		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.017		0	AS	1		0.042		
18:3 n-3 c,c,c (ALA) g	0.017		3	A	1		0.042		
18:3 n-6 c,c,c g	0.000		3	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		3	A	1		0.000		
20:3 undifferentiated g	0.000		3	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.055		3	A	1		0.137		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.371		0	NC	4		0.928		
Fatty acids, total trans-monoenoic g	0.295		0	NC	4		0.738		
Fatty acids, total trans-polyenoic g	0.076		0	NC	4		0.190		
Cholesterol mg	66		10	A	1		164		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.125		0	A	1		0.312		
Threonine g	0.759		0	A	1		1.897		
Isoleucine g	0.864		0	A	1		2.160		
Leucine g	1.511		0	A	1		3.777		
Lysine g	1.605		0	A	1		4.012		
Methionine g	0.495		0	A	1		1.236		

NDB No. 23059

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.495			A	1				
Cystine....g	0.245		0	A	1		0.613		
Phenylalanine....g	0.750		0	A	1		1.875		
Tyrosine....g	0.605		0	A	1		1.513		
Valine....g	0.942		0	A	1		2.355		
Arginine....g	1.228		0	A	1		3.070		
Histidine....g	0.606		0	A	1		1.515		
Alanine....g	1.155		0	A	1		2.886		
Aspartic acid....g	1.730		0	A	1		4.325		
Glutamic acid....g	2.851		0	A	1		7.128		
Glycine....g	1.156		0	A	1		2.891		
Proline....g	0.905		0	A	1		2.263		
Serine....g	0.748		0	A	1		1.870		
Hydroxyproline....g	0.118		2	A	1		0.294		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23042

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Beef Value Cut, Flat Iron Steak, Infraspinatus, URMIS #1981

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.93		8	A	1		119.52	52.64	
Energy	kcal	228		0	NC	4		440	194	
Energy	kJ	954		0	NC	4		1841	811	
Protein (N x 6.25)	g	24.70		8	A	1		47.66	20.99	
Total lipid (fat)	g	13.59		8	A	1		26.22	11.55	
Ash	g	0.94		8	A	1		1.81	0.80	
Carbohydrate, by difference	g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		2	A	1		12	5	
Iron, Fe	mg	2.78		2	A	1		5.36	2.36	
Magnesium, Mg	mg	23		2	A	1		44	19	
Phosphorus, P	mg	199		2	A	1		383	169	
Potassium, K	mg	317		2	A	1		611	269	
Sodium, Na	mg	78		2	A	1		150	66	
Zinc, Zn	mg	8.77		2	A	1		16.93	7.45	
Copper, Cu	mg	0.139		2	A	1		0.269	0.119	
Manganese, Mn	mg	0.018		2	A	1		0.036	0.016	
Selenium, Se	mcg	37.0		2	A	1		71.5	31.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.070		2	A	1		0.135	0.059	
Riboflavin	mg	0.247		2	A	1		0.476	0.210	
Niacin	mg	3.720		2	A	1		7.180	3.162	
Pantothenic acid	mg	0.881		2	A	1		1.700	0.749	
Vitamin B-6	mg	0.376		2	A	1		0.726	0.320	
Folate, total	mcg	6		1	A	1		12	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		1	A	1		12	5	
Folate, DFE	mcg_DFE	6		0	NC	4		12	5	
Choline, total	mg	101.7		0	AS	1		196.2	86.4	
Betaine	mg	16.6		1	A	1		32.1	14.1	
Vitamin B-12	mcg	5.75		2	A	1		11.09	4.88	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		1	A	1		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.14		1	A	1		0.27	0.12	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.01		1	A	1		0.03	0.01	
Tocopherol, gamma	mg	0.02		1	A	1		0.04	0.02	
Tocopherol, delta	mg	0.01		1	A	1		0.03	0.01	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.9		1	A	1		1.7	0.7	
Lipids:										
Fatty acids, total saturated	g	5.432		0	NC	4		10.483	4.617	
4:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 23042

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		2	A	1		0.000	0.000	
10:0 g	0.000		2	A	1		0.000	0.000	
12:0 g	0.010		2	A	1		0.020	0.009	
13:0 g									
14:0 g	0.400		2	A	1		0.771	0.340	
15:0 g	0.054		2	A	1		0.104	0.046	
16:0 g	3.161		2	A	1		6.100	2.686	
17:0 g	0.139		2	A	1		0.269	0.119	
18:0 g	1.668		2	A	1		3.219	1.418	
20:0 g	0.000		2	A	1		0.000	0.000	
22:0 g	0.000		2	A	1		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	5.711		0	NC	4		11.022	4.854	
14:1 g	0.092		2	A	1		0.177	0.078	
15:1 g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated g	0.392		2	A	1		0.757	0.333	
17:1 g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated g	5.209		0	AS	1		10.053	4.428	
18:1 c g	4.789		2	A	1		9.244	4.071	
18:1-11c (18:1c n-7) g									
18:1 t g	0.420		2	A	1		0.810	0.357	
18:1-11t (18:1t n-7) g									
20:1 g	0.018		2	A	1		0.035	0.015	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.558		0	NC	4		1.078	0.475	
18:2 undifferentiated g	0.490		0	AS	1		0.946	0.416	
18:2 n-6 c,c g	0.385		2	A	1		0.743	0.327	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.105		2	A	1		0.203	0.089	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.019		0	AS	1		0.037	0.016	
18:3 n-3 c,c,c (ALA) g	0.019		2	A	1		0.037	0.016	
18:3 n-6 c,c,c g	0.000		2	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.050		2	A	1		0.096	0.042	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.524		0	NC	4		1.012	0.446	
Fatty acids, total trans-monoenoic g	0.420		0	NC	4		0.810	0.357	
Fatty acids, total trans-polyenoic g	0.105		0	NC	4		0.203	0.089	
Cholesterol mg	83		6	A	1		159	70	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.162		0	A	1		0.313	0.138	
Threonine g	0.987		0	A	1		1.904	0.839	
Isoleucine g	1.124		0	A	1		2.169	0.955	
Leucine g	1.965		0	A	1		3.792	1.670	
Lysine g	2.087		0	A	1		4.028	1.774	
Methionine g	0.643		0	A	1		1.241		

NDB No. 23042

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.643			A	1			0.547	
Cystine....g	0.319		0	A	1		0.615	0.271	
Phenylalanine....g	0.975		0	A	1		1.883	0.829	
Tyrosine....g	0.787		0	A	1		1.519	0.669	
Valine....g	1.225		0	A	1		2.365	1.041	
Arginine....g	1.597		0	A	1		3.082	1.357	
Histidine....g	0.788		0	A	1		1.521	0.670	
Alanine....g	1.501		0	A	1		2.898	1.276	
Aspartic acid....g	2.250		0	A	1		4.342	1.912	
Glutamic acid....g	3.708		0	A	1		7.156	3.151	
Glycine....g	1.504		0	A	1		2.902	1.278	
Proline....g	1.177		0	A	1		2.272	1.001	
Serine....g	0.973		0	A	1		1.878	0.827	
Hydroxyproline....g	0.259		0	A	1		0.501	0.221	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 193g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23041

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Beef Value Cut, Flat Iron Steak, Infraspinatus, URMIS #1981

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.00		8	A	1		177.81		
Energy....kcal	182		0	NC	4		463		
Energy....kJ	762		0	NC	4		1937		
Protein (N x 6.25)....g	18.75		8	A	1		47.62		
Total lipid (fat)....g	11.33		8	A	1		28.77		
Ash....g	0.88		8	A	1		2.24		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		2	A	1		13		
Iron, Fe....mg	2.23		2	A	1		5.66		
Magnesium, Mg....mg	20		2	A	1		52		
Phosphorus, P....mg	178		2	A	1		451		
Potassium, K....mg	302		2	A	1		766		
Sodium, Na....mg	74		2	A	1		189		
Zinc, Zn....mg	6.58		2	A	1		16.73		
Copper, Cu....mg	0.121		2	A	1		0.307		
Manganese, Mn....mg	0.015		2	A	1		0.038		
Selenium, Se....mcg	28.9		2	A	1		73.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.079		2	A	1		0.201		
Riboflavin....mg	0.211		2	A	1		0.536		
Niacin....mg	3.380		2	A	1		8.585		
Pantothenic acid....mg	0.933		2	A	1		2.370		
Vitamin B-6....mg	0.375		2	A	1		0.954		
Folate, total....mcg	3		1	A	1		8		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	3		1	A	1		8		
Folate, DFE....mcg_DFE	3		0	NC	4		8		
Choline, total....mg	83.2		0	AS	1		211.3		
Betaine....mg	14.7		1	A	1		37.3		
Vitamin B-12....mcg	4.96		2	A	1		12.60		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		1	A	1		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.17		1	A	1		0.43		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.01		1	A	1		0.04		
Tocopherol, gamma....mg	0.03		1	A	1		0.08		
Tocopherol, delta....mg	0.01		1	A	1		0.04		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.6		1	A	1		1.6		
Lipids:									
Fatty acids, total saturated....g	4.186		0	NC	4		10.633		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 23041

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		2	A	1		0.000		
10:0 g	0.000		2	A	1		0.000		
12:0 g	0.000		2	A	1		0.000		
13:0 g									
14:0 g	0.307		2	A	1		0.781		
15:0 g	0.041		2	A	1		0.103		
16:0 g	2.448		2	A	1		6.218		
17:0 g	0.109		2	A	1		0.277		
18:0 g	1.281		2	A	1		3.255		
20:0 g	0.000		2	A	1		0.000		
22:0 g	0.000		2	A	1		0.000		
24:0 g									
Fatty acids, total monounsaturated g	4.408		0	NC	4		11.197		
14:1 g	0.068		2	A	1		0.171		
15:1 g	0.000		2	A	1		0.000		
16:1 undifferentiated g	0.299		2	A	1		0.761		
17:1 g	0.000		2	A	1		0.000		
18:1 undifferentiated g	4.027		0	AS	1		10.228		
18:1 c g	3.716		2	A	1		9.439		
18:1-11c (18:1c n-7) g									
18:1 t g	0.311		2	A	1		0.790		
18:1-11t (18:1t n-7) g									
20:1 g	0.015		2	A	1		0.037		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.463		0	NC	4		1.176		
18:2 undifferentiated g	0.397		0	AS	1		1.008		
18:2 n-6 c,c g	0.318		2	A	1		0.809		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.078		2	A	1		0.199		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.016		0	AS	1		0.039		
18:3 n-3 c,c,c (ALA) g	0.016		2	A	1		0.039		
18:3 n-6 c,c,c g	0.000		2	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		2	A	1		0.000		
20:3 undifferentiated g	0.000		2	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.050		2	A	1		0.128		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.389		0	NC	4		0.989		
Fatty acids, total trans-monoenoic g	0.311		0	NC	4		0.790		
Fatty acids, total trans-polyenoic g	0.078		0	NC	4		0.199		
Cholesterol mg	65		6	A	1		166		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.123		0	A	1		0.313		
Threonine g	0.749		0	A	1		1.902		
Isoleucine g	0.853		0	A	1		2.166		
Leucine g	1.491		0	A	1		3.788		
Lysine g	1.584		0	A	1		4.024		
Methionine g	0.488		0	A	1		1.240		

NDB No. 23041

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.488			A	1				
Cystine....g	0.242		0	A	1		0.615		
Phenylalanine....g	0.740		0	A	1		1.881		
Tyrosine....g	0.597		0	A	1		1.517		
Valine....g	0.930		0	A	1		2.362		
Arginine....g	1.212		0	A	1		3.079		
Histidine....g	0.598		0	A	1		1.520		
Alanine....g	1.140		0	A	1		2.895		
Aspartic acid....g	1.708		0	A	1		4.337		
Glutamic acid....g	2.814		0	A	1		7.149		
Glycine....g	1.142		0	A	1		2.899		
Proline....g	0.894		0	A	1		2.270		
Serine....g	0.738		0	A	1		1.876		
Hydroxyproline....g	0.135		1	A	1		0.343		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 254g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23044

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Beef Value Cut, Flat Iron Steak, Infraspinatus, URMIS #1166

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.22		5	A	1		115.72	52.88	
Energy....kcal	212		0	NC	4		394	180	
Energy....kJ	887		0	NC	4		1650	754	
Protein (N x 6.25)....g	25.29		5	A	1		47.05	21.50	
Total lipid (fat)....g	11.52		5	A	1		21.43	9.79	
Ash....g	0.93		5	A	1		1.73	0.79	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		1	A	1		10	5	
Iron, Fe....mg	3.10		1	A	1		5.77	2.63	
Magnesium, Mg....mg	24		1	A	1		44	20	
Phosphorus, P....mg	211		1	A	1		392	179	
Potassium, K....mg	333		1	A	1		619	283	
Sodium, Na....mg	76		1	A	1		140	64	
Zinc, Zn....mg	9.61		1	A	1		17.87	8.17	
Copper, Cu....mg	0.122		1	A	1		0.227	0.104	
Manganese, Mn....mg	0.017		1	A	1		0.032	0.014	
Selenium, Se....mcg	39.3		1	A	1		73.1	33.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.079		1	A	1		0.147	0.067	
Riboflavin....mg	0.382		1	A	1		0.710	0.325	
Niacin....mg	4.060		1	A	1		7.551	3.451	
Pantothenic acid....mg	1.070		1	A	1		1.990	0.910	
Vitamin B-6....mg	0.410		1	A	1		0.762	0.348	
Folate, total....mcg	6		0	BFPN	4		11	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0	BFPN	4		11	5	
Folate, DFE....mcg_DFE	6		0	NC	4		11	5	
Choline, total....mg	112.0		0	AS	1		208.3	95.2	
Betaine....mg	12.4		1	A	1		23.1	10.6	
Vitamin B-12....mcg	6.18		1	A	1		11.49	5.25	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.14		0	BFSN	4		0.26	0.12	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.01		0	BFSN	4		0.03	0.01	
Tocopherol, gamma....mg	0.02		0	BFSN	4		0.04	0.02	
Tocopherol, delta....mg	0.01		0	BFSN	4		0.03	0.01	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.9		0	BFSN	4		1.6	0.7	
Lipids:									
Fatty acids, total saturated....g	4.423		0	NC	4		8.226	3.759	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23044

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		1	A	1		0.000	0.000	
10:0 g	0.000		1	A	1		0.000	0.000	
12:0 g	0.010		1	A	1		0.018	0.008	
13:0 g									
14:0 g	0.333		1	A	1		0.619	0.283	
15:0 g	0.053		1	A	1		0.098	0.045	
16:0 g	2.451		1	A	1		4.559	2.083	
17:0 g	0.130		1	A	1		0.242	0.110	
18:0 g	1.446		1	A	1		2.689	1.229	
20:0 g	0.000		1	A	1		0.000	0.000	
22:0 g	0.000		1	A	1		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	4.568		0	NC	4		8.496	3.883	
14:1 g	0.075		1	A	1		0.140	0.064	
15:1 g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated g	0.299		1	A	1		0.556	0.254	
17:1 g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated g	4.179		0	AS	1		7.773	3.552	
18:1 c g	3.791		1	A	1		7.051	3.222	
18:1-11c (18:1c n-7) g									
18:1 t g	0.388		1	A	1		0.722	0.330	
18:1-11t (18:1t n-7) g									
20:1 g	0.015		1	A	1		0.028	0.013	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.572		0	NC	4		1.064	0.486	
18:2 undifferentiated g	0.494		0	AS	1		0.919	0.420	
18:2 n-6 c,c g	0.395		1	A	1		0.735	0.336	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.099		1	A	1		0.184	0.084	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.023		0	AS	1		0.043	0.020	
18:3 n-3 c,c,c (ALA) g	0.023		1	A	1		0.043	0.020	
18:3 n-6 c,c,c g	0.000		1	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		1	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.055		1	A	1		0.102	0.047	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.487		0	NC	4		0.906	0.414	
Fatty acids, total trans-monoenoic g	0.388		0	NC	4		0.722	0.330	
Fatty acids, total trans-polyenoic g	0.099		0	NC	4		0.184	0.084	
Cholesterol mg	83		4	A	1		154	71	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.166		0	A	1		0.309	0.141	
Threonine g	1.010		0	A	1		1.879	0.859	
Isoleucine g	1.151		0	A	1		2.140	0.978	
Leucine g	2.012		0	A	1		3.742	1.710	
Lysine g	2.138		0	A	1		3.976	1.817	
Methionine g	0.659		0	A	1		1.225		

NDB No. 23044

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.659			A	1			0.560	
Cystine....g	0.326		0	A	1		0.607	0.277	
Phenylalanine....g	0.999		0	A	1		1.858	0.849	
Tyrosine....g	0.806		0	A	1		1.499	0.685	
Valine....g	1.255		0	A	1		2.334	1.067	
Arginine....g	1.636		0	A	1		3.042	1.390	
Histidine....g	0.807		0	A	1		1.501	0.686	
Alanine....g	1.538		0	A	1		2.860	1.307	
Aspartic acid....g	2.304		0	A	1		4.285	1.958	
Glutamic acid....g	3.797		0	A	1		7.063	3.228	
Glycine....g	1.540		0	A	1		2.865	1.309	
Proline....g	1.206		0	A	1		2.243	1.025	
Serine....g	0.996		0	A	1		1.853	0.847	
Hydroxyproline....g	0.266		0	A	1		0.494	0.226	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 186g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23043

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw

Beef Value Cut, Flat Iron Steak, Infraspinatus, URMIS #1166

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.19		5	A	1		172.99		
Energy....kcal	166		0	NC	4		403		
Energy....kJ	694		0	NC	4		1687		
Protein (N x 6.25)....g	19.38		5	A	1		47.10		
Total lipid (fat)....g	9.22		5	A	1		22.40		
Ash....g	0.94		5	A	1		2.28		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		1	A	1		15		
Iron, Fe....mg	2.62		1	A	1		6.37		
Magnesium, Mg....mg	23		1	A	1		55		
Phosphorus, P....mg	198		1	A	1		481		
Potassium, K....mg	324		1	A	1		787		
Sodium, Na....mg	75		1	A	1		181		
Zinc, Zn....mg	7.47		1	A	1		18.15		
Copper, Cu....mg	0.116		1	A	1		0.282		
Manganese, Mn....mg	0.017		1	A	1		0.041		
Selenium, Se....mcg	31.5		1	A	1		76.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.140		1	A	1		0.340		
Riboflavin....mg	0.258		1	A	1		0.627		
Niacin....mg	3.500		1	A	1		8.505		
Pantothenic acid....mg	0.990		1	A	1		2.406		
Vitamin B-6....mg	0.358		1	A	1		0.870		
Folate, total....mcg	3		0	BFPN	4		8		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	3		0	BFPN	4		8		
Folate, DFE....mcg_DFE	3		0	NC	4		8		
Choline, total....mg	102.7		0	AS	1		249.5		
Betaine....mg	12.4		1	A	1		30.1		
Vitamin B-12....mcg	5.23		1	A	1		12.71		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	BFSN	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.16		0	BFSN	4		0.40		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.01		0	BFSN	4		0.03		
Tocopherol, gamma....mg	0.03		0	BFSN	4		0.07		
Tocopherol, delta....mg	0.01		0	BFSN	4		0.03		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.6		0	BFSN	4		1.4		
Lipids:									
Fatty acids, total saturated....g	3.464		0	NC	4		8.417		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 23043

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.257		1	A	1		0.624		
15:0....g	0.038		1	A	1		0.092		
16:0....g	1.931		1	A	1		4.692		
17:0....g	0.103		1	A	1		0.250		
18:0....g	1.135		1	A	1		2.758		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	3.616		0	NC	4		8.786		
14:1....g	0.055		1	A	1		0.133		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.234		1	A	1		0.568		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	3.316		0	AS	1		8.058		
18:1 c....g	3.052		1	A	1		7.416		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.264		1	A	1		0.641		
18:1-11t (18:1t n-7)....g									
20:1....g	0.011		1	A	1		0.026		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.498		0	NC	4		1.210		
18:2 undifferentiated....g	0.415		0	AS	1		1.008		
18:2 n-6 c,c....g	0.344		1	A	1		0.836		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.071		1	A	1		0.173		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.019		0	AS	1		0.046		
18:3 n-3 c,c,c (ALA)....g	0.019		1	A	1		0.046		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.064		1	A	1		0.156		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.335		0	NC	4		0.814		
Fatty acids, total trans-monoenoic....g	0.264		0	NC	4		0.641		
Fatty acids, total trans-polyenoic....g	0.071		0	NC	4		0.173		
Cholesterol....mg	66		4	A	1		161		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.127		0	A	1		0.310		
Threonine....g	0.774		0	A	1		1.881		
Isoleucine....g	0.882		0	A	1		2.143		
Leucine....g	1.542		0	A	1		3.747		
Lysine....g	1.638		0	A	1		3.980		
Methionine....g	0.505		0	A	1		1.226		

NDB No. 23043

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.505			A	1				
Cystine....g	0.250		0	A	1		0.608		
Phenylalanine....g	0.766		0	A	1		1.860		
Tyrosine....g	0.618		0	A	1		1.501		
Valine....g	0.962		0	A	1		2.337		
Arginine....g	1.253		0	A	1		3.046		
Histidine....g	0.619		0	A	1		1.503		
Alanine....g	1.178		0	A	1		2.863		
Aspartic acid....g	1.765		0	A	1		4.290		
Glutamic acid....g	2.910		0	A	1		7.071		
Glycine....g	1.180		0	A	1		2.868		
Proline....g	0.924		0	A	1		2.245		
Serine....g	0.763		0	A	1		1.855		
Hydroxyproline....g	0.100		1	A	1		0.243		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23549

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Top Blade Roast, Boneless

Refuse: 15% Bone and heavy connective tissue, 15%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.57		0	PAK	1		52.34	279.30	
Energy....kcal	216		0	NC	4		183	978	
Energy....kJ	902		0	NC	4		767	4093	
Protein (N x 6.25)....g	25.73		0	PAK	1		21.87	116.71	
Total lipid (fat)....g	11.73		0	PAK	1		9.97	53.22	
Ash....g	1.09		0	PAK	1		0.92	4.93	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	PIK	4		6	33	
Iron, Fe....mg	2.76		0	PIK	4		2.35	12.53	
Magnesium, Mg....mg	24		0	PAK	1		20	109	
Phosphorus, P....mg	214		0	PIK	4		182	970	
Potassium, K....mg	299		0	PAK	1		254	1358	
Sodium, Na....mg	67		0	PIK	4		57	306	
Zinc, Zn....mg	8.73		0	PAK	1		7.42	39.58	
Copper, Cu....mg	0.111		0	PIK	4		0.094	0.502	
Manganese, Mn....mg	0.000		0	PAK	1		0.000	0.001	
Selenium, Se....mcg	19.9		0	PIK	4		16.9	90.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.121		0	PIK	4		0.103	0.550	
Riboflavin....mg	0.227		0	PIK	4		0.193	1.029	
Niacin....mg	3.761		0	PIK	4		3.197	17.062	
Pantothenic acid....mg	0.004		0	PAK	1		0.003	0.018	
Vitamin B-6....mg	0.380		0	PIK	4		0.323	1.723	
Folate, total....mcg	8		0	PIK	4		7	38	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	8		0	PIK	4		7	38	
Folate, DFE....mcg_DFE	8		0	NC	4		7	38	
Choline, total....mg	98.0		0	BFPN	4		83.3	444.5	
Betaine....mg									
Vitamin B-12....mcg	3.51		0	PIK	4		2.99	15.94	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PIK	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.17		0	PIK	4		0.14	0.77	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.906		0	PIK	4		3.320	17.718	
4:0....g	0.000		0	PAK	1		0.000	0.000	

NDB No. 23549

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	PAK	1		0.000	0.000	
8:0 ... g	0.000		0	PAK	1		0.000	0.000	
10:0 ... g	0.007		0	PAK	1		0.006	0.032	
12:0 ... g	0.012		0	PAK	1		0.010	0.056	
13:0 ... g									
14:0 ... g	0.255		0	PAK	1		0.217	1.159	
15:0 ... g									
16:0 ... g	2.322		0	PAK	1		1.974	10.535	
17:0 ... g									
18:0 ... g	1.288		0	PAK	1		1.094	5.840	
20:0 ... g	0.021		0	PAK	1		0.018	0.097	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.425		0	PIK	4		4.611	24.607	
14:1 ... g	0.070		0	PAK	1		0.060	0.318	
15:1 ... g									
16:1 undifferentiated ... g	0.322		0	PAK	1		0.274	1.462	
17:1 ... g									
18:1 undifferentiated ... g	5.028		0	PAK	1		4.274	22.807	
20:1 ... g	0.004		0	PAK	1		0.004	0.020	
22:1 undifferentiated ... g	0.000		0	PAK	1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.429		0	PIK	4		0.365	1.945	
18:2 undifferentiated ... g	0.332		0	PAK	1		0.282	1.506	
18:3 undifferentiated ... g	0.064		0	PAK	1		0.054	0.290	
18:4 ... g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.033		0	PAK	1		0.028	0.150	
20:5 n-3 (EPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	61		0	PAK	1		52	278	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.278		0	PAK	1		0.236	1.260	
Threonine ... g	1.188		0	PAK	1		1.010	5.391	
Isoleucine ... g	1.327		0	PAK	1		1.128	6.018	
Leucine ... g	2.272		0	PAK	1		1.931	10.306	
Lysine ... g	2.412		0	PAK	1		2.050	10.940	
Methionine ... g	0.729		0	PAK	1		0.620	3.307	
Cystine ... g	0.276		0	PAK	1		0.235	1.254	
Phenylalanine ... g	1.114		0	PAK	1		0.947	5.055	
Tyrosine ... g	0.942		0	PAK	1		0.801	4.274	
Valine ... g	1.390		0	PAK	1		1.181	6.304	
Arginine ... g	1.732		0	PAK	1		1.473	7.858	
Histidine ... g	0.830		0	PAK	1		0.705	3.765	
Alanine ... g	1.555		0	PAK	1		1.322	7.054	
Aspartic acid ... g	2.563		0	PAK	1		2.178	11.624	
Glutamic acid ... g	4.122		0	PAK	1		3.503	18.696	
Glycine ... g	1.225		0	PAK	1		1.041	5.557	
Proline ... g	1.088		0	PAK	1		0.925	4.937	
Serine ... g	1.032		0	PAK	1		0.877	4.681	
Hydroxyproline ... g	0.118		0	PAK	1		0.100	0.534	
Others:									
Alcohol, ethyl ... g	0.0		0	PIK	4		0.0	0.0	
Caffeine ... mg	0		0	PIK	4		0	0	
Theobromine ... mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23549

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23523

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Top Blade Roast, Boneless, URMIS #1959

Refuse: 13% Bone and heavy connective tissue, 13%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.69		0	PAK	1		51.59	275.30	
Energy....kcal	227		0	NC	4		193	1028	
Energy....kJ	948		0	NC	4		806	4302	
Protein (N x 6.25)....g	25.77		0	PAK	1		21.91	116.91	
Total lipid (fat)....g	12.93		0	PAK	1		10.99	58.65	
Ash....g	1.02		0	PAK	1		0.86	4.61	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	PIK	4		6	33	
Iron, Fe....mg	2.77		0	PIK	4		2.36	12.58	
Magnesium, Mg....mg	24		0	PAK	1		20	109	
Phosphorus, P....mg	215		0	PIK	4		183	974	
Potassium, K....mg	300		0	PAK	1		255	1361	
Sodium, Na....mg	68		0	PIK	4		57	307	
Zinc, Zn....mg	8.76		0	PAK	1		7.44	39.72	
Copper, Cu....mg	0.111		0	PIK	4		0.094	0.504	
Manganese, Mn....mg	0.000		0	PAK	1		0.000	0.001	
Selenium, Se....mcg	19.9		0	PIK	4		16.9	90.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.110		0	PIK	4		0.093	0.499	
Riboflavin....mg	0.229		0	PIK	4		0.195	1.039	
Niacin....mg	3.619		0	PIK	4		3.076	16.414	
Pantothenic acid....mg	0.003		0	PAK	1		0.003	0.015	
Vitamin B-6....mg	0.320		0	PIK	4		0.272	1.452	
Folate, total....mcg	8		0	PIK	4		7	37	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	8		0	PIK	4		7	37	
Folate, DFE....mcg_DFE	8		0	NC	4		7	37	
Choline, total....mg	98.2		0	BFPN	4		83.4	445.3	
Betaine....mg									
Vitamin B-12....mcg	3.38		0	PIK	4		2.87	15.33	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PIK	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		0	PIK	4		0.15	0.81	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.162		0	PIK	4		3.538	18.881	
4:0....g	0.000		0	PAK	1		0.000	0.000	

NDB No. 23523

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	PAK	1		0.000	0.000	
8:0 ... g	0.000		0	PAK	1		0.000	0.000	
10:0 ... g	0.006		0	PAK	1		0.005	0.027	
12:0 ... g	0.015		0	PAK	1		0.013	0.069	
13:0 ... g									
14:0 ... g	0.266		0	PAK	1		0.226	1.209	
15:0 ... g									
16:0 ... g	2.471		0	PAK	1		2.100	11.208	
17:0 ... g									
18:0 ... g	1.375		0	PAK	1		1.168	6.235	
20:0 ... g	0.029		0	PAK	1		0.025	0.133	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.269		0	PIK	4		5.329	28.436	
14:1 ... g	0.078		0	PAK	1		0.067	0.355	
15:1 ... g									
16:1 undifferentiated ... g	0.362		0	PAK	1		0.308	1.642	
17:1 ... g									
18:1 undifferentiated ... g	5.825		0	PAK	1		4.951	26.422	
20:1 ... g	0.004		0	PAK	1		0.003	0.017	
22:1 undifferentiated ... g	0.000		0	PAK	1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.459		0	PIK	4		0.390	2.082	
18:2 undifferentiated ... g	0.358		0	PAK	1		0.304	1.624	
18:3 undifferentiated ... g	0.072		0	PAK	1		0.061	0.325	
18:4 ... g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.029		0	PAK	1		0.025	0.133	
20:5 n-3 (EPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	58		0	PAK	1		49	261	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.278		0	PAK	1		0.237	1.262	
Threonine ... g	1.191		0	PAK	1		1.012	5.400	
Isoleucine ... g	1.329		0	PAK	1		1.130	6.030	
Leucine ... g	2.276		0	PAK	1		1.935	10.325	
Lysine ... g	2.416		0	PAK	1		2.054	10.961	
Methionine ... g	0.730		0	PAK	1		0.621	3.313	
Cystine ... g	0.277		0	PAK	1		0.235	1.256	
Phenylalanine ... g	1.117		0	PAK	1		0.949	5.065	
Tyrosine ... g	0.944		0	PAK	1		0.802	4.281	
Valine ... g	1.392		0	PAK	1		1.184	6.316	
Arginine ... g	1.736		0	PAK	1		1.475	7.872	
Histidine ... g	0.831		0	PAK	1		0.707	3.771	
Alanine ... g	1.558		0	PAK	1		1.324	7.066	
Aspartic acid ... g	2.567		0	PAK	1		2.182	11.645	
Glutamic acid ... g	4.129		0	PAK	1		3.510	18.729	
Glycine ... g	1.227		0	PAK	1		1.043	5.565	
Proline ... g	1.090		0	PAK	1		0.927	4.945	
Serine ... g	1.034		0	PAK	1		0.879	4.689	
Hydroxyproline ... g	0.118		0	PAK	1		0.100	0.535	
Others:									
Alcohol, ethyl ... g	0.0		0	PIK	4		0.0	0.0	
Caffeine ... mg	0		0	PIK	4		0	0	
Theobromine ... mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23523

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23525

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Top Blade Roast, Boneless, URMIS #1144

Refuse: 16% Bone and heavy connective tissue, 16%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.86		0	PAK	1		53.43	285.14	
Energy....kcal	200		0	NC	4		170	906	
Energy....kJ	835		0	NC	4		710	3790	
Protein (N x 6.25)....g	25.67		0	PAK	1		21.82	116.42	
Total lipid (fat)....g	9.99		0	PAK	1		8.49	45.31	
Ash....g	1.19		0	PAK	1		1.01	5.38	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	PIK	4		6	33	
Iron, Fe....mg	2.74		0	PIK	4		2.33	12.45	
Magnesium, Mg....mg	24		0	PAK	1		20	108	
Phosphorus, P....mg	212		0	PIK	4		181	963	
Potassium, K....mg	298		0	PAK	1		254	1353	
Sodium, Na....mg	67		0	PIK	4		57	304	
Zinc, Zn....mg	8.68		0	PAK	1		7.38	39.37	
Copper, Cu....mg	0.110		0	PIK	4		0.094	0.499	
Manganese, Mn....mg	0.000		0	PAK	1		0.000	0.001	
Selenium, Se....mcg	19.9		0	PIK	4		16.9	90.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.138		0	PIK	4		0.117	0.624	
Riboflavin....mg	0.224		0	PIK	4		0.190	1.014	
Niacin....mg	3.970		0	PIK	4		3.374	18.006	
Pantothenic acid....mg	0.005		0	PAK	1		0.004	0.022	
Vitamin B-6....mg	0.467		0	PIK	4		0.397	2.118	
Folate, total....mcg	9		0	PIK	4		7	39	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	9		0	PIK	4		7	39	
Folate, DFE....mcg_DFE	9		0	NC	4		7	39	
Choline, total....mg	97.8		0	BFPN	4		83.1	443.4	
Betaine....mg									
Vitamin B-12....mcg	3.71		0	PIK	4		3.15	16.82	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PIK	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.16		0	PIK	4		0.13	0.72	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.533		0	PIK	4		3.003	16.024	
4:0....g	0.000		0	PAK	1		0.000	0.000	

NDB No. 23525

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	PAK	1		0.000	0.000	
8:0 ... g	0.000		0	PAK	1		0.000	0.000	
10:0 ... g	0.009		0	PAK	1		0.007	0.039	
12:0 ... g	0.008		0	PAK	1		0.007	0.036	
13:0 ... g									
14:0 ... g	0.240		0	PAK	1		0.204	1.087	
15:0 ... g									
16:0 ... g	2.106		0	PAK	1		1.790	9.553	
17:0 ... g									
18:0 ... g	1.161		0	PAK	1		0.987	5.265	
20:0 ... g	0.010		0	PAK	1		0.008	0.044	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.195		0	PIK	4		3.566	19.029	
14:1 ... g	0.058		0	PAK	1		0.049	0.263	
15:1 ... g									
16:1 undifferentiated ... g	0.265		0	PAK	1		0.225	1.201	
17:1 ... g									
18:1 undifferentiated ... g	3.867		0	PAK	1		3.287	17.540	
20:1 ... g	0.005		0	PAK	1		0.005	0.025	
22:1 undifferentiated ... g	0.000		0	PAK	1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.385		0	PIK	4		0.327	1.746	
18:2 undifferentiated ... g	0.294		0	PAK	1		0.250	1.332	
18:3 undifferentiated ... g	0.053		0	PAK	1		0.045	0.238	
18:4 ... g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.039		0	PAK	1		0.033	0.176	
20:5 n-3 (EPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	67		0	PAK	1		57	302	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.277		0	PAK	1		0.236	1.257	
Threonine ... g	1.185		0	PAK	1		1.008	5.377	
Isoleucine ... g	1.323		0	PAK	1		1.125	6.001	
Leucine ... g	2.266		0	PAK	1		1.926	10.278	
Lysine ... g	2.405		0	PAK	1		2.044	10.910	
Methionine ... g	0.727		0	PAK	1		0.618	3.298	
Cystine ... g	0.276		0	PAK	1		0.234	1.251	
Phenylalanine ... g	1.111		0	PAK	1		0.945	5.041	
Tyrosine ... g	0.940		0	PAK	1		0.799	4.262	
Valine ... g	1.386		0	PAK	1		1.178	6.287	
Arginine ... g	1.728		0	PAK	1		1.469	7.837	
Histidine ... g	0.828		0	PAK	1		0.704	3.756	
Alanine ... g	1.551		0	PAK	1		1.319	7.036	
Aspartic acid ... g	2.556		0	PAK	1		2.172	11.593	
Glutamic acid ... g	4.111		0	PAK	1		3.494	18.646	
Glycine ... g	1.223		0	PAK	1		1.039	5.545	
Proline ... g	1.086		0	PAK	1		0.923	4.925	
Serine ... g	1.029		0	PAK	1		0.875	4.668	
Hydroxyproline ... g	0.117		0	PAK	1		0.099	0.531	
Others:									
Alcohol, ethyl ... g	0.0		0	PIK	4		0.0	0.0	
Caffeine ... mg	0		0	PIK	4		0	0	
Theobromine ... mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23525

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23511

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Top Blade Roast, Boneless

Refuse: 17% Bone and heavy connective tissue, 15%, separable fat, 2%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	62.72		0	PAK	1		53.32	284.52	
Energy ... kcal	203		0	NC	4		173	922	
Energy ... kJ	850		0	NC	4		723	3858	
Protein (N x 6.25) ... g	26.13		0	PAK	1		22.21	118.53	
Total lipid (fat) ... g	10.16		0	PAK	1		8.64	46.11	
Ash ... g	1.10		0	PAK	1		0.94	5.00	
Carbohydrate, by difference ... g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary ... g	0.0		0	PIK	4		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	7		0	PIK	4		6	33	
Iron, Fe ... mg	2.81		0	PIK	4		2.39	12.73	
Magnesium, Mg ... mg	24		0	PAK	1		21	111	
Phosphorus, P ... mg	217		0	PIK	4		185	986	
Potassium, K ... mg	304		0	PAK	1		259	1380	
Sodium, Na ... mg	68		0	PIK	4		58	309	
Zinc, Zn ... mg	8.92		0	PAK	1		7.58	40.46	
Copper, Cu ... mg	0.112		0	PIK	4		0.096	0.510	
Manganese, Mn ... mg									
Selenium, Se ... mcg	20.0		0	PAK	1		17.0	90.7	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	PIK	4		0.0	0.0	
Thiamin ... mg	0.124		0	PIK	4		0.105	0.561	
Riboflavin ... mg	0.230		0	PIK	4		0.196	1.045	
Niacin ... mg	3.821		0	PIK	4		3.248	17.333	
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.387		0	PIK	4		0.329	1.754	
Folate, total ... mcg	8		0	PIK	4		7	38	
Folic acid ... mcg	0		0	PIK	4		0	0	
Folate, food ... mcg	8		0	PIK	4		7	38	
Folate, DFE ... mcg_DFE	8		0	NC	4		7	38	
Choline, total ... mg	99.5		0	BFPN	4		84.6	451.4	
Betaine ... mg									
Vitamin B-12 ... mcg	3.57		0	PIK	4		3.03	16.17	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	AS	1		0	0	
Retinol ... mcg	0		0	Z	7		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0	PIK	4		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.17		0	PIK	4		0.15	0.79	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	3.250		0	PIK	4		2.762	14.740	
4:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 23511

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g									
12:0....g	0.006		0	PAK	1		0.005	0.027	
13:0....g									
14:0....g	0.200		0	PAK	1		0.170	0.906	
15:0....g									
16:0....g	1.910		0	PAK	1		1.624	8.665	
17:0....g									
18:0....g	1.112		0	PAK	1		0.945	5.044	
20:0....g	0.022		0	PAK	1		0.019	0.099	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.753		0	PIK	4		4.040	21.561	
14:1....g	0.072		0	PAK	1		0.061	0.326	
15:1....g									
16:1 undifferentiated....g	0.247		0	PAK	1		0.210	1.121	
17:1....g									
18:1 undifferentiated....g	4.434		0	PAK	1		3.769	20.114	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.369		0	PIK	4		0.314	1.675	
18:2 undifferentiated....g	0.297		0	PAK	1		0.253	1.349	
18:3 undifferentiated....g	0.038		0	PAK	1		0.032	0.171	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.034		0	PAK	1		0.029	0.155	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	60		0	PAK	1		51	274	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.282		0	PAK	1		0.240	1.279	
Threonine....g	1.208		0	PAK	1		1.027	5.478	
Isoleucine....g	1.349		0	PAK	1		1.147	6.121	
Leucine....g	2.310		0	PAK	1		1.964	10.479	
Lysine....g	2.452		0	PAK	1		2.085	11.124	
Methionine....g	0.741		0	PAK	1		0.630	3.362	
Cystine....g	0.281		0	PAK	1		0.239	1.273	
Phenylalanine....g	1.133		0	PAK	1		0.963	5.139	
Tyrosine....g	0.958		0	PAK	1		0.814	4.344	
Valine....g	1.413		0	PAK	1		1.201	6.409	
Arginine....g	1.761		0	PAK	1		1.496	7.986	
Histidine....g	0.842		0	PAK	1		0.716	3.821	
Alanine....g	1.579		0	PAK	1		1.343	7.164	
Aspartic acid....g	2.605		0	PAK	1		2.214	11.816	
Glutamic acid....g	4.189		0	PAK	1		3.560	19.000	
Glycine....g	1.242		0	PAK	1		1.056	5.635	
Proline....g	1.105		0	PAK	1		0.939	5.011	
Serine....g	1.048		0	PAK	1		0.891	4.756	
Hydroxyproline....g	0.121		0	PAK	1		0.103	0.548	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23511

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13965

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Top Blade Roast, Boneless, URMIS #1959

Refuse: 15% Bone and heavy connective tissue, 13%, separable fat, 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.63	0.753	8	A	1		52.39		
Energy....kcal	217		0	NC	4		184		
Energy....kJ	906		0	NC	4		770		
Protein (N x 6.25)....g	26.11	0.438	8	A	1		22.19		
Total lipid (fat)....g	11.65	0.877	8	A	1		9.90		
Ash....g	1.03	0.039	8	A	1		0.88		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFNY	4		6		
Iron, Fe....mg	2.81		0	BFNY	4		2.39		
Magnesium, Mg....mg	24	0.001	4	A	1		21		
Phosphorus, P....mg	218		0	BFNY	4		185		
Potassium, K....mg	304	0.006	4	A	1		259		
Sodium, Na....mg	68		0	BFNY	4		58		
Zinc, Zn....mg	8.92	0.000	4	A	1		7.58		
Copper, Cu....mg	0.113		0	BFNY	4		0.096		
Manganese, Mn....mg									
Selenium, Se....mcg	20.0	0.000	4	A	1		17.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.112		0	BFPY	4		0.095		
Riboflavin....mg	0.232		0	BFPY	4		0.197		
Niacin....mg	3.665		0	BFPY	4		3.115		
Pantothenic acid....mg									
Vitamin B-6....mg	0.324		0	BFPY	4		0.276		
Folate, total....mcg	8		0	BFPY	4		7		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	8		0	BFPY	4		7		
Folate, DFE....mcg_DFE	8		0	NC	4		7		
Choline, total....mg	99.4		0	BFPN	4		84.5		
Betaine....mg									
Vitamin B-12....mcg	3.42		0	BFPY	4		2.91		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.18		0	NR	4		0.15		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.620		0	NC	4		3.077		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 13965

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g									
12:0....g	0.010	0.000	4	A	1		0.009		
13:0....g									
14:0....g	0.220	0.020	4	A	1		0.187		
15:0....g									
16:0....g	2.130	0.070	4	A	1		1.811		
17:0....g									
18:0....g	1.230	0.095	4	A	1		1.046		
20:0....g	0.030	0.005	4	A	1		0.026		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.730		0	NC	4		4.871		
14:1....g	0.080	0.010	4	A	1		0.068		
15:1....g									
16:1 undifferentiated....g	0.300	0.025	4	A	1		0.255		
17:1....g									
18:1 undifferentiated....g	5.350	0.600	4	A	1		4.548		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.410		0	NC	4		0.349		
18:2 undifferentiated....g	0.330	0.020	4	A	1		0.281		
18:3 undifferentiated....g	0.050	0.005	4	A	1		0.043		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030	0.005	4	A	1		0.026		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	57	0.005	4	A	1		48		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.282		0	A	1		0.240		
Threonine....g	1.207		0	A	1		1.026		
Isoleucine....g	1.348		0	A	1		1.146		
Leucine....g	2.308		0	A	1		1.962		
Lysine....g	2.450		0	A	1		2.083		
Methionine....g	0.741		0	A	1		0.630		
Cystine....g	0.280		0	A	1		0.238		
Phenylalanine....g	1.132		0	A	1		0.962		
Tyrosine....g	0.957		0	A	1		0.813		
Valine....g	1.412		0	A	1		1.200		
Arginine....g	1.759		0	A	1		1.495		
Histidine....g	0.842		0	A	1		0.715		
Alanine....g	1.578		0	A	1		1.341		
Aspartic acid....g	2.603		0	A	1		2.212		
Glutamic acid....g	4.185		0	A	1		3.558		
Glycine....g	1.241		0	A	1		1.055		
Proline....g	1.104		0	A	1		0.938		
Serine....g	1.048		0	A	1		0.891		
Hydroxyproline....g	0.121		0	BFPN	4		0.103		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13965

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13967

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled

Top Blade Roast, Boneless, URMIS #1144

Refuse: 19% Bone and heavy connective tissue, 16%, separable fat, 3%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.32	0.678	6	A	1		54.67		
Energy....kcal	184		0	NC	4		156		
Energy....kJ	769		0	NC	4		654		
Protein (N x 6.25)....g	26.16	0.931	6	A	1		22.24		
Total lipid (fat)....g	8.00	0.796	6	A	1		6.80		
Ash....g	1.21	0.078	6	A	1		1.03		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFNY	4		6		
Iron, Fe....mg	2.80		0	BFNY	4		2.38		
Magnesium, Mg....mg	24	0.001	4	A	1		21		
Phosphorus, P....mg	217		0	BFNY	4		184		
Potassium, K....mg	304	0.006	4	A	1		259		
Sodium, Na....mg	68		0	BFNY	4		58		
Zinc, Zn....mg	8.92	0.000	4	A	1		7.58		
Copper, Cu....mg	0.112		0	BFNY	4		0.095		
Manganese, Mn....mg									
Selenium, Se....mcg	20.0	0.000	4	A	1		17.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.141		0	BFYN	4		0.120		
Riboflavin....mg	0.228		0	BFYN	4		0.194		
Niacin....mg	4.049		0	BFYN	4		3.442		
Pantothenic acid....mg									
Vitamin B-6....mg	0.478		0	BFYN	4		0.406		
Folate, total....mcg	9		0	BFYN	4		7		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFYN	4		7		
Folate, DFE....mcg_DFE	9		0	NC	4		7		
Choline, total....mg	99.6		0	BFPN	4		84.7		
Betaine....mg									
Vitamin B-12....mcg	3.78		0	BFYN	4		3.21		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.16		0	NR	4		0.14		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.710		0	NC	4		2.304		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 13967

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g									
12:0....g	0.000	0.000	3	A	1		0.000		
13:0....g									
14:0....g	0.170	0.017	3	A	1		0.145		
15:0....g									
16:0....g	1.590	0.115	3	A	1		1.352		
17:0....g									
18:0....g	0.940	0.098	3	A	1		0.799		
20:0....g	0.010	0.000	3	A	1		0.009		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.330		0	NC	4		2.831		
14:1....g	0.060	0.006	3	A	1		0.051		
15:1....g									
16:1 undifferentiated....g	0.170	0.012	3	A	1		0.145		
17:1....g									
18:1 undifferentiated....g	3.100	0.092	3	A	1		2.635		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.310		0	NC	4		0.264		
18:2 undifferentiated....g	0.250	0.012	3	A	1		0.213		
18:3 undifferentiated....g	0.020	0.006	3	A	1		0.017		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040	0.006	3	A	1		0.034		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	66	0.009	3	A	1		56		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.282		0	A	1		0.240		
Threonine....g	1.209		0	A	1		1.028		
Isoleucine....g	1.351		0	A	1		1.148		
Leucine....g	2.313		0	A	1		1.966		
Lysine....g	2.455		0	A	1		2.087		
Methionine....g	0.742		0	A	1		0.631		
Cystine....g	0.281		0	A	1		0.239		
Phenylalanine....g	1.134		0	A	1		0.964		
Tyrosine....g	0.959		0	A	1		0.815		
Valine....g	1.415		0	A	1		1.202		
Arginine....g	1.763		0	A	1		1.498		
Histidine....g	0.843		0	A	1		0.717		
Alanine....g	1.581		0	A	1		1.344		
Aspartic acid....g	2.608		0	A	1		2.217		
Glutamic acid....g	4.193		0	A	1		3.564		
Glycine....g	1.244		0	A	1		1.057		
Proline....g	1.106		0	A	1		0.940		
Serine....g	1.050		0	A	1		0.892		
Hydroxyproline....g	0.121		0	BFPN	4		0.103		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13967

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13361

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked

Refuse: 13% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.93		0		1		150.46	45.84	
Energy....kcal	273		0	NC	4		762	232	
Energy....kJ	1142		0		4		3187	971	
Protein (N x 6.25)....g	27.33		0		1		76.25	23.23	
Total lipid (fat)....g	17.37		0		1		48.46	14.76	
Ash....g	1.13		0		1		3.15	0.96	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0		1		25	8	
Iron, Fe....mg	2.73		0		1		7.62	2.32	
Magnesium, Mg....mg	23		0		1		64	20	
Phosphorus, P....mg	211		0		1		589	179	
Potassium, K....mg	323		0		1		901	275	
Sodium, Na....mg	62		0		1		173	53	
Zinc, Zn....mg	6.06		0		1		16.91	5.15	
Copper, Cu....mg	0.106		0		1		0.296	0.090	
Manganese, Mn....mg	0.016		0		1		0.045	0.014	
Selenium, Se....mcg	20.7		0	BFZN	4		57.8	17.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0		1		0.223	0.068	
Riboflavin....mg	0.220		0		1		0.614	0.187	
Niacin....mg	3.680		0		1		10.267	3.128	
Pantothenic acid....mg	0.360		0		1		1.004	0.306	
Vitamin B-6....mg	0.330		0		1		0.921	0.281	
Folate, total....mcg	7		0		1		20	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0		1		20	6	
Folate, DFE....mcg_DFE	7		0	NC	4		20	6	
Choline, total....mg	104.1		0	BFPN	4		290.4	88.5	
Betaine....mg	13.7		0	BFPN	4		38.2	11.6	
Vitamin B-12....mcg	2.51		0		1		7.00	2.13	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		0	NR	4		0.50	0.15	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.3		0	AS	1		0.8	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.3		0	BFFN	4		0.8	0.2	
Vitamin D....IU	11		0	BFFN	4		32	10	
Vitamin K (phylloquinone)....mcg	1.7		0	BFSN	4		4.9	1.5	
Lipids:									
Fatty acids, total saturated....g	6.850		0		1		19.112	5.823	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13361

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.040		0		1		0.112	0.034	
12:0 g	0.040		0		1		0.112	0.034	
13:0 g									
14:0 g	0.540		0		1		1.507	0.459	
15:0 g									
16:0 g	4.180		0		1		11.662	3.553	
17:0 g									
18:0 g	2.030		0		1		5.664	1.726	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.410		0		1		20.674	6.299	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.700		0		1		1.953	0.595	
17:1 g									
18:1 undifferentiated g	6.680		0		1		18.637	5.678	
20:1 g	0.030		0		1		0.084	0.026	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.630		0		1		1.758	0.536	
18:2 undifferentiated g	0.430		0		1		1.200	0.366	
18:3 undifferentiated g	0.160		0		1		0.446	0.136	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0		1		0.084	0.026	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	87		0		1		243	74	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.180		0	NR	4		0.501	0.153	
Threonine g	1.092		0	NR	4		3.046	0.928	
Isoleucine g	1.243		0	NR	4		3.469	1.057	
Leucine g	2.174		0	NR	4		6.066	1.848	
Lysine g	2.310		0	NR	4		6.444	1.963	
Methionine g	0.712		0	NR	4		1.986	0.605	
Cystine g	0.353		0	NR	4		0.984	0.300	
Phenylalanine g	1.080		0	NR	4		3.012	0.918	
Tyrosine g	0.871		0	NR	4		2.430	0.740	
Valine g	1.356		0	NR	4		3.783	1.152	
Arginine g	1.767		0	NR	4		4.931	1.502	
Histidine g	0.872		0	NR	4		2.433	0.741	
Alanine g	1.662		0	NR	4		4.636	1.412	
Aspartic acid g	2.489		0	NR	4		6.946	2.116	
Glutamic acid g	4.103		0	NR	4		11.447	3.487	
Glycine g	1.664		0	NR	4		4.643	1.415	
Proline g	1.303		0	NR	4		3.635	1.107	
Serine g	1.077		0	NR	4		3.004	0.915	
Hydroxyproline g	0.287		0	BFPN	4		0.801	0.244	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13361

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked

Common Measures:

Measure 1 = 279g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13362

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked

Refuse: 13% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.22		0		1		148.48	45.24	
Energy	kcal	283		0	NC	4		790	241	
Energy	kJ	1184		0		4		3304	1006	
Protein (N x 6.25)	g	27.21		0		1		75.92	23.13	
Total lipid (fat)	g	18.54		0		1		51.73	15.76	
Ash	g	1.12		0		1		3.12	0.95	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0		1		25	8	
Iron, Fe	mg	2.72		0		1		7.59	2.31	
Magnesium, Mg	mg	23		0		1		64	20	
Phosphorus, P	mg	210		0		1		586	179	
Potassium, K	mg	322		0		1		898	274	
Sodium, Na	mg	62		0		1		173	53	
Zinc, Zn	mg	6.02		0		1		16.80	5.12	
Copper, Cu	mg	0.113		0		1		0.315	0.096	
Manganese, Mn	mg	0.017		0		1		0.047	0.014	
Selenium, Se	mcg	20.5		0	BFZN	4		57.2	17.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.080		0		1		0.223	0.068	
Riboflavin	mg	0.220		0		1		0.614	0.187	
Niacin	mg	3.670		0		1		10.239	3.120	
Pantothenic acid	mg	0.350		0		1		0.977	0.298	
Vitamin B-6	mg	0.320		0		1		0.893	0.272	
Folate, total	mcg	7		0		1		20	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		20	6	
Folate, DFE	mcg_DFE	7		0	NC	4		20	6	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.50		0		1		6.98	2.13	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg									
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.310		0		1		20.395	6.214	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	

NDB No. 13362

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.040		0		1		0.112	0.034	
12:0 g	0.040		0		1		0.112	0.034	
13:0 g									
14:0 g	0.580		0		1		1.618	0.493	
15:0 g									
16:0 g	4.460		0		1		12.443	3.791	
17:0 g									
18:0 g	2.170		0		1		6.054	1.845	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.910		0		1		22.069	6.724	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.740		0		1		2.065	0.629	
17:1 g									
18:1 undifferentiated g	7.130		0		1		19.893	6.061	
20:1 g	0.030		0		1		0.084	0.026	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.670		0		1		1.869	0.570	
18:2 undifferentiated g	0.460		0		1		1.283	0.391	
18:3 undifferentiated g	0.170		0		1		0.474	0.145	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0		1		0.112	0.034	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	87		0		1		243	74	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.305		0		1		0.851	0.259	
Threonine g	1.189		0		1		3.317	1.011	
Isoleucine g	1.223		0		1		3.412	1.040	
Leucine g	2.151		0		1		6.001	1.828	
Lysine g	2.264		0		1		6.317	1.924	
Methionine g	0.697		0		1		1.945	0.592	
Cystine g	0.305		0		1		0.851	0.259	
Phenylalanine g	1.062		0		1		2.963	0.903	
Tyrosine g	0.914		0		1		2.550	0.777	
Valine g	1.324		0		1		3.694	1.125	
Arginine g	1.720		0		1		4.799	1.462	
Histidine g	0.932		0		1		2.600	0.792	
Alanine g	1.641		0		1		4.578	1.395	
Aspartic acid g	2.486		0		1		6.936	2.113	
Glutamic acid g	4.088		0		1		11.406	3.475	
Glycine g	1.485		0		1		4.143	1.262	
Proline g	1.202		0		1		3.354	1.022	
Serine g	1.041		0		1		2.904	0.885	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13362

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked

Common Measures:

Measure 1 = 279g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13363

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked

Refuse: 13% Bone

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.84		0		1		153.00	46.61	
Energy	kcal	261		0	NC	4		728	222	
Energy	kJ	1092		0		4		3047	928	
Protein (N x 6.25)	g	27.47		0		1		76.64	23.35	
Total lipid (fat)	g	15.92		0		1		44.42	13.53	
Ash	g	1.13		0		1		3.15	0.96	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0		1		25	8	
Iron, Fe	mg	2.75		0		1		7.67	2.34	
Magnesium, Mg	mg	23		0		1		64	20	
Phosphorus, P	mg	212		0		1		591	180	
Potassium, K	mg	325		0		1		907	276	
Sodium, Na	mg	63		0		1		176	54	
Zinc, Zn	mg	6.11		0		1		17.05	5.19	
Copper, Cu	mg	0.107		0		1		0.299	0.091	
Manganese, Mn	mg	0.016		0		1		0.045	0.014	
Selenium, Se	mcg	20.0		0	BFZN	4		55.8	17.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.080		0		1		0.223	0.068	
Riboflavin	mg	0.220		0		1		0.614	0.187	
Niacin	mg	3.690		0		1		10.295	3.137	
Pantothenic acid	mg	0.360		0		1		1.004	0.306	
Vitamin B-6	mg	0.330		0		1		0.921	0.281	
Folate, total	mcg	7		0		1		20	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		20	6	
Folate, DFE	mcg_DFE	7		0	NC	4		20	6	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.52		0		1		7.03	2.14	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg									
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.270		0		1		17.493	5.330	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	

NDB No. 13363

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.040		0		1		0.112	0.034	
12:0 g	0.040		0		1		0.112	0.034	
13:0 g									
14:0 g	0.500		0		1		1.395	0.425	
15:0 g									
16:0 g	3.830		0		1		10.686	3.256	
17:0 g									
18:0 g	1.860		0		1		5.189	1.581	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.780		0		1		18.916	5.763	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.640		0		1		1.786	0.544	
17:1 g									
18:1 undifferentiated g	6.100		0		1		17.019	5.185	
20:1 g	0.020		0		1		0.056	0.017	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.570		0		1		1.590	0.485	
18:2 undifferentiated g	0.390		0		1		1.088	0.332	
18:3 undifferentiated g	0.150		0		1		0.419	0.128	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0		1		0.084	0.026	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	86		0		1		240	73	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.308		0		1		0.859	0.262	
Threonine g	1.200		0		1		3.348	1.020	
Isoleucine g	1.235		0		1		3.446	1.050	
Leucine g	2.171		0		1		6.057	1.845	
Lysine g	2.285		0		1		6.375	1.942	
Methionine g	0.703		0		1		1.961	0.598	
Cystine g	0.308		0		1		0.859	0.262	
Phenylalanine g	1.072		0		1		2.991	0.911	
Tyrosine g	0.923		0		1		2.575	0.785	
Valine g	1.336		0		1		3.727	1.136	
Arginine g	1.736		0		1		4.843	1.476	
Histidine g	0.940		0		1		2.623	0.799	
Alanine g	1.657		0		1		4.623	1.408	
Aspartic acid g	2.509		0		1		7.000	2.133	
Glutamic acid g	4.126		0		1		11.512	3.507	
Glycine g	1.499		0		1		4.182	1.274	
Proline g	1.213		0		1		3.384	1.031	
Serine g	1.050		0		1		2.930	0.893	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13363

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked

Common Measures:

Measure 1 = 279g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13796

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked

Refuse: 13% Bone

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.77		0	PAE	4		150.39	44.85	
Energy	kcal	291		0	NC	4		829	247	
Energy	kJ	1218		0		4		3470	1035	
Protein (N x 6.25)	g	26.42		0	PAE	4		75.30	22.46	
Total lipid (fat)	g	19.71		0	PAE	4		56.17	16.75	
Ash	g	1.09		0	PAE	4		3.11	0.93	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0	PAE	4		26	8	
Iron, Fe	mg	2.68		0	PAE	4		7.64	2.28	
Magnesium, Mg	mg	23		0	PAE	4		66	20	
Phosphorus, P	mg	208		0	PAE	4		593	177	
Potassium, K	mg	319		0	PAE	4		909	271	
Sodium, Na	mg	63		0	PAE	4		180	54	
Zinc, Zn	mg	6.00		0	PAE	4		17.10	5.10	
Copper, Cu	mg	0.112		0	PAE	4		0.319	0.095	
Manganese, Mn	mg	0.015		0	PAE	4		0.043	0.013	
Selenium, Se	mcg	19.8		0	BFZN	4		56.4	16.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.090		0	PAE	4		0.257	0.077	
Riboflavin	mg	0.220		0	PAE	4		0.627	0.187	
Niacin	mg	3.720		0	PAE	4		10.602	3.162	
Pantothenic acid	mg	0.360		0	PAE	4		1.026	0.306	
Vitamin B-6	mg	0.340		0	PAE	4		0.969	0.289	
Folate, total	mcg	7		0	PAE	4		20	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0	PAE	4		20	6	
Folate, DFE	mcg_DFE	7		0	NC	4		20	6	
Choline, total	mg	100.6		0	BFPN	4		286.8	85.5	
Betaine	mg									
Vitamin B-12	mcg	2.47		0	PAE	4		7.04	2.10	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	BFSN	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.18		0	BFSN	4		0.51	0.15	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.3		0	AS	1		0.9	0.3	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.3		0	BFFN	4		0.9	0.3	
Vitamin D	IU	13		0	BFFN	4		37	11	
Vitamin K (phylloquinone)	mcg	1.8		0	BFSN	4		5.1	1.5	
Lipids:										
Fatty acids, total saturated	g	7.770		0	PAE	4		22.145	6.605	
4:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 13796

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.050		0	PAE	4		0.143	0.043	
12:0 g	0.050		0	PAE	4		0.143	0.043	
13:0 g									
14:0 g	0.620		0	PAE	4		1.767	0.527	
15:0 g									
16:0 g	4.760		0	PAE	4		13.566	4.046	
17:0 g									
18:0 g	2.290		0	PAE	4		6.527	1.947	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.460		0	PAE	4		24.111	7.191	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.800		0	PAE	4		2.280	0.680	
17:1 g									
18:1 undifferentiated g	7.620		0	PAE	4		21.717	6.477	
20:1 g	0.030		0	PAE	4		0.086	0.026	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.710		0	PAE	4		2.024	0.604	
18:2 undifferentiated g	0.490		0	PAE	4		1.397	0.417	
18:3 undifferentiated g	0.190		0	PAE	4		0.542	0.162	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	PAE	4		0.086	0.026	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	87		0	PAE	4		248	74	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.296		0	PAE	4		0.844	0.252	
Threonine g	1.154		0	PAE	4		3.289	0.981	
Isoleucine g	1.188		0	PAE	4		3.386	1.010	
Leucine g	2.088		0	PAE	4		5.951	1.775	
Lysine g	2.198		0	PAE	4		6.264	1.868	
Methionine g	0.676		0	PAE	4		1.927	0.575	
Cystine g	0.296		0	PAE	4		0.844	0.252	
Phenylalanine g	1.031		0	PAE	4		2.938	0.876	
Tyrosine g	0.888		0	PAE	4		2.531	0.755	
Valine g	1.285		0	PAE	4		3.662	1.092	
Arginine g	1.669		0	PAE	4		4.757	1.419	
Histidine g	0.904		0	PAE	4		2.576	0.768	
Alanine g	1.593		0	PAE	4		4.540	1.354	
Aspartic acid g	2.413		0	PAE	4		6.877	2.051	
Glutamic acid g	3.969		0	PAE	4		11.312	3.374	
Glycine g	1.441		0	PAE	4		4.107	1.225	
Proline g	1.167		0	PAE	4		3.326	0.992	
Serine g	1.010		0	PAE	4		2.879	0.859	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13796

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked

Common Measures:

Measure 1 = 285g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13795

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 12% Bone

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.02		0	PAE	4		17.58	281.32	
Energy	kcal	234		0	NC	4		66	1061	
Energy	kJ	979		0		4		278	4441	
Protein (N x 6.25)	g	18.68		0	PAE	4		5.30	84.73	
Total lipid (fat)	g	17.15		0	PAE	4		4.86	77.79	
Ash	g	0.91		0	PAE	4		0.26	4.13	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0	PAE	4		2	32	
Iron, Fe	mg	1.91		0	PAE	4		0.54	8.66	
Magnesium, Mg	mg	19		0	PAE	4		5	86	
Phosphorus, P	mg	177		0	PAE	4		50	803	
Potassium, K	mg	306		0	PAE	4		87	1388	
Sodium, Na	mg	58		0	PAE	4		16	263	
Zinc, Zn	mg	3.75		0	PAE	4		1.06	17.01	
Copper, Cu	mg	0.071		0	PAE	4		0.020	0.322	
Manganese, Mn	mg	0.013		0	PAE	4		0.004	0.059	
Selenium, Se	mcg	14.0		0	BFZN	4		4.0	63.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.100		0	PAE	4		0.028	0.454	
Riboflavin	mg	0.160		0	PAE	4		0.045	0.726	
Niacin	mg	3.230		0	PAE	4		0.916	14.651	
Pantothenic acid	mg	0.320		0	PAE	4		0.091	1.452	
Vitamin B-6	mg	0.390		0	PAE	4		0.111	1.769	
Folate, total	mcg	6		0	PAE	4		2	27	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0	PAE	4		2	27	
Folate, DFE	mcg_DFE	6		0	NC	4		2	27	
Choline, total	mg	78.0		0	BFPN	4		22.1	353.9	
Betaine	mg	11.5		0	BFPN	4		3.3	52.0	
Vitamin B-12	mcg	2.95		0	PAE	4		0.84	13.38	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg									
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.910		0	PAE	4		1.959	31.344	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 13795

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.050		0	PAE	4		0.014	0.227	
12:0....g	0.040		0	PAE	4		0.011	0.181	
13:0....g									
14:0....g	0.540		0	PAE	4		0.153	2.449	
15:0....g									
16:0....g	4.170		0	PAE	4		1.182	18.915	
17:0....g									
18:0....g	2.100		0	PAE	4		0.595	9.526	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.420		0	PAE	4		2.104	33.657	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.850		0	PAE	4		0.241	3.856	
17:1....g									
18:1 undifferentiated....g	6.550		0	PAE	4		1.857	29.711	
20:1....g	0.020		0	PAE	4		0.006	0.091	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.630		0	PAE	4		0.179	2.858	
18:2 undifferentiated....g	0.410		0	PAE	4		0.116	1.860	
18:3 undifferentiated....g	0.190		0	PAE	4		0.054	0.862	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	66		0	PAE	4		19	299	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.209		0	PAE	4		0.059	0.948	
Threonine....g	0.816		0	PAE	4		0.231	3.701	
Isoleucine....g	0.840		0	PAE	4		0.238	3.810	
Leucine....g	1.477		0	PAE	4		0.419	6.700	
Lysine....g	1.555		0	PAE	4		0.441	7.053	
Methionine....g	0.478		0	PAE	4		0.136	2.168	
Cystine....g	0.209		0	PAE	4		0.059	0.948	
Phenylalanine....g	0.729		0	PAE	4		0.207	3.307	
Tyrosine....g	0.628		0	PAE	4		0.178	2.849	
Valine....g	0.909		0	PAE	4		0.258	4.123	
Arginine....g	1.181		0	PAE	4		0.335	5.357	
Histidine....g	0.640		0	PAE	4		0.181	2.903	
Alanine....g	1.127		0	PAE	4		0.320	5.112	
Aspartic acid....g	1.707		0	PAE	4		0.484	7.743	
Glutamic acid....g	2.807		0	PAE	4		0.796	12.733	
Glycine....g	1.019		0	PAE	4		0.289	4.622	
Proline....g	0.825		0	PAE	4		0.234	3.742	
Serine....g	0.715		0	PAE	4		0.203	3.243	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13795

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13798

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked

Refuse: 13% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.03		0	PAE	4		148.29	44.23	
Energy	kcal	301		0	NC	4		858	256	
Energy	kJ	1259		0		4		3589	1070	
Protein (N x 6.25)	g	26.21		0	PAE	4		74.70	22.28	
Total lipid (fat)	g	20.91		0	PAE	4		59.59	17.77	
Ash	g	1.08		0	PAE	4		3.08	0.92	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0	PAE	4		26	8	
Iron, Fe	mg	2.66		0	PAE	4		7.58	2.26	
Magnesium, Mg	mg	23		0	PAE	4		66	20	
Phosphorus, P	mg	206		0	PAE	4		587	175	
Potassium, K	mg	317		0	PAE	4		903	269	
Sodium, Na	mg	62		0	PAE	4		177	53	
Zinc, Zn	mg	5.93		0	PAE	4		16.90	5.04	
Copper, Cu	mg	0.111		0	PAE	4		0.316	0.094	
Manganese, Mn	mg	0.015		0	PAE	4		0.043	0.013	
Selenium, Se	mcg	23.9		0	BFZN	4		68.1	20.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.090		0	PAE	4		0.257	0.077	
Riboflavin	mg	0.220		0	PAE	4		0.627	0.187	
Niacin	mg	3.700		0	PAE	4		10.545	3.145	
Pantothenic acid	mg	0.350		0	PAE	4		0.998	0.298	
Vitamin B-6	mg	0.330		0	PAE	4		0.941	0.281	
Folate, total	mcg	7		0	PAE	4		20	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0	PAE	4		20	6	
Folate, DFE	mcg_DFE	7		0	NC	4		20	6	
Choline, total	mg	99.8		0	BFPN	4		284.5	84.9	
Betaine	mg	13.1		0	BFPN	4		37.4	11.1	
Vitamin B-12	mcg	2.46		0	PAE	4		7.01	2.09	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg									
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.240		0	PAE	4		23.484	7.004	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 13798

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.050		0	PAE	4		0.143	0.043	
12:0....g	0.050		0	PAE	4		0.143	0.043	
13:0....g									
14:0....g	0.650		0	PAE	4		1.853	0.553	
15:0....g									
16:0....g	5.040		0	PAE	4		14.364	4.284	
17:0....g									
18:0....g	2.430		0	PAE	4		6.926	2.066	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.970		0	PAE	4		25.565	7.625	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.850		0	PAE	4		2.423	0.723	
17:1....g									
18:1 undifferentiated....g	8.080		0	PAE	4		23.028	6.868	
20:1....g	0.030		0	PAE	4		0.086	0.026	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.750		0	PAE	4		2.138	0.638	
18:2 undifferentiated....g	0.510		0	PAE	4		1.454	0.434	
18:3 undifferentiated....g	0.210		0	PAE	4		0.599	0.179	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.086	0.026	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	87		0	PAE	4		248	74	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.294		0	PAE	4		0.838	0.250	
Threonine....g	1.145		0	PAE	4		3.263	0.973	
Isoleucine....g	1.179		0	PAE	4		3.360	1.002	
Leucine....g	2.072		0	PAE	4		5.905	1.761	
Lysine....g	2.181		0	PAE	4		6.216	1.854	
Methionine....g	0.671		0	PAE	4		1.912	0.570	
Cystine....g	0.294		0	PAE	4		0.838	0.250	
Phenylalanine....g	1.023		0	PAE	4		2.916	0.870	
Tyrosine....g	0.881		0	PAE	4		2.511	0.749	
Valine....g	1.275		0	PAE	4		3.634	1.084	
Arginine....g	1.657		0	PAE	4		4.722	1.408	
Histidine....g	0.898		0	PAE	4		2.559	0.763	
Alanine....g	1.581		0	PAE	4		4.506	1.344	
Aspartic acid....g	2.395		0	PAE	4		6.826	2.036	
Glutamic acid....g	3.938		0	PAE	4		11.223	3.347	
Glycine....g	1.430		0	PAE	4		4.076	1.216	
Proline....g	1.158		0	PAE	4		3.300	0.984	
Serine....g	1.002		0	PAE	4		2.856	0.852	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13798

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked

Common Measures:

Measure 1 = 285g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13797

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 12% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.34		0	PAE	4		17.39	278.24	
Energy	kcal	243		0	NC	4		69	1102	
Energy	kJ	1017		0		4		288	4612	
Protein (N x 6.25)	g	18.57		0	PAE	4		5.26	84.23	
Total lipid (fat)	g	18.19		0	PAE	4		5.16	82.51	
Ash	g	0.90		0	PAE	4		0.26	4.08	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0	PAE	4		2	32	
Iron, Fe	mg	1.89		0	PAE	4		0.54	8.57	
Magnesium, Mg	mg	19		0	PAE	4		5	86	
Phosphorus, P	mg	176		0	PAE	4		50	798	
Potassium, K	mg	304		0	PAE	4		86	1379	
Sodium, Na	mg	57		0	PAE	4		16	259	
Zinc, Zn	mg	3.72		0	PAE	4		1.05	16.87	
Copper, Cu	mg	0.071		0	PAE	4		0.020	0.322	
Manganese, Mn	mg	0.013		0	PAE	4		0.004	0.059	
Selenium, Se	mcg	16.0		0	BFZN	4		4.5	72.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.090		0	PAE	4		0.026	0.408	
Riboflavin	mg	0.160		0	PAE	4		0.045	0.726	
Niacin	mg	3.210		0	PAE	4		0.910	14.561	
Pantothenic acid	mg	0.320		0	PAE	4		0.091	1.452	
Vitamin B-6	mg	0.390		0	PAE	4		0.111	1.769	
Folate, total	mcg	6		0	PAE	4		2	27	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0	PAE	4		2	27	
Folate, DFE	mcg_DFE	6		0	NC	4		2	27	
Choline, total	mg	77.6		0	BFPN	4		22.0	351.8	
Betaine	mg	11.4		0	BFPN	4		3.2	51.7	
Vitamin B-12	mcg	2.93		0	PAE	4		0.83	13.29	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg									
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.320		0	PAE	4		2.075	33.204	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 13797

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.060		0	PAE	4		0.017	0.272	
12:0....g	0.040		0	PAE	4		0.011	0.181	
13:0....g									
14:0....g	0.570		0	PAE	4		0.162	2.586	
15:0....g									
16:0....g	4.420		0	PAE	4		1.253	20.049	
17:0....g									
18:0....g	2.220		0	PAE	4		0.629	10.070	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.880		0	PAE	4		2.234	35.744	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.900		0	PAE	4		0.255	4.082	
17:1....g									
18:1 undifferentiated....g	6.950		0	PAE	4		1.970	31.525	
20:1....g	0.020		0	PAE	4		0.006	0.091	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.670		0	PAE	4		0.190	3.039	
18:2 undifferentiated....g	0.440		0	PAE	4		0.125	1.996	
18:3 undifferentiated....g	0.200		0	PAE	4		0.057	0.907	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	66		0	PAE	4		19	299	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.208		0	PAE	4		0.059	0.943	
Threonine....g	0.811		0	PAE	4		0.230	3.679	
Isoleucine....g	0.835		0	PAE	4		0.237	3.788	
Leucine....g	1.467		0	PAE	4		0.416	6.654	
Lysine....g	1.545		0	PAE	4		0.438	7.008	
Methionine....g	0.475		0	PAE	4		0.135	2.155	
Cystine....g	0.208		0	PAE	4		0.059	0.943	
Phenylalanine....g	0.725		0	PAE	4		0.206	3.289	
Tyrosine....g	0.624		0	PAE	4		0.177	2.830	
Valine....g	0.903		0	PAE	4		0.256	4.096	
Arginine....g	1.173		0	PAE	4		0.333	5.321	
Histidine....g	0.636		0	PAE	4		0.180	2.885	
Alanine....g	1.120		0	PAE	4		0.318	5.080	
Aspartic acid....g	1.696		0	PAE	4		0.481	7.693	
Glutamic acid....g	2.789		0	PAE	4		0.791	12.651	
Glycine....g	1.013		0	PAE	4		0.287	4.595	
Proline....g	0.820		0	PAE	4		0.232	3.720	
Serine....g	0.710		0	PAE	4		0.201	3.221	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13797

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13802

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, cooked

Refuse: 12% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.87		0	PAE	4		156.50	44.94	
Energy....kcal	299		0	NC	4		885	254	
Energy....kJ	1251		0		4		3703	1063	
Protein (N x 6.25)....g	26.22		0	PAE	4		77.61	22.29	
Total lipid (fat)....g	20.75		0	PAE	4		61.42	17.64	
Ash....g	1.10		0	PAE	4		3.26	0.94	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	PAE	4		27	8	
Iron, Fe....mg	2.50		0	PAE	4		7.40	2.13	
Magnesium, Mg....mg	24		0	PAE	4		71	20	
Phosphorus, P....mg	203		0	PAE	4		601	173	
Potassium, K....mg	356		0	PAE	4		1054	303	
Sodium, Na....mg	63		0	PAE	4		186	54	
Zinc, Zn....mg	5.62		0	PAE	4		16.64	4.78	
Copper, Cu....mg	0.104		0	PAE	4		0.308	0.088	
Manganese, Mn....mg	0.015		0	PAE	4		0.044	0.013	
Selenium, Se....mcg	19.8		0	BFZN	4		58.6	16.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0	PAE	4		0.266	0.077	
Riboflavin....mg	0.210		0	PAE	4		0.622	0.179	
Niacin....mg	4.390		0	PAE	4		12.994	3.732	
Pantothenic acid....mg	0.380		0	PAE	4		1.125	0.323	
Vitamin B-6....mg	0.370		0	PAE	4		1.095	0.315	
Folate, total....mcg	8		0	PAE	4		24	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0	PAE	4		24	7	
Folate, DFE....mcg_DFE	8		0	NC	4		24	7	
Choline, total....mg	99.9		0	BFPN	4		295.6	84.9	
Betaine....mg	13.1		0	BFPN	4		38.8	11.2	
Vitamin B-12....mcg	2.49		0	PAE	4		7.37	2.12	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.320		0	PAE	4		24.627	7.072	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13802

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.050		0	PAE	4		0.148	0.043	
12:0....g	0.040		0	PAE	4		0.118	0.034	
13:0....g									
14:0....g	0.650		0	PAE	4		1.924	0.553	
15:0....g									
16:0....g	4.980		0	PAE	4		14.741	4.233	
17:0....g									
18:0....g	2.460		0	PAE	4		7.282	2.091	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.840		0	PAE	4		26.166	7.514	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.810		0	PAE	4		2.398	0.689	
17:1....g									
18:1 undifferentiated....g	7.880		0	PAE	4		23.325	6.698	
20:1....g	0.030		0	PAE	4		0.089	0.026	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.750		0	PAE	4		2.220	0.638	
18:2 undifferentiated....g	0.520		0	PAE	4		1.539	0.442	
18:3 undifferentiated....g	0.180		0	PAE	4		0.533	0.153	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAE	4		0.118	0.034	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	83		0	PAE	4		246	71	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.294		0	PAE	4		0.870	0.250	
Threonine....g	1.145		0	PAE	4		3.389	0.973	
Isoleucine....g	1.179		0	PAE	4		3.490	1.002	
Leucine....g	2.073		0	PAE	4		6.136	1.762	
Lysine....g	2.182		0	PAE	4		6.459	1.855	
Methionine....g	0.671		0	PAE	4		1.986	0.570	
Cystine....g	0.294		0	PAE	4		0.870	0.250	
Phenylalanine....g	1.024		0	PAE	4		3.031	0.870	
Tyrosine....g	0.881		0	PAE	4		2.608	0.749	
Valine....g	1.275		0	PAE	4		3.774	1.084	
Arginine....g	1.657		0	PAE	4		4.905	1.408	
Histidine....g	0.898		0	PAE	4		2.658	0.763	
Alanine....g	1.582		0	PAE	4		4.683	1.345	
Aspartic acid....g	2.396		0	PAE	4		7.092	2.037	
Glutamic acid....g	3.940		0	PAE	4		11.662	3.349	
Glycine....g	1.431		0	PAE	4		4.236	1.216	
Proline....g	1.158		0	PAE	4		3.428	0.984	
Serine....g	1.003		0	PAE	4		2.969	0.853	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13802

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, cooked

Common Measures:

Measure 1 = 296g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13801

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, raw

Refuse: 9% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.75		0	PAE	4		16.94	271.03	
Energy	kcal	265		0	NC	4		75	1202	
Energy	kJ	1109		0		4		314	5029	
Protein (N x 6.25)	g	18.72		0	PAE	4		5.31	84.91	
Total lipid (fat)	g	20.49		0	PAE	4		5.81	92.94	
Ash	g	0.87		0	PAE	4		0.25	3.95	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0	PAE	4		2	32	
Iron, Fe	mg	1.83		0	PAE	4		0.52	8.30	
Magnesium, Mg	mg	19		0	PAE	4		5	86	
Phosphorus, P	mg	176		0	PAE	4		50	798	
Potassium, K	mg	308		0	PAE	4		87	1397	
Sodium, Na	mg	54		0	PAE	4		15	245	
Zinc, Zn	mg	3.49		0	PAE	4		0.99	15.83	
Copper, Cu	mg	0.069		0	PAE	4		0.020	0.313	
Manganese, Mn	mg	0.013		0	PAE	4		0.004	0.059	
Selenium, Se	mcg	14.8		0	BFZN	4		4.2	67.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.090		0	PAE	4		0.026	0.408	
Riboflavin	mg	0.150		0	PAE	4		0.043	0.680	
Niacin	mg	3.410		0	PAE	4		0.967	15.468	
Pantothenic acid	mg	0.320		0	PAE	4		0.091	1.452	
Vitamin B-6	mg	0.390		0	PAE	4		0.111	1.769	
Folate, total	mcg	6		0	PAE	4		2	27	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0	PAE	4		2	27	
Folate, DFE	mcg_DFE	6		0	NC	4		2	27	
Choline, total	mg	78.2		0	BFPN	4		22.2	354.7	
Betaine	mg	11.5		0	BFPN	4		3.3	52.2	
Vitamin B-12	mcg	2.84		0	PAE	4		0.81	12.88	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg									
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.370		0	PAE	4		2.373	37.966	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 13801

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.060		0	PAE	4		0.017	0.272	
12:0 g	0.040		0	PAE	4		0.011	0.181	
13:0 g									
14:0 g	0.650		0	PAE	4		0.184	2.948	
15:0 g									
16:0 g	4.980		0	PAE	4		1.412	22.589	
17:0 g									
18:0 g	2.520		0	PAE	4		0.714	11.431	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.870		0	PAE	4		2.515	40.234	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.980		0	PAE	4		0.278	4.445	
17:1 g									
18:1 undifferentiated g	7.760		0	PAE	4		2.200	35.199	
20:1 g	0.030		0	PAE	4		0.009	0.136	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.760		0	PAE	4		0.215	3.447	
18:2 undifferentiated g	0.510		0	PAE	4		0.145	2.313	
18:3 undifferentiated g	0.220		0	PAE	4		0.062	0.998	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	66		0	PAE	4		19	299	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.210		0	PAE	4		0.060	0.953	
Threonine g	0.818		0	PAE	4		0.232	3.710	
Isoleucine g	0.842		0	PAE	4		0.239	3.819	
Leucine g	1.479		0	PAE	4		0.419	6.709	
Lysine g	1.557		0	PAE	4		0.441	7.063	
Methionine g	0.479		0	PAE	4		0.136	2.173	
Cystine g	0.210		0	PAE	4		0.060	0.953	
Phenylalanine g	0.731		0	PAE	4		0.207	3.316	
Tyrosine g	0.629		0	PAE	4		0.178	2.853	
Valine g	0.910		0	PAE	4		0.258	4.128	
Arginine g	1.183		0	PAE	4		0.335	5.366	
Histidine g	0.641		0	PAE	4		0.182	2.908	
Alanine g	1.129		0	PAE	4		0.320	5.121	
Aspartic acid g	1.710		0	PAE	4		0.485	7.757	
Glutamic acid g	2.812		0	PAE	4		0.797	12.755	
Glycine g	1.021		0	PAE	4		0.289	4.631	
Proline g	0.827		0	PAE	4		0.234	3.751	
Serine g	0.716		0	PAE	4		0.203	3.248	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13801

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13800

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked

Refuse: 13% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.73		0	PAE	4		153.67	45.67	
Energy....kcal	278		0	NC	4		795	236	
Energy....kJ	1163		0		4		3327	989	
Protein (N x 6.25)....g	26.63		0	PAE	4		76.16	22.64	
Total lipid (fat)....g	18.21		0	PAE	4		52.08	15.48	
Ash....g	1.09		0	PAE	4		3.12	0.93	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	PAE	4		26	8	
Iron, Fe....mg	2.70		0	PAE	4		7.72	2.30	
Magnesium, Mg....mg	23		0	PAE	4		66	20	
Phosphorus, P....mg	209		0	PAE	4		598	178	
Potassium, K....mg	321		0	PAE	4		918	273	
Sodium, Na....mg	63		0	PAE	4		180	54	
Zinc, Zn....mg	6.07		0	PAE	4		17.36	5.16	
Copper, Cu....mg	0.113		0	PAE	4		0.323	0.096	
Manganese, Mn....mg	0.015		0	PAE	4		0.043	0.013	
Selenium, Se....mcg	20.7		0	BFZN	4		59.2	17.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0	PAE	4		0.257	0.077	
Riboflavin....mg	0.220		0	PAE	4		0.629	0.187	
Niacin....mg	3.740		0	PAE	4		10.696	3.179	
Pantothenic acid....mg	0.360		0	PAE	4		1.030	0.306	
Vitamin B-6....mg	0.340		0	PAE	4		0.972	0.289	
Folate, total....mcg	8		0	PAE	4		23	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0	PAE	4		23	7	
Folate, DFE....mcg_DFE	8		0	NC	4		23	7	
Choline, total....mg	101.4		0	BFPN	4		290.1	86.2	
Betaine....mg	13.3		0	BFPN	4		38.1	11.3	
Vitamin B-12....mcg	2.48		0	PAE	4		7.09	2.11	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.200		0	PAE	4		20.592	6.120	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13800

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.050		0	PAE	4		0.143	0.043	
12:0....g	0.040		0	PAE	4		0.114	0.034	
13:0....g									
14:0....g	0.570		0	PAE	4		1.630	0.485	
15:0....g									
16:0....g	4.410		0	PAE	4		12.613	3.749	
17:0....g									
18:0....g	2.130		0	PAE	4		6.092	1.811	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.810		0	PAE	4		22.337	6.639	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.740		0	PAE	4		2.116	0.629	
17:1....g									
18:1 undifferentiated....g	7.030		0	PAE	4		20.106	5.976	
20:1....g	0.030		0	PAE	4		0.086	0.026	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.660		0	PAE	4		1.888	0.561	
18:2 undifferentiated....g	0.450		0	PAE	4		1.287	0.383	
18:3 undifferentiated....g	0.180		0	PAE	4		0.515	0.153	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.086	0.026	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	86		0	PAE	4		246	73	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.298		0	PAE	4		0.852	0.253	
Threonine....g	1.163		0	PAE	4		3.326	0.989	
Isoleucine....g	1.197		0	PAE	4		3.423	1.017	
Leucine....g	2.105		0	PAE	4		6.020	1.789	
Lysine....g	2.216		0	PAE	4		6.338	1.884	
Methionine....g	0.682		0	PAE	4		1.951	0.580	
Cystine....g	0.298		0	PAE	4		0.852	0.253	
Phenylalanine....g	1.040		0	PAE	4		2.974	0.884	
Tyrosine....g	0.895		0	PAE	4		2.560	0.761	
Valine....g	1.295		0	PAE	4		3.704	1.101	
Arginine....g	1.683		0	PAE	4		4.813	1.431	
Histidine....g	0.912		0	PAE	4		2.608	0.775	
Alanine....g	1.607		0	PAE	4		4.596	1.366	
Aspartic acid....g	2.433		0	PAE	4		6.958	2.068	
Glutamic acid....g	4.001		0	PAE	4		11.443	3.401	
Glycine....g	1.453		0	PAE	4		4.156	1.235	
Proline....g	1.176		0	PAE	4		3.363	1.000	
Serine....g	1.018		0	PAE	4		2.911	0.865	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13800

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked

Common Measures:

Measure 1 = 286g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13799

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw

Refuse: 11% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.03		0	PAE	4		17.87	285.90	
Energy....kcal	223		0	NC	4		63	1012	
Energy....kJ	933		0		4		265	4232	
Protein (N x 6.25)....g	18.87		0	PAE	4		5.35	85.59	
Total lipid (fat)....g	15.75		0	PAE	4		4.47	71.44	
Ash....g	0.93		0	PAE	4		0.26	4.22	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	PAE	4		2	32	
Iron, Fe....mg	1.92		0	PAE	4		0.54	8.71	
Magnesium, Mg....mg	19		0	PAE	4		5	86	
Phosphorus, P....mg	178		0	PAE	4		50	807	
Potassium, K....mg	309		0	PAE	4		88	1402	
Sodium, Na....mg	58		0	PAE	4		16	263	
Zinc, Zn....mg	3.79		0	PAE	4		1.07	17.19	
Copper, Cu....mg	0.071		0	PAE	4		0.020	0.322	
Manganese, Mn....mg	0.013		0	PAE	4		0.004	0.059	
Selenium, Se....mcg	14.6		0	BFZN	4		4.1	66.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0	PAE	4		0.028	0.454	
Riboflavin....mg	0.160		0	PAE	4		0.045	0.726	
Niacin....mg	3.250		0	PAE	4		0.921	14.742	
Pantothenic acid....mg	0.320		0	PAE	4		0.091	1.452	
Vitamin B-6....mg	0.390		0	PAE	4		0.111	1.769	
Folate, total....mcg	7		0	PAE	4		2	32	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0	PAE	4		2	32	
Folate, DFE....mcg_DFE	7		0	NC	4		2	32	
Choline, total....mg	78.8		0	BFPN	4		22.3	357.5	
Betaine....mg	11.6		0	BFPN	4		3.3	52.6	
Vitamin B-12....mcg	2.97		0	PAE	4		0.84	13.47	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.370		0	PAE	4		1.806	28.894	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13799

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.050		0	PAE	4		0.014	0.227	
12:0....g	0.040		0	PAE	4		0.011	0.181	
13:0....g									
14:0....g	0.500		0	PAE	4		0.142	2.268	
15:0....g									
16:0....g	3.840		0	PAE	4		1.089	17.418	
17:0....g									
18:0....g	1.930		0	PAE	4		0.547	8.754	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.820		0	PAE	4		1.933	30.936	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.780		0	PAE	4		0.221	3.538	
17:1....g									
18:1 undifferentiated....g	6.010		0	PAE	4		1.704	27.261	
20:1....g	0.020		0	PAE	4		0.006	0.091	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.580		0	PAE	4		0.164	2.631	
18:2 undifferentiated....g	0.380		0	PAE	4		0.108	1.724	
18:3 undifferentiated....g	0.180		0	PAE	4		0.051	0.816	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	65		0	PAE	4		18	295	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.211		0	PAE	4		0.060	0.957	
Threonine....g	0.824		0	PAE	4		0.234	3.738	
Isoleucine....g	0.848		0	PAE	4		0.240	3.847	
Leucine....g	1.491		0	PAE	4		0.423	6.763	
Lysine....g	1.570		0	PAE	4		0.445	7.122	
Methionine....g	0.483		0	PAE	4		0.137	2.191	
Cystine....g	0.211		0	PAE	4		0.060	0.957	
Phenylalanine....g	0.737		0	PAE	4		0.209	3.343	
Tyrosine....g	0.634		0	PAE	4		0.180	2.876	
Valine....g	0.918		0	PAE	4		0.260	4.164	
Arginine....g	1.192		0	PAE	4		0.338	5.407	
Histidine....g	0.646		0	PAE	4		0.183	2.930	
Alanine....g	1.138		0	PAE	4		0.323	5.162	
Aspartic acid....g	1.724		0	PAE	4		0.489	7.820	
Glutamic acid....g	2.834		0	PAE	4		0.803	12.855	
Glycine....g	1.029		0	PAE	4		0.292	4.668	
Proline....g	0.833		0	PAE	4		0.236	3.778	
Serine....g	0.721		0	PAE	4		0.204	3.270	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13799

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13364

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked

Refuse: 25% Bone, 13%, separable fat, 12%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.33		0		1		143.58	50.43	
Energy	kcal	211		0	NC	4		511	179	
Energy	kJ	883		0		4		2136	750	
Protein (N x 6.25)	g	29.88		0		1		72.31	25.40	
Total lipid (fat)	g	9.28		0		1		22.46	7.89	
Ash	g	1.23		0		1		2.98	1.05	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0		1		19	7	
Iron, Fe	mg	2.99		0		1		7.24	2.54	
Magnesium, Mg	mg	26		0		1		63	22	
Phosphorus, P	mg	231		0		1		559	196	
Potassium, K	mg	355		0		1		859	302	
Sodium, Na	mg	66		0		1		160	56	
Zinc, Zn	mg	6.78		0		1		16.41	5.76	
Copper, Cu	mg	0.124		0		1		0.300	0.105	
Manganese, Mn	mg	0.019		0		1		0.046	0.016	
Selenium, Se	mcg	21.3		0	BFZN	4		51.5	18.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.090		0		1		0.218	0.077	
Riboflavin	mg	0.240		0		1		0.581	0.204	
Niacin	mg	4.000		0		1		9.680	3.400	
Pantothenic acid	mg	0.390		0		1		0.944	0.332	
Vitamin B-6	mg	0.350		0		1		0.847	0.298	
Folate, total	mcg	8		0		1		19	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		19	7	
Folate, DFE	mcg_DFE	8		0	NC	4		19	7	
Choline, total	mg	113.8		0	BFPN	4		275.4	96.7	
Betaine	mg	15.0		0	BFPN	4		36.2	12.7	
Vitamin B-12	mcg	2.64		0		1		6.39	2.24	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.14		0	NR	4		0.34	0.12	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.2		0	AS	1		0.4	0.1	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.2		0	BFFN	4		0.4	0.1	
Vitamin D	IU	6		0	BFFN	4		15	5	
Vitamin K (phylloquinone)	mcg	1.5		0	CASN	4		3.7	1.3	
Lipids:										
Fatty acids, total saturated	g	3.540		0		1		8.567	3.009	
4:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 13364

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.010		0		1		0.024	0.009	
12:0 g	0.010		0		1		0.024	0.009	
13:0 g									
14:0 g	0.260		0		1		0.629	0.221	
15:0 g									
16:0 g	2.110		0		1		5.106	1.794	
17:0 g									
18:0 g	1.140		0		1		2.759	0.969	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.900		0		1		9.438	3.315	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.330		0		1		0.799	0.281	
17:1 g									
18:1 undifferentiated g	3.550		0		1		8.591	3.018	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.320		0		1		0.774	0.272	
18:2 undifferentiated g	0.250		0		1		0.605	0.213	
18:3 undifferentiated g	0.030		0		1		0.073	0.026	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0		1		0.097	0.034	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	86		0		1		208	73	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.196		0	A	1		0.475	0.167	
Threonine g	1.194		0	A	1		2.889	1.015	
Isoleucine g	1.359		0	A	1		3.290	1.156	
Leucine g	2.377		0	A	1		5.752	2.020	
Lysine g	2.525		0	A	1		6.111	2.146	
Methionine g	0.778		0	A	1		1.883	0.661	
Cystine g	0.386		0	A	1		0.933	0.328	
Phenylalanine g	1.180		0	A	1		2.856	1.003	
Tyrosine g	0.952		0	A	1		2.304	0.809	
Valine g	1.482		0	A	1		3.587	1.260	
Arginine g	1.932		0	A	1		4.676	1.642	
Histidine g	0.954		0	A	1		2.308	0.811	
Alanine g	1.817		0	A	1		4.396	1.544	
Aspartic acid g	2.722		0	A	1		6.587	2.313	
Glutamic acid g	4.486		0	A	1		10.855	3.813	
Glycine g	1.819		0	A	1		4.403	1.547	
Proline g	1.424		0	A	1		3.447	1.211	
Serine g	1.177		0	A	1		2.848	1.000	
Hydroxyproline g	0.314		0	BFPN	4		0.760	0.267	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13364

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked

Common Measures:

Measure 1 = 242g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13365

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked

Refuse: 25% Bone, 13%, separable fat, 12%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.83		0		1		141.19	50.01	
Energy....kcal	219		0	NC	4		526	186	
Energy....kJ	916		0		4		2199	779	
Protein (N x 6.25)....g	29.88		0		1		71.71	25.40	
Total lipid (fat)....g	10.15		0		1		24.36	8.63	
Ash....g	1.23		0		1		2.95	1.05	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0		1		19	7	
Iron, Fe....mg	2.99		0		1		7.18	2.54	
Magnesium, Mg....mg	26		0		1		62	22	
Phosphorus, P....mg	231		0		1		554	196	
Potassium, K....mg	355		0		1		852	302	
Sodium, Na....mg	66		0		1		158	56	
Zinc, Zn....mg	6.77		0		1		16.25	5.75	
Copper, Cu....mg	0.124		0		1		0.298	0.105	
Manganese, Mn....mg	0.019		0		1		0.046	0.016	
Selenium, Se....mcg	21.2		0	BFZN	4		50.9	18.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.216	0.077	
Riboflavin....mg	0.240		0		1		0.576	0.204	
Niacin....mg	4.010		0		1		9.624	3.409	
Pantothenic acid....mg	0.390		0		1		0.936	0.332	
Vitamin B-6....mg	0.360		0		1		0.864	0.306	
Folate, total....mcg	8		0		1		19	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0		1		19	7	
Folate, DFE....mcg_DFE	8		0	NC	4		19	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.65		0		1		6.36	2.25	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.870		0		1		9.288	3.290	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	

NDB No. 13365

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.024	0.009	
12:0 g	0.010		0		1		0.024	0.009	
13:0 g									
14:0 g	0.290		0		1		0.696	0.247	
15:0 g									
16:0 g	2.300		0		1		5.520	1.955	
17:0 g									
18:0 g	1.250		0		1		3.000	1.063	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.260		0		1		10.224	3.621	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.360		0		1		0.864	0.306	
17:1 g									
18:1 undifferentiated g	3.890		0		1		9.336	3.307	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.350		0		1		0.840	0.298	
18:2 undifferentiated g	0.280		0		1		0.672	0.238	
18:3 undifferentiated g	0.030		0		1		0.072	0.026	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0		1		0.096	0.034	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	86		0		1		206	73	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.335		0		1		0.804	0.285	
Threonine g	1.305		0		1		3.132	1.109	
Isoleucine g	1.343		0		1		3.223	1.142	
Leucine g	2.362		0		1		5.669	2.008	
Lysine g	2.486		0		1		5.966	2.113	
Methionine g	0.765		0		1		1.836	0.650	
Cystine g	0.335		0		1		0.804	0.285	
Phenylalanine g	1.167		0		1		2.801	0.992	
Tyrosine g	1.004		0		1		2.410	0.853	
Valine g	1.453		0		1		3.487	1.235	
Arginine g	1.888		0		1		4.531	1.605	
Histidine g	1.023		0		1		2.455	0.870	
Alanine g	1.802		0		1		4.325	1.532	
Aspartic acid g	2.730		0		1		6.552	2.321	
Glutamic acid g	4.489		0		1		10.774	3.816	
Glycine g	1.630		0		1		3.912	1.386	
Proline g	1.320		0		1		3.168	1.122	
Serine g	1.143		0		1		2.743	0.972	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13365

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked

Common Measures:

Measure 1 = 240g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13366

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked

Refuse: 24% Bone, 13%, separable fat, 11%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.05		0		1		146.52	51.04	
Energy....kcal	201		0	NC	4		490	171	
Energy....kJ	841		0		4		2052	715	
Protein (N x 6.25)....g	29.89		0		1		72.93	25.41	
Total lipid (fat)....g	8.09		0		1		19.74	6.88	
Ash....g	1.23		0		1		3.00	1.05	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0		1		20	7	
Iron, Fe....mg	2.99		0		1		7.30	2.54	
Magnesium, Mg....mg	26		0		1		63	22	
Phosphorus, P....mg	231		0		1		564	196	
Potassium, K....mg	354		0		1		864	301	
Sodium, Na....mg	66		0		1		161	56	
Zinc, Zn....mg	6.80		0		1		16.59	5.78	
Copper, Cu....mg	0.124		0		1		0.303	0.105	
Manganese, Mn....mg	0.019		0		1		0.046	0.016	
Selenium, Se....mcg	20.6		0	BFZN	4		50.3	17.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.220	0.077	
Riboflavin....mg	0.240		0		1		0.586	0.204	
Niacin....mg	4.000		0		1		9.760	3.400	
Pantothenic acid....mg	0.390		0		1		0.952	0.332	
Vitamin B-6....mg	0.350		0		1		0.854	0.298	
Folate, total....mcg	8		0		1		20	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0		1		20	7	
Folate, DFE....mcg_DFE	8		0	NC	4		20	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.64		0		1		6.44	2.24	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.090		0		1		7.540	2.627	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	

NDB No. 13366

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.010		0		1		0.024	0.009	
13:0....g									
14:0....g	0.230		0		1		0.561	0.196	
15:0....g									
16:0....g	1.840		0		1		4.490	1.564	
17:0....g									
18:0....g	1.000		0		1		2.440	0.850	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.400		0		1		8.296	2.890	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.280		0		1		0.683	0.238	
17:1....g									
18:1 undifferentiated....g	3.100		0		1		7.564	2.635	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.280		0		1		0.683	0.238	
18:2 undifferentiated....g	0.220		0		1		0.537	0.187	
18:3 undifferentiated....g	0.020		0		1		0.049	0.017	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0		1		0.073	0.026	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	86		0		1		210	73	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.335		0		1		0.817	0.285	
Threonine....g	1.306		0		1		3.187	1.110	
Isoleucine....g	1.344		0		1		3.279	1.142	
Leucine....g	2.363		0		1		5.766	2.009	
Lysine....g	2.487		0		1		6.068	2.114	
Methionine....g	0.765		0		1		1.867	0.650	
Cystine....g	0.335		0		1		0.817	0.285	
Phenylalanine....g	1.167		0		1		2.847	0.992	
Tyrosine....g	1.004		0		1		2.450	0.853	
Valine....g	1.454		0		1		3.548	1.236	
Arginine....g	1.889		0		1		4.609	1.606	
Histidine....g	1.023		0		1		2.496	0.870	
Alanine....g	1.803		0		1		4.399	1.533	
Aspartic acid....g	2.731		0		1		6.664	2.321	
Glutamic acid....g	4.491		0		1		10.958	3.817	
Glycine....g	1.631		0		1		3.980	1.386	
Proline....g	1.320		0		1		3.221	1.122	
Serine....g	1.143		0		1		2.789	0.972	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13366

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked

Common Measures:

Measure 1 = 244g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13345
Beef, cured, breakfast strips, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	26.20	1.130	22		1		8.91	44.54	
Energy	kcal	449		0	NC	4		153	763	
Energy	kJ	1879		0		4		639	3194	
Protein (N x 6.25)	g	31.30	0.853	22		1		10.64	53.21	
Total lipid (fat)	g	34.40	0.640	22		1		11.70	58.48	
Ash	g	6.70	0.149	22		1		2.28	11.39	
Carbohydrate, by difference	g	1.40		0	NC	4		0.48	2.38	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0		1		3	15	
Iron, Fe	mg	3.14	0.113	22		1		1.07	5.34	
Magnesium, Mg	mg	27	0.831	22		1		9	46	
Phosphorus, P	mg	236	7.249	22		1		80	401	
Potassium, K	mg	412	13.432	22		1		140	700	
Sodium, Na	mg	2253	43.919	22		1		766	3830	
Zinc, Zn	mg	6.37	0.203	22		1		2.17	10.83	
Copper, Cu	mg	0.116		0		4		0.039	0.197	
Manganese, Mn	mg	0.017		0		4		0.006	0.029	
Selenium, Se	mcg	26.8		0	BFNN	4		9.1	45.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.090	0.004	22		1		0.031	0.153	
Riboflavin	mg	0.260	0.013	22		1		0.088	0.442	
Niacin	mg	6.470	0.179	22		1		2.200	10.999	
Pantothenic acid	mg	0.343		0		4		0.117	0.583	
Vitamin B-6	mg	0.310	0.013	22		1		0.105	0.527	
Folate, total	mcg	8		0		4		3	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		4		3	14	
Folate, DFE	mcg_DFE	8		0	NC	4		3	14	
Choline, total	mg	119.2		0	BFPN	4		40.5	202.7	
Betaine	mg	15.7		0	BFPN	4		5.3	26.6	
Vitamin B-12	mcg	3.45	0.171	22		1		1.17	5.87	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		7		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.29		0	BFSN	4		0.10	0.50	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.2		0	AS	1		0.1	0.3	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.2		0	BFNN	4		0.1	0.3	
Vitamin D	IU	7		0	BFNN	4		3	13	
Vitamin K (phylloquinone)	mcg	2.8		0	BFSN	4		1.0	4.8	
Lipids:										
Fatty acids, total saturated	g	14.350		0		1		4.879	24.395	
4:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 13345
Beef, cured, breakfast strips, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.130	0.026	22		1		0.044	0.221	
12:0....g	0.100	0.017	22		1		0.034	0.170	
13:0....g									
14:0....g	1.220	0.060	22		1		0.415	2.074	
15:0....g									
16:0....g	7.660	0.171	22		1		2.604	13.022	
17:0....g									
18:0....g	4.480	0.171	22		1		1.523	7.616	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	16.850		0		1		5.729	28.645	
14:1....g									
15:1....g									
16:1 undifferentiated....g	2.270	0.084	22		1		0.772	3.859	
17:1....g									
18:1 undifferentiated....g	14.580	0.206	22		1		4.957	24.786	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.580		0		1		0.537	2.686	
18:2 undifferentiated....g	1.250	0.105	22		1		0.425	2.125	
18:3 undifferentiated....g	0.330	0.041	22		1		0.112	0.561	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	119	3.838	22		1		40	202	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.285		0		1		0.097	0.485	
Threonine....g	1.182		0		1		0.402	2.009	
Isoleucine....g	1.352		0		1		0.460	2.298	
Leucine....g	2.299		0		1		0.782	3.908	
Lysine....g	2.399		0		1		0.816	4.078	
Methionine....g	0.726		0		1		0.247	1.234	
Cystine....g	0.401		0		1		0.136	0.682	
Phenylalanine....g	1.127		0		1		0.383	1.916	
Tyrosine....g	1.022		0		1		0.347	1.737	
Valine....g	1.377		0		1		0.468	2.341	
Arginine....g	1.933		0		1		0.657	3.286	
Histidine....g	0.997		0		1		0.339	1.695	
Alanine....g	2.254		0		1		0.766	3.832	
Aspartic acid....g	3.065		0		1		1.042	5.211	
Glutamic acid....g	5.098		0		1		1.733	8.667	
Glycine....g	2.614		0		1		0.889	4.444	
Proline....g	2.254		0		1		0.766	3.832	
Serine....g	1.262		0		1		0.429	2.145	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13345

Beef, cured, breakfast strips, cooked

Common Measures:

Measure 1 = 34g: 3 slices

Measure 2 = 170g: 1 package, cooked (yield from 12 oz raw product)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13344
Beef, cured, breakfast strips, raw or unheated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.20	0.405	22		1		30.74	153.68	
Energy	kcal	406		0	NC	4		276	1380	
Energy	kJ	1699				4		1155	5776	
Protein (N x 6.25)	g	12.50	0.107	22		1		8.50	42.50	
Total lipid (fat)	g	38.80	0.362	22		1		26.38	131.92	
Ash	g	2.80	0.021	22		1		1.90	9.52	
Carbohydrate, by difference	g	0.70		0	NC	4		0.48	2.38	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0		4		3	14	
Iron, Fe	mg	1.23	0.055	22		1		0.84	4.18	
Magnesium, Mg	mg	11	0.256	22		1		7	37	
Phosphorus, P	mg	100	2.558	22		1		68	340	
Potassium, K	mg	153	6.822	22		1		104	520	
Sodium, Na	mg	955	14.284	22		1		649	3247	
Zinc, Zn	mg	2.39	0.066	22		1		1.63	8.13	
Copper, Cu	mg	0.058		0		4		0.039	0.197	
Manganese, Mn	mg	0.010		0		4		0.007	0.034	
Selenium, Se	mcg	25.9		0	BFNN	4		17.6	88.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	24.0	1.066	22		1		16.3	81.6	
Thiamin	mg	0.060	0.002	22		1		0.041	0.204	
Riboflavin	mg	0.120	0.004	22		1		0.082	0.408	
Niacin	mg	2.970	0.158	22		1		2.020	10.098	
Pantothenic acid	mg	0.217		0		4		0.148	0.738	
Vitamin B-6	mg	0.170	0.006	22		1		0.116	0.578	
Folate, total	mcg	5		0		4		3	17	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		4		3	17	
Folate, DFE	mcg_DFE	5		0	NC	4		3	17	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.64	0.075	22		1		1.12	5.58	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	15.950		0		1		10.846	54.230	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 13344
Beef, cured, breakfast strips, raw or unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.160	0.024	22		1		0.109	0.544	
12:0 ... g	0.110	0.016	22		1		0.075	0.374	
13:0 ... g									
14:0 ... g	1.310	0.040	22		1		0.891	4.454	
15:0 ... g									
16:0 ... g	8.480	0.136	22		1		5.766	28.832	
17:0 ... g									
18:0 ... g	5.030	0.116	22		1		3.420	17.102	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	18.680		0		1		12.702	63.512	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	2.470	0.053	22		1		1.680	8.398	
17:1 ... g									
18:1 undifferentiated ... g	16.210	0.197	22		1		11.023	55.114	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.190		0		1		1.489	7.446	
18:2 undifferentiated ... g	1.670	0.146	22		1		1.136	5.678	
18:3 undifferentiated ... g	0.520	0.055	22		1		0.354	1.768	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	82	2.558	22		1		56	279	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.114		0		1		0.078	0.388	
Threonine ... g	0.472		0		1		0.321	1.605	
Isoleucine ... g	0.540		0		1		0.367	1.836	
Leucine ... g	0.918		0		1		0.624	3.121	
Lysine ... g	0.958		0		1		0.651	3.257	
Methionine ... g	0.290		0		1		0.197	0.986	
Cystine ... g	0.160		0		1		0.109	0.544	
Phenylalanine ... g	0.450		0		1		0.306	1.530	
Tyrosine ... g	0.408		0		1		0.277	1.387	
Valine ... g	0.550		0		1		0.374	1.870	
Arginine ... g	0.772		0		1		0.525	2.625	
Histidine ... g	0.398		0		1		0.271	1.353	
Alanine ... g	0.900		0		1		0.612	3.060	
Aspartic acid ... g	1.224		0		1		0.832	4.162	
Glutamic acid ... g	2.036		0		1		1.384	6.922	
Glycine ... g	1.044		0		1		0.710	3.550	
Proline ... g	0.900		0		1		0.612	3.060	
Serine ... g	0.504		0		1		0.343	1.714	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 3 slices

Measure 2 = 340g: 1 package (net weight, 12 oz)

NDB No. 13344
Beef, cured, breakfast strips, raw or unheated

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13347
Beef, cured, corned beef, brisket, cooked

Refuse: 1% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.79	1.152	40		1		191.33	50.82	
Energy....kcal	251		0	NC	4		803	213	
Energy....kJ	1050		0		4		3361	893	
Protein (N x 6.25)....g	18.17	0.558	40		1		58.14	15.44	
Total lipid (fat)....g	18.98	2.622	13		1		60.74	16.13	
Ash....g	2.60	0.179	5		1		8.32	2.21	
Carbohydrate, by difference....g	0.47		0	NC	4		1.50	0.40	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0		4		26	7	
Iron, Fe....mg	1.86	0.117	13		1		5.95	1.58	
Magnesium, Mg....mg	12	1.029	5		1		38	10	
Phosphorus, P....mg	125	3.813	13		1		400	106	
Potassium, K....mg	145	21.466	5		1		464	123	
Sodium, Na....mg	1134	49.810	13		1		3629	964	
Zinc, Zn....mg	4.58	0.259	5		1		14.66	3.89	
Copper, Cu....mg	0.154		0		4		0.493	0.131	
Manganese, Mn....mg	0.022		0		4		0.070	0.019	
Selenium, Se....mcg	32.8		0	BFYN	4		105.0	27.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.026	0.004	13		1		0.083	0.022	
Riboflavin....mg	0.170	0.007	13		1		0.544	0.145	
Niacin....mg	3.030	0.407	5		1		9.696	2.576	
Pantothenic acid....mg	0.420	0.013	5		1		1.344	0.357	
Vitamin B-6....mg	0.230	0.009	5		1		0.736	0.196	
Folate, total....mcg	6		0		4		19	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0		4		19	5	
Folate, DFE....mcg_DFE	6		0	NC	4		19	5	
Choline, total....mg	69.2		0	BFPN	4		221.5	58.8	
Betaine....mg	9.1		0	BFPN	4		29.1	7.7	
Vitamin B-12....mcg	1.63	0.188	5		1		5.22	1.39	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		7		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.16		0	NR	4		0.51	0.14	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.3	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFNN	4		0.3	0.1	
Vitamin D....IU	4		0	BFNN	4		13	3	
Vitamin K (phylloquinone)....mcg	1.5		0	CASN	4		4.9	1.3	
Lipids:									
Fatty acids, total saturated....g	6.340		0		1		20.288	5.389	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13347
Beef, cured, corned beef, brisket, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	Z	7		0.000	0.000	
8:0 ... g	0.000		0	Z	7		0.000	0.000	
10:0 ... g	0.040	0.013	5		1		0.128	0.034	
12:0 ... g	0.020	0.008	5		1		0.064	0.017	
13:0 ... g									
14:0 ... g	0.500	0.102	5		1		1.600	0.425	
15:0 ... g									
16:0 ... g	3.690	0.394	5		1		11.808	3.137	
17:0 ... g									
18:0 ... g	1.740	0.358	5		1		5.568	1.479	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	9.220		0		1		29.504	7.837	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.440	0.177	5		1		4.608	1.224	
17:1 ... g									
18:1 undifferentiated ... g	7.780	0.470	5		1		24.896	6.613	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.670		0		1		2.144	0.570	
18:2 undifferentiated ... g	0.540	0.081	5		1		1.728	0.459	
18:3 undifferentiated ... g	0.130	0.016	5		1		0.416	0.111	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	98	9.839	5		1		314	83	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.119		0	A	1		0.382	0.102	
Threonine ... g	0.726		0	A	1		2.323	0.617	
Isoleucine ... g	0.827		0	A	1		2.645	0.703	
Leucine ... g	1.445		0	A	1		4.625	1.229	
Lysine ... g	1.536		0	A	1		4.914	1.305	
Methionine ... g	0.473		0	A	1		1.514	0.402	
Cystine ... g	0.234		0	A	1		0.750	0.199	
Phenylalanine ... g	0.718		0	A	1		2.297	0.610	
Tyrosine ... g	0.579		0	A	1		1.853	0.492	
Valine ... g	0.901		0	A	1		2.885	0.766	
Arginine ... g	1.175		0	A	1		3.760	0.999	
Histidine ... g	0.580		0	A	1		1.856	0.493	
Alanine ... g	1.105		0	A	1		3.535	0.939	
Aspartic acid ... g	1.655		0	A	1		5.296	1.407	
Glutamic acid ... g	2.728		0	A	1		8.729	2.319	
Glycine ... g	1.106		0	A	1		3.540	0.940	
Proline ... g	0.866		0	A	1		2.772	0.736	
Serine ... g	0.716		0	A	1		2.290	0.608	
Hydroxyproline ... g	0.191		0	BFPN	4		0.611	0.162	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13347

Beef, cured, corned beef, brisket, cooked

Common Measures:

Measure 1 = 320g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13346
Beef, cured, corned beef, brisket, raw

Refuse: 1% Connective tissue

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.56	0.477	102		1		18.87	301.92	
Energy	kcal	198		0	NC	4		56	898	
Energy	kJ	828				4		235	3758	
Protein (N x 6.25)	g	14.68	0.185	102		1		4.16	66.59	
Total lipid (fat)	g	14.90	1.160	18		1		4.22	67.59	
Ash	g	3.73	0.121	10		1		1.06	16.92	
Carbohydrate, by difference	g	0.14		0	NC	4		0.04	0.64	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7	0.812	6		1		2	32	
Iron, Fe	mg	1.69	0.056	19		1		0.48	7.67	
Magnesium, Mg	mg	14	0.793	11		1		4	64	
Phosphorus, P	mg	117	9.839	5		1		33	531	
Potassium, K	mg	297	31.236	11		1		84	1347	
Sodium, Na	mg	1217	41.460	19		1		345	5520	
Zinc, Zn	mg	2.85	0.180	11		1		0.81	12.93	
Copper, Cu	mg	0.110	0.010	6		1		0.031	0.499	
Manganese, Mn	mg	0.020		1		1		0.006	0.091	
Selenium, Se	mcg	19.0	0.006	3	A	1		5.4	86.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	27.0	3.578	5		1		7.7	122.5	
Thiamin	mg	0.043	0.006	13		1		0.012	0.195	
Riboflavin	mg	0.157	0.009	13		1		0.045	0.712	
Niacin	mg	3.660	0.353	5		1		1.038	16.602	
Pantothenic acid	mg	0.570		1		1		0.162	2.586	
Vitamin B-6	mg	0.290	0.018	5		1		0.082	1.315	
Folate, total	mcg	5		0		4		1	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		4		1	23	
Folate, DFE	mcg_DFE	5		0	NC	4		1	23	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.78	0.273	5		1		0.50	8.07	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.730		0		1		1.341	21.455	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 13346
Beef, cured, corned beef, brisket, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.020	0.007	5		1		0.006	0.091	
12:0 g	0.020	0.003	5		1		0.006	0.091	
13:0 g									
14:0 g	0.360	0.044	5		1		0.102	1.633	
15:0 g									
16:0 g	2.740	0.222	5		1		0.777	12.429	
17:0 g									
18:0 g	1.340	0.185	5		1		0.380	6.078	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.180		0		1		2.036	32.568	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.100	0.155	5		1		0.312	4.990	
17:1 g									
18:1 undifferentiated g	6.080	0.753	5		1		1.724	27.579	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.530		0		1		0.150	2.404	
18:2 undifferentiated g	0.380	0.057	5		1		0.108	1.724	
18:3 undifferentiated g	0.150	0.050	5		1		0.043	0.680	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	54	9.391	5		1		15	245	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.134		0		1		0.038	0.608	
Threonine g	0.554		0		1		0.157	2.513	
Isoleucine g	0.634		0		1		0.180	2.876	
Leucine g	1.078		0		1		0.306	4.890	
Lysine g	1.125		0		1		0.319	5.103	
Methionine g	0.341		0		1		0.097	1.547	
Cystine g	0.188		0		1		0.053	0.853	
Phenylalanine g	0.529		0		1		0.150	2.400	
Tyrosine g	0.479		0		1		0.136	2.173	
Valine g	0.646		0		1		0.183	2.930	
Arginine g	0.907		0		1		0.257	4.114	
Histidine g	0.467		0		1		0.132	2.118	
Alanine g	1.057		0		1		0.300	4.795	
Aspartic acid g	1.438		0		1		0.408	6.523	
Glutamic acid g	2.391		0		1		0.678	10.846	
Glycine g	1.226		0		1		0.348	5.561	
Proline g	1.057		0		1		0.300	4.795	
Serine g	0.592		0		1		0.168	2.685	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13346
Beef, cured, corned beef, brisket, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13065

Beef, flank, separable lean and fat, trimmed to 0" fat, choice, raw

URMIS #2399

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.46	0.689	10	PAK	1		19.69	78.49	
Energy....kcal	165		0	NC	4		47	187	
Energy....kJ	692		0	NC	4		196	782	
Protein (N x 6.25)....g	21.22	0.281	10	PAK	1		6.01	23.97	
Total lipid (fat)....g	8.29	0.772	10	PAK	1		2.35	9.37	
Ash....g	1.02	0.039	10	PAK	1		0.29	1.15	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	27		0	BFFN	4		8	30	
Iron, Fe....mg	1.55		0	BFFN	4		0.44	1.75	
Magnesium, Mg....mg	22		0	BFFN	4		6	25	
Phosphorus, P....mg	193		0	BFFN	4		55	218	
Potassium, K....mg	330		0	BFFN	4		94	373	
Sodium, Na....mg	54		0	BFFN	4		15	61	
Zinc, Zn....mg	3.81		0	BFFN	4		1.08	4.30	
Copper, Cu....mg	0.071		0	BFFN	4		0.020	0.080	
Manganese, Mn....mg	0.013		0	BFFN	4		0.004	0.015	
Selenium, Se....mcg	23.3		0	BFFN	4		6.6	26.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.056		0	BFPN	4		0.016	0.063	
Riboflavin....mg	0.090		0	BFPN	4		0.025	0.101	
Niacin....mg	6.842		0	BFPN	4		1.940	7.731	
Pantothenic acid....mg	0.619		0	BFPN	4		0.176	0.700	
Vitamin B-6....mg	0.571		0	BFPN	4		0.162	0.646	
Folate, total....mcg	12		0	BFPN	4		3	13	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		0	BFPN	4		3	13	
Folate, DFE....mcg_DFE	12		0	NC	4		3	13	
Choline, total....mg	88.6		0	BFPN	4		25.1	100.1	
Betaine....mg	13.0		0	BFPN	4		3.7	14.7	
Vitamin B-12....mcg	1.18		0	BFPN	4		0.33	1.33	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.33		0	BFSN	4		0.09	0.37	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.0	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.0	0.1	
Vitamin D....IU	4		0	BFFN	4		1	5	
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		0.4	1.5	
Lipids:									
Fatty acids, total saturated....g	3.443		0	NC	4		0.976	3.890	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13065

Beef, flank, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	Z	7		0.000	0.000	
8:0 ... g	0.000		0	Z	7		0.000	0.000	
10:0 ... g	0.016		0	BFFN	4		0.004	0.018	
12:0 ... g	0.016		0	BFFN	4		0.004	0.018	
13:0 ... g									
14:0 ... g	0.250		0	BFFN	4		0.071	0.282	
15:0 ... g									
16:0 ... g	2.170		0	BFFN	4		0.615	2.452	
17:0 ... g									
18:0 ... g	0.991		0	BFFN	4		0.281	1.120	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.380		0	NC	4		0.958	3.820	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.343		0	BFFN	4		0.097	0.388	
17:1 ... g									
18:1 undifferentiated ... g	3.029		0	BFFN	4		0.859	3.423	
20:1 ... g	0.008		0	BFFN	4		0.002	0.009	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.320		0	NC	4		0.091	0.361	
18:2 undifferentiated ... g	0.195		0	BFFN	4		0.055	0.220	
18:3 undifferentiated ... g	0.094		0	BFFN	4		0.027	0.106	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.031		0	BFFN	4		0.009	0.035	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	41		0	BFFN	4		12	46	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.139		0	PAK	1		0.040	0.158	
Threonine ... g	0.847		0	PAK	1		0.240	0.958	
Isoleucine ... g	0.965		0	PAK	1		0.274	1.091	
Leucine ... g	1.688		0	PAK	1		0.478	1.907	
Lysine ... g	1.793		0	PAK	1		0.508	2.026	
Methionine ... g	0.552		0	PAK	1		0.157	0.624	
Cystine ... g	0.274		0	PAK	1		0.078	0.309	
Phenylalanine ... g	0.838		0	PAK	1		0.238	0.947	
Tyrosine ... g	0.676		0	PAK	1		0.192	0.764	
Valine ... g	1.052		0	PAK	1		0.298	1.189	
Arginine ... g	1.372		0	PAK	1		0.389	1.550	
Histidine ... g	0.677		0	PAK	1		0.192	0.765	
Alanine ... g	1.290		0	PAK	1		0.366	1.457	
Aspartic acid ... g	1.932		0	PAK	1		0.548	2.184	
Glutamic acid ... g	3.185		0	PAK	1		0.903	3.599	
Glycine ... g	1.292		0	PAK	1		0.366	1.460	
Proline ... g	1.011		0	PAK	1		0.287	1.143	
Serine ... g	0.836		0	PAK	1		0.237	0.944	
Hydroxyproline ... g	0.223		0	BFPN	4		0.063	0.252	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13065

Beef, flank, separable lean and fat, trimmed to 0" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13069

Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, braised

URMIS #2399

Refuse: 8% Connective tissue, 2%, separable fat, 6%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.27	0.014	11		1		140.88	48.68	
Energy....kcal	237		0	NC	4		583	201	
Energy....kJ	992		0		4		2439	843	
Protein (N x 6.25)....g	28.02	0.588	11		1		68.93	23.82	
Total lipid (fat)....g	13.00	0.996	11		1		31.98	11.05	
Ash....g	2.14	0.000	7		1		5.26	1.82	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		1		1		15	5	
Iron, Fe....mg	3.47		1		1		8.54	2.95	
Magnesium, Mg....mg	24		1		1		59	20	
Phosphorus, P....mg	267		1		1		657	227	
Potassium, K....mg	351		1		1		863	298	
Sodium, Na....mg	72		1		1		177	61	
Zinc, Zn....mg	6.05		1		1		14.88	5.14	
Copper, Cu....mg	0.124		1		1		0.305	0.105	
Manganese, Mn....mg	0.019		1		1		0.047	0.016	
Selenium, Se....mcg	30.8		0	BFYN	4		75.8	26.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.140	0.061	7		1		0.344	0.119	
Riboflavin....mg	0.190	0.200	7		1		0.467	0.162	
Niacin....mg	4.600	0.212	7		1		11.316	3.910	
Pantothenic acid....mg	0.380		1		1		0.935	0.323	
Vitamin B-6....mg	0.360	0.049	7		1		0.886	0.306	
Folate, total....mcg	9		1		1		22	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		1		1		22	8	
Folate, DFE....mcg_DFE	9		0	NC	4		22	8	
Choline, total....mg	106.7		0	BFPN	4		262.5	90.7	
Betaine....mg	14.0		0	BFPN	4		34.5	11.9	
Vitamin B-12....mcg	3.41		1		1		8.39	2.90	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.14		0	NR	4		0.34	0.12	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.5	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		0.5	0.2	
Vitamin D....IU	8		0	BFFN	4		21	7	
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		4.0	1.4	
Lipids:									
Fatty acids, total saturated....g	5.540		0		1		13.628	4.709	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13069

Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.010		1		1		0.025	0.009	
12:0 g	0.010		1		1		0.025	0.009	
13:0 g									
14:0 g	0.420		1		1		1.033	0.357	
15:0 g									
16:0 g	3.200		1		1		7.872	2.720	
17:0 g									
18:0 g	1.710		1		1		4.207	1.454	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.440		0		1		13.382	4.624	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.480		1		1		1.181	0.408	
17:1 g									
18:1 undifferentiated g	4.850		1		1		11.931	4.123	
20:1 g	0.010		1		1		0.025	0.009	
22:1 undifferentiated g	0.000		1		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.390		0		1		0.959	0.332	
18:2 undifferentiated g	0.280		1		1		0.689	0.238	
18:3 undifferentiated g	0.090		1		1		0.221	0.077	
18:4 g	0.000		1		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		1		1		0.049	0.017	
20:5 n-3 (EPA) g	0.000		1		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		1		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		1		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	71	8.185	6		1		175	60	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.184		0	NR	4		0.453	0.157	
Threonine g	1.119		0	NR	4		2.754	0.951	
Isoleucine g	1.275		0	NR	4		3.136	1.084	
Leucine g	2.229		0	NR	4		5.483	1.895	
Lysine g	2.368		0	NR	4		5.825	2.013	
Methionine g	0.730		0	NR	4		1.795	0.620	
Cystine g	0.362		0	NR	4		0.890	0.307	
Phenylalanine g	1.107		0	NR	4		2.723	0.941	
Tyrosine g	0.893		0	NR	4		2.196	0.759	
Valine g	1.390		0	NR	4		3.420	1.182	
Arginine g	1.812		0	NR	4		4.457	1.540	
Histidine g	0.894		0	NR	4		2.200	0.760	
Alanine g	1.703		0	NR	4		4.191	1.448	
Aspartic acid g	2.552		0	NR	4		6.279	2.169	
Glutamic acid g	4.206		0	NR	4		10.348	3.575	
Glycine g	1.706		0	NR	4		4.197	1.450	
Proline g	1.336		0	NR	4		3.286	1.135	
Serine g	1.104		0	NR	4		2.715	0.938	
Hydroxyproline g	0.294		0	BFPN	4		0.724	0.250	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13069

Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, braised

Common Measures:

Measure 1 = 246g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13068

Beef, flank, separable lean only, trimmed to 0" fat, choice, raw

URMIS #2399

Refuse: 4% Bone and connective tissue, 0.2%, separable fat, 3.6%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.72	0.580	10	A	1		19.48	311.74	
Energy....kcal	149		0	NC	4		42	678	
Energy....kJ	625		0	NC	4		177	2837	
Protein (N x 6.25)....g	21.72	0.327	10	A	1		6.16	98.50	
Total lipid (fat)....g	6.29	0.542	10	A	1		1.78	28.53	
Ash....g	0.99	0.038	10	A	1		0.28	4.51	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	28		0	BFNN	4		8	128	
Iron, Fe....mg	1.62		0	BFNN	4		0.46	7.37	
Magnesium, Mg....mg	23		0	BFNN	4		7	106	
Phosphorus, P....mg	204		0	BFNN	4		58	924	
Potassium, K....mg	340		0	BFNN	4		96	1542	
Sodium, Na....mg	57		0	BFNN	4		16	257	
Zinc, Zn....mg	4.12		0	BFNN	4		1.17	18.70	
Copper, Cu....mg	0.072		0	BFNN	4		0.020	0.327	
Manganese, Mn....mg	0.014		0	BFNN	4		0.004	0.064	
Selenium, Se....mcg	25.4		0	BFNN	4		7.2	115.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0	BFPN	4		0.017	0.273	
Riboflavin....mg	0.106		0	BFPN	4		0.030	0.483	
Niacin....mg	7.353		0	BFPN	4		2.085	33.354	
Pantothenic acid....mg	0.647		0	BFPN	4		0.183	2.933	
Vitamin B-6....mg	0.596		0	BFPN	4		0.169	2.703	
Folate, total....mcg	13		0	BFPN	4		4	58	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0	BFPN	4		4	58	
Folate, DFE....mcg_DFE	13		0	NC	4		4	58	
Choline, total....mg	90.7		0	BFPN	4		25.7	411.4	
Betaine....mg	13.3		0	BFPN	4		3.8	60.5	
Vitamin B-12....mcg	1.18		0	BFPN	4		0.33	5.34	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.31		0	BFSN	4		0.09	1.39	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.0	0.4	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.0	0.4	
Vitamin D....IU	3		0	BFFN	4		1	15	
Vitamin K (phylloquinone)....mcg	1.2		0	BFSN	4		0.3	5.5	
Lipids:									
Fatty acids, total saturated....g	2.612		0	NC	4		0.741	11.848	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13068

Beef, flank, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.008		0	BFFN	4		0.002	0.038	
12:0 g	0.008		0	BFFN	4		0.002	0.038	
13:0 g									
14:0 g	0.178		0	BFFN	4		0.050	0.805	
15:0 g									
16:0 g	1.682		0	BFFN	4		0.477	7.631	
17:0 g									
18:0 g	0.736		0	BFFN	4		0.209	3.336	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.477		0	NC	4		0.702	11.235	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.211		0	BFFN	4		0.060	0.958	
17:1 g									
18:1 undifferentiated g	2.257		0	BFFN	4		0.640	10.239	
20:1 g	0.008		0	BFFN	4		0.002	0.038	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.245		0	NC	4		0.069	1.111	
18:2 undifferentiated g	0.152		0	BFFN	4		0.043	0.690	
18:3 undifferentiated g	0.059		0	BFFN	4		0.017	0.268	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.034		0	BFFN	4		0.010	0.153	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	42		0	BFFN	4		12	192	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.143		0	A	1		0.040	0.647	
Threonine g	0.867		0	A	1		0.246	3.935	
Isoleucine g	0.988		0	A	1		0.280	4.481	
Leucine g	1.727		0	A	1		0.490	7.835	
Lysine g	1.835		0	A	1		0.520	8.324	
Methionine g	0.565		0	A	1		0.160	2.565	
Cystine g	0.280		0	A	1		0.079	1.271	
Phenylalanine g	0.858		0	A	1		0.243	3.891	
Tyrosine g	0.692		0	A	1		0.196	3.139	
Valine g	1.077		0	A	1		0.305	4.887	
Arginine g	1.404		0	A	1		0.398	6.369	
Histidine g	0.693		0	A	1		0.196	3.144	
Alanine g	1.320		0	A	1		0.374	5.988	
Aspartic acid g	1.978		0	A	1		0.561	8.972	
Glutamic acid g	3.260		0	A	1		0.924	14.787	
Glycine g	1.322		0	A	1		0.375	5.998	
Proline g	1.035		0	A	1		0.293	4.696	
Serine g	0.855		0	A	1		0.243	3.880	
Hydroxyproline g	0.228		0	BFPN	4		0.065	1.035	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13068

Beef, flank, separable lean only, trimmed to 0" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13948

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.17	0.480	20	PAK	1		245.76		
Energy....kcal	192		0	NC	4		737		
Energy....kJ	805		0	NC	4		3082		
Protein (N x 6.25)....g	27.66	0.326	20	PAK	1		105.95		
Total lipid (fat)....g	8.23	0.453	20	PAK	1		31.52		
Ash....g	1.09	0.030	20	PAK	1		4.18		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	BFFN	4		76		
Iron, Fe....mg	1.74		0	BFFN	4		6.67		
Magnesium, Mg....mg	23		0	BFFN	4		87		
Phosphorus, P....mg	210		0	BFFN	4		806		
Potassium, K....mg	339		0	BFFN	4		1297		
Sodium, Na....mg	56		0	BFFN	4		214		
Zinc, Zn....mg	4.90		0	BFFN	4		18.77		
Copper, Cu....mg	0.082		0	BFFN	4		0.313		
Manganese, Mn....mg	0.009		0	BFFN	4		0.036		
Selenium, Se....mcg	29.4		0	BFFN	4		112.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.075		0	BFPN	4		0.286		
Riboflavin....mg	0.133		0	BFPN	4		0.511		
Niacin....mg	7.363		0	BFPN	4		28.200		
Pantothenic acid....mg	0.545		0	BFPN	4		2.088		
Vitamin B-6....mg	0.579		0	BFPN	4		2.217		
Folate, total....mcg	9		0	BFPN	4		33		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFPN	4		33		
Folate, DFE....mcg_DFE	9		0	NC	4		33		
Choline, total....mg	105.4		0	BFPN	4		403.5		
Betaine....mg	13.8		0	BFPN	4		53.0		
Vitamin B-12....mcg	1.63		0	BFPN	4		6.23		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.38		0	BFSN	4		1.46		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		5.2		
Lipids:									
Fatty acids, total saturated....g	3.395		0	NC	4		13.004		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13948

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.013		0	BFFN	4		0.050		
12:0 ... g	0.013		0	BFFN	4		0.050		
13:0 ... g									
14:0 ... g	0.243		0	BFFN	4		0.931		
15:0 ... g									
16:0 ... g	2.174		0	BFFN	4		8.326		
17:0 ... g									
18:0 ... g	0.952		0	BFFN	4		3.647		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.317		0	NC	4		12.703		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.302		0	BFFN	4		1.157		
17:1 ... g									
18:1 undifferentiated ... g	3.002		0	BFFN	4		11.496		
20:1 ... g	0.013		0	BFFN	4		0.050		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.322		0	NC	4		1.232		
18:2 undifferentiated ... g	0.197		0	BFFN	4		0.755		
18:3 undifferentiated ... g	0.092		0	BFFN	4		0.352		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.033		0	BFFN	4		0.126		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	45		0	BFFN	4		171		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.182		0	PAK	1		0.696		
Threonine ... g	1.105		0	PAK	1		4.233		
Isoleucine ... g	1.259		0	PAK	1		4.820		
Leucine ... g	2.201		0	PAK	1		8.428		
Lysine ... g	2.338		0	PAK	1		8.954		
Methionine ... g	0.720		0	PAK	1		2.759		
Cystine ... g	0.357		0	PAK	1		1.367		
Phenylalanine ... g	1.093		0	PAK	1		4.185		
Tyrosine ... g	0.882		0	PAK	1		3.376		
Valine ... g	1.372		0	PAK	1		5.256		
Arginine ... g	1.789		0	PAK	1		6.851		
Histidine ... g	0.883		0	PAK	1		3.381		
Alanine ... g	1.682		0	PAK	1		6.441		
Aspartic acid ... g	2.520		0	PAK	1		9.651		
Glutamic acid ... g	4.153		0	PAK	1		15.906		
Glycine ... g	1.684		0	PAK	1		6.452		
Proline ... g	1.319		0	PAK	1		5.051		
Serine ... g	1.090		0	PAK	1		4.174		
Hydroxyproline ... g	0.291		0	BFPN	4		1.113		
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13948

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 383g: 1 steak (yield from 475 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13970

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.73	0.515	20	PAK	1				
Energy	kcal	155		0	NC	4				
Energy	kJ	650		0	NC	4				
Protein (N x 6.25)	g	21.22	0.204	20	PAK	1				
Total lipid (fat)	g	7.17	0.494	20	PAK	1				
Ash	g	1.00	0.023	20	PAK	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	25		0	BFFN	4				
Iron, Fe	mg	1.55		0	BFFN	4				
Magnesium, Mg	mg	22		0	BFFN	4				
Phosphorus, P	mg	195		0	BFFN	4				
Potassium, K	mg	328		0	BFFN	4				
Sodium, Na	mg	54		0	BFFN	4				
Zinc, Zn	mg	3.70		0	BFFN	4				
Copper, Cu	mg	0.072		0	BFFN	4				
Manganese, Mn	mg	0.012		0	BFFN	4				
Selenium, Se	mcg	23.9		0	BFFN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.066		0	BFPN	4				
Riboflavin	mg	0.102		0	BFPN	4				
Niacin	mg	6.257		0	BFPN	4				
Pantothenic acid	mg	0.610		0	BFPN	4				
Vitamin B-6	mg	0.579		0	BFPN	4				
Folate, total	mcg	11		0	BFPN	4				
Folic acid	mcg	0		0	NR	4				
Folate, food	mcg	11		0	BFPN	4				
Folate, DFE	mcg_DFE	11		0	NC	4				
Choline, total	mg	88.6		0	BFPN	4				
Betaine	mg	13.0		0	BFPN	4				
Vitamin B-12	mcg	1.09		0	BFPN	4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.31		0	BFSN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.00		0	Z	7				
Tocopherol, gamma	mg	0.00		0	Z	7				
Tocopherol, delta	mg	0.00		0	Z	7				
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.2		0	BFSN	4				
Lipids:										
Fatty acids, total saturated	g	2.978		0	NC	4				
4:0	g	0.000		0	BFFN	4				

NDB No. 13970

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4				
8:0 g	0.000		0	BFFN	4				
10:0 g	0.014		0	BFFN	4				
12:0 g	0.014		0	BFFN	4				
13:0 g									
14:0 g	0.216		0	BFFN	4				
15:0 g									
16:0 g	1.878		0	BFFN	4				
17:0 g									
18:0 g	0.858		0	BFFN	4				
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.924		0	NC	4				
14:1 g									
15:1 g									
16:1 undifferentiated g	0.297		0	BFFN	4				
17:1 g									
18:1 undifferentiated g	2.621		0	BFFN	4				
20:1 g	0.007		0	BFFN	4				
22:1 undifferentiated g	0.000		0	BFFN	4				
24:1 c g									
Fatty acids, total polyunsaturated g	0.277		0	NC	4				
18:2 undifferentiated g	0.169		0	BFFN	4				
18:3 undifferentiated g	0.081		0	BFFN	4				
18:4 g	0.000		0	BFFN	4				
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.027		0	BFFN	4				
20:5 n-3 (EPA) g	0.000		0	BFFN	4				
22:5 n-3 (DPA) g	0.000		0	BFFN	4				
22:6 n-3 (DHA) g	0.000		0	BFFN	4				
Fatty acids, total trans g									
Cholesterol mg	35		0	BFFN	4				
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.139		0	PAK	1				
Threonine g	0.848		0	PAK	1				
Isoleucine g	0.965		0	PAK	1				
Leucine g	1.688		0	PAK	1				
Lysine g	1.793		0	PAK	1				
Methionine g	0.553		0	PAK	1				
Cystine g	0.274		0	PAK	1				
Phenylalanine g	0.838		0	PAK	1				
Tyrosine g	0.676		0	PAK	1				
Valine g	1.053		0	PAK	1				
Arginine g	1.372		0	PAK	1				
Histidine g	0.677		0	PAK	1				
Alanine g	1.290		0	PAK	1				
Aspartic acid g	1.933		0	PAK	1				
Glutamic acid g	3.185		0	PAK	1				
Glycine g	1.292		0	PAK	1				
Proline g	1.012		0	PAK	1				
Serine g	0.836		0	PAK	1				
Hydroxyproline g	0.223		0	BFPN	4				
Others:									
Alcohol, ethyl g	0.0		0	Z	7				
Caffeine mg	0		0	Z	7				
Theobromine mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13970

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13067

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

URMIS #2399

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.33	0.309	10	PAK	1		245.07		
Energy....kcal	202		0	NC	4		780		
Energy....kJ	843		0	NC	4		3264		
Protein (N x 6.25)....g	27.55	0.391	10	PAK	1		106.61		
Total lipid (fat)....g	9.31	0.480	10	PAK	1		36.02		
Ash....g	1.06	0.053	10	PAK	1		4.10		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0	BFFN	4		68		
Iron, Fe....mg	1.80		0	BFFN	4		6.97		
Magnesium, Mg....mg	22		0	BFFN	4		84		
Phosphorus, P....mg	201		0	BFFN	4		776		
Potassium, K....mg	326		0	BFFN	4		1262		
Sodium, Na....mg	53		0	BFFN	4		207		
Zinc, Zn....mg	4.79		0	BFFN	4		18.55		
Copper, Cu....mg	0.088		0	BFFN	4		0.339		
Manganese, Mn....mg	0.009		0	BFFN	4		0.036		
Selenium, Se....mcg	28.9		0	BFFN	4		112.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.069		0	BFPN	4		0.265		
Riboflavin....mg	0.121		0	BFPN	4		0.468		
Niacin....mg	7.471		0	BFPN	4		28.912		
Pantothenic acid....mg	0.542		0	BFPN	4		2.099		
Vitamin B-6....mg	0.549		0	BFPN	4		2.124		
Folate, total....mcg	9		0	BFPN	4		33		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFPN	4		33		
Folate, DFE....mcg_DFE	9		0	NC	4		33		
Choline, total....mg	104.9		0	BFPN	4		406.0		
Betaine....mg	13.8		0	BFPN	4		53.3		
Vitamin B-12....mcg	1.82		0	BFPN	4		7.03		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.39		0	BFSN	4		1.51		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		5.4		
Lipids:									
Fatty acids, total saturated....g	3.840		0	NC	4		14.861		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13067

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.015		0	BFFN	4		0.057		
12:0 ... g	0.015		0	BFFN	4		0.057		
13:0 ... g									
14:0 ... g	0.275		0	BFFN	4		1.063		
15:0 ... g									
16:0 ... g	2.459		0	BFFN	4		9.515		
17:0 ... g									
18:0 ... g	1.077		0	BFFN	4		4.168		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.751		0	NC	4		14.516		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.342		0	BFFN	4		1.322		
17:1 ... g									
18:1 undifferentiated ... g	3.395		0	BFFN	4		13.137		
20:1 ... g	0.015		0	BFFN	4		0.057		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.364		0	NC	4		1.408		
18:2 undifferentiated ... g	0.223		0	BFFN	4		0.862		
18:3 undifferentiated ... g	0.104		0	BFFN	4		0.402		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.037		0	BFFN	4		0.144		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	51		0	BFFN	4		195		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.181		0	PAK	1		0.701		
Threonine ... g	1.100		0	PAK	1		4.259		
Isoleucine ... g	1.253		0	PAK	1		4.850		
Leucine ... g	2.191		0	PAK	1		8.481		
Lysine ... g	2.328		0	PAK	1		9.010		
Methionine ... g	0.717		0	PAK	1		2.776		
Cystine ... g	0.355		0	PAK	1		1.376		
Phenylalanine ... g	1.088		0	PAK	1		4.211		
Tyrosine ... g	0.878		0	PAK	1		3.397		
Valine ... g	1.367		0	PAK	1		5.289		
Arginine ... g	1.781		0	PAK	1		6.894		
Histidine ... g	0.879		0	PAK	1		3.402		
Alanine ... g	1.675		0	PAK	1		6.481		
Aspartic acid ... g	2.509		0	PAK	1		9.711		
Glutamic acid ... g	4.136		0	PAK	1		16.005		
Glycine ... g	1.677		0	PAK	1		6.491		
Proline ... g	1.313		0	PAK	1		5.082		
Serine ... g	1.085		0	PAK	1		4.200		
Hydroxyproline ... g	0.289		0	BFPN	4		1.120		
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13067

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 387g: 1 steak (yield from 483 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13949

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

URMIS #1584

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.01	0.848	10	PAK	1		246.39		
Energy....kcal	183		0	NC	4		694		
Energy....kJ	766		0	NC	4		2904		
Protein (N x 6.25)....g	27.78	0.541	10	PAK	1		105.29		
Total lipid (fat)....g	7.15	0.614	10	PAK	1		27.11		
Ash....g	1.13	0.025	10	PAK	1		4.27		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0	BFFN	4		84		
Iron, Fe....mg	1.68		0	BFFN	4		6.38		
Magnesium, Mg....mg	24		0	BFFN	4		89		
Phosphorus, P....mg	220		0	BFFN	4		835		
Potassium, K....mg	351		0	BFFN	4		1331		
Sodium, Na....mg	58		0	BFFN	4		221		
Zinc, Zn....mg	5.01		0	BFFN	4		18.98		
Copper, Cu....mg	0.076		0	BFFN	4		0.286		
Manganese, Mn....mg	0.010		0	BFFN	4		0.036		
Selenium, Se....mcg	29.8		0	BFFN	4		113.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.081		0	BFPN	4		0.306		
Riboflavin....mg	0.146		0	BFPN	4		0.551		
Niacin....mg	7.256		0	BFPN	4		27.502		
Pantothenic acid....mg	0.548		0	BFPN	4		2.078		
Vitamin B-6....mg	0.609		0	BFPN	4		2.307		
Folate, total....mcg	9		0	BFPN	4		33		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFPN	4		33		
Folate, DFE....mcg_DFE	9		0	NC	4		33		
Choline, total....mg	105.8		0	BFPN	4		401.0		
Betaine....mg	13.9		0	BFPN	4		52.7		
Vitamin B-12....mcg	1.44		0	BFPN	4		5.45		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.37		0	BFSN	4		1.41		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		5.0		
Lipids:									
Fatty acids, total saturated....g	2.951		0	NC	4		11.184		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13949

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.011		0	BFFN	4		0.043		
12:0 ... g	0.011		0	BFFN	4		0.043		
13:0 ... g									
14:0 ... g	0.211		0	BFFN	4		0.800		
15:0 ... g									
16:0 ... g	1.889		0	BFFN	4		7.160		
17:0 ... g									
18:0 ... g	0.828		0	BFFN	4		3.137		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.882		0	NC	4		10.924		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.263		0	BFFN	4		0.995		
17:1 ... g									
18:1 undifferentiated ... g	2.609		0	BFFN	4		9.886		
20:1 ... g	0.011		0	BFFN	4		0.043		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.280		0	NC	4		1.060		
18:2 undifferentiated ... g	0.171		0	BFFN	4		0.649		
18:3 undifferentiated ... g	0.080		0	BFFN	4		0.303		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.029		0	BFFN	4		0.108		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	39		0	BFFN	4		147		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.183		0	PAK	1		0.692		
Threonine ... g	1.110		0	PAK	1		4.206		
Isoleucine ... g	1.264		0	PAK	1		4.790		
Leucine ... g	2.210		0	PAK	1		8.375		
Lysine ... g	2.348		0	PAK	1		8.898		
Methionine ... g	0.723		0	PAK	1		2.742		
Cystine ... g	0.359		0	PAK	1		1.359		
Phenylalanine ... g	1.097		0	PAK	1		4.159		
Tyrosine ... g	0.885		0	PAK	1		3.355		
Valine ... g	1.378		0	PAK	1		5.223		
Arginine ... g	1.796		0	PAK	1		6.808		
Histidine ... g	0.887		0	PAK	1		3.360		
Alanine ... g	1.689		0	PAK	1		6.401		
Aspartic acid ... g	2.530		0	PAK	1		9.591		
Glutamic acid ... g	4.171		0	PAK	1		15.806		
Glycine ... g	1.692		0	PAK	1		6.411		
Proline ... g	1.324		0	PAK	1		5.019		
Serine ... g	1.094		0	PAK	1		4.148		
Hydroxyproline ... g	0.292		0	BFPN	4		1.106		
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13949

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Common Measures:

Measure 1 = 379g: 1 steak (yield from 467 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13971

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw

URMIS #1584

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.99	0.537	10	PAK	1				
Energy....kcal	145		0	NC	4				
Energy....kJ	608		0	NC	4				
Protein (N x 6.25)....g	21.22	0.311	10	PAK	1				
Total lipid (fat)....g	6.06	0.395	10	PAK	1				
Ash....g	0.98	0.026	10	PAK	1				
Carbohydrate, by difference....g	0.00		0	Z	7				
Fiber, total dietary....g	0.0		0	Z	7				
Sugars, total....g	0.00		0	Z	7				
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0	BFFN	4				
Iron, Fe....mg	1.54		0	BFFN	4				
Magnesium, Mg....mg	22		0	BFFN	4				
Phosphorus, P....mg	197		0	BFFN	4				
Potassium, K....mg	326		0	BFFN	4				
Sodium, Na....mg	54		0	BFFN	4				
Zinc, Zn....mg	3.60		0	BFFN	4				
Copper, Cu....mg	0.074		0	BFFN	4				
Manganese, Mn....mg	0.010		0	BFFN	4				
Selenium, Se....mcg	24.5		0	BFFN	4				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7				
Thiamin....mg	0.076		0	BFPN	4				
Riboflavin....mg	0.115		0	BFPN	4				
Niacin....mg	5.671		0	BFPN	4				
Pantothenic acid....mg	0.601		0	BFPN	4				
Vitamin B-6....mg	0.586		0	BFPN	4				
Folate, total....mcg	11		0	BFPN	4				
Folic acid....mcg	0		0	Z	7				
Folate, food....mcg	11		0	BFPN	4				
Folate, DFE....mcg_DFE	11		0	NC	4				
Choline, total....mg	88.6		0	BFPN	4				
Betaine....mg	13.0		0	BFPN	4				
Vitamin B-12....mcg	1.01		0	BFPN	4				
Vitamin B-12, added....mcg	0.00		0	Z	7				
Vitamin A, RAE....mcg_RAE	0		0	AS	1				
Retinol....mcg	0		0	Z	7				
Carotene, beta....mcg	0		0	Z	7				
Carotene, alpha....mcg	0		0	Z	7				
Cryptoxanthin, beta....mcg	0		0	Z	7				
Vitamin A, IU....IU	0		0	AS	1				
Lycopene....mcg	0		0	Z	7				
Lutein + zeaxanthin....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)....mg	0.30		0	BFSN	4				
Vitamin E, added....mg	0.00		0	Z	7				
Tocopherol, beta....mg	0.00		0	Z	7				
Tocopherol, gamma....mg	0.00		0	Z	7				
Tocopherol, delta....mg	0.00		0	Z	7				
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.2		0	BFSN	4				
Lipids:									
Fatty acids, total saturated....g	2.514		0	NC	4				
4:0....g	0.000		0	BFFN	4				

NDB No. 13971

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4				
8:0 g	0.000		0	BFFN	4				
10:0 g	0.011		0	BFFN	4				
12:0 g	0.011		0	BFFN	4				
13:0 g									
14:0 g	0.182		0	BFFN	4				
15:0 g									
16:0 g	1.585		0	BFFN	4				
17:0 g									
18:0 g	0.724		0	BFFN	4				
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.469		0	NC	4				
14:1 g									
15:1 g									
16:1 undifferentiated g	0.251		0	BFFN	4				
17:1 g									
18:1 undifferentiated g	2.212		0	BFFN	4				
20:1 g	0.006		0	BFFN	4				
22:1 undifferentiated g	0.000		0	BFFN	4				
24:1 c g									
Fatty acids, total polyunsaturated g	0.234		0	NC	4				
18:2 undifferentiated g	0.143		0	BFFN	4				
18:3 undifferentiated g	0.068		0	BFFN	4				
18:4 g	0.000		0	BFFN	4				
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.023		0	BFFN	4				
20:5 n-3 (EPA) g	0.000		0	BFFN	4				
22:5 n-3 (DPA) g	0.000		0	BFFN	4				
22:6 n-3 (DHA) g	0.000		0	BFFN	4				
Fatty acids, total trans g									
Cholesterol mg	30		0	BFFN	4				
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.139		0	PAK	1				
Threonine g	0.848		0	PAK	1				
Isoleucine g	0.965		0	PAK	1				
Leucine g	1.688		0	PAK	1				
Lysine g	1.793		0	PAK	1				
Methionine g	0.553		0	PAK	1				
Cystine g	0.274		0	PAK	1				
Phenylalanine g	0.838		0	PAK	1				
Tyrosine g	0.676		0	PAK	1				
Valine g	1.053		0	PAK	1				
Arginine g	1.372		0	PAK	1				
Histidine g	0.677		0	PAK	1				
Alanine g	1.290		0	PAK	1				
Aspartic acid g	1.933		0	PAK	1				
Glutamic acid g	3.186		0	PAK	1				
Glycine g	1.292		0	PAK	1				
Proline g	1.012		0	PAK	1				
Serine g	0.836		0	PAK	1				
Hydroxyproline g	0.223		0	BFPN	4				
Others:									
Alcohol, ethyl g	0.0		0	Z	7				
Caffeine mg	0		0	Z	7				
Theobromine mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13971

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23654

Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 1% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.79	0.501	20	A	1		248.13		
Energy....kcal	186		0	NC	4		712		
Energy....kJ	777		0	NC	4		2978		
Protein (N x 6.25)....g	27.89	0.320	20	A	1		106.81		
Total lipid (fat)....g	7.40	0.430	20	A	1		28.33		
Ash....g	1.10	0.030	20	A	1		4.22		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0	BFNN	4		68		
Iron, Fe....mg	1.74		0	BFNN	4		6.68		
Magnesium, Mg....mg	23		0	BFNN	4		90		
Phosphorus, P....mg	217		0	BFNN	4		832		
Potassium, K....mg	350		0	BFNN	4		1341		
Sodium, Na....mg	57		0	BFNN	4		218		
Zinc, Zn....mg	5.09		0	BFNN	4		19.48		
Copper, Cu....mg	0.081		0	BFNN	4		0.310		
Manganese, Mn....mg	0.010		0	BFNN	4		0.039		
Selenium, Se....mcg	31.9		0	BFNN	4		122.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.076		0	BFPN	4		0.291		
Riboflavin....mg	0.141		0	BFPN	4		0.541		
Niacin....mg	7.981		0	BFPN	4		30.566		
Pantothenic acid....mg	0.549		0	BFPN	4		2.102		
Vitamin B-6....mg	0.599		0	BFPN	4		2.292		
Folate, total....mcg	9		0	BFPN	4		36		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFPN	4		36		
Folate, DFE....mcg_DFE	9		0	NC	4		36		
Choline, total....mg	106.2		0	BFPN	4		406.8		
Betaine....mg	14.0		0	BFPN	4		53.4		
Vitamin B-12....mcg	1.60		0	BFPN	4		6.11		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.38		0	BFSN	4		1.44		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		5.1		
Lipids:									
Fatty acids, total saturated....g	3.070		0	NC	4		11.758		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 23654

Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.007		0	BFFN	4		0.028		
12:0 g	0.007		0	BFFN	4		0.028		
13:0 g									
14:0 g	0.212		0	BFFN	4		0.812		
15:0 g									
16:0 g	1.974		0	BFFN	4		7.559		
17:0 g									
18:0 g	0.870		0	BFFN	4		3.332		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.917		0	NC	4		11.171		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.256		0	BFFN	4		0.980		
17:1 g									
18:1 undifferentiated g	2.654		0	BFFN	4		10.163		
20:1 g	0.007		0	BFFN	4		0.028		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.292		0	NC	4		1.120		
18:2 undifferentiated g	0.183		0	BFFN	4		0.700		
18:3 undifferentiated g	0.073		0	BFFN	4		0.280		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.037		0	BFFN	4		0.140		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	49		0	BFFN	4		188		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.183		0	A	1		0.702		
Threonine g	1.114		0	A	1		4.267		
Isoleucine g	1.269		0	A	1		4.860		
Leucine g	2.218		0	A	1		8.497		
Lysine g	2.357		0	A	1		9.027		
Methionine g	0.726		0	A	1		2.782		
Cystine g	0.360		0	A	1		1.378		
Phenylalanine g	1.102		0	A	1		4.219		
Tyrosine g	0.889		0	A	1		3.404		
Valine g	1.384		0	A	1		5.299		
Arginine g	1.803		0	A	1		6.907		
Histidine g	0.890		0	A	1		3.409		
Alanine g	1.695		0	A	1		6.494		
Aspartic acid g	2.540		0	A	1		9.729		
Glutamic acid g	4.187		0	A	1		16.035		
Glycine g	1.698		0	A	1		6.504		
Proline g	1.330		0	A	1		5.092		
Serine g	1.099		0	A	1		4.208		
Hydroxyproline g	0.293		0	BFPN	4		1.122		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23654

Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 383g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23656

Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw

Refuse: 3% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.08	0.435	20	A	1		135.50		
Energy....kcal	141		0	NC	4		266		
Energy....kJ	592		0	NC	4		1113		
Protein (N x 6.25)....g	21.57	0.222	20	A	1		40.56		
Total lipid (fat)....g	5.47	0.354	20	A	1		10.28		
Ash....g	1.02	0.023	20	A	1		1.92		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0	BFNN	4		45		
Iron, Fe....mg	1.57		0	BFNN	4		2.96		
Magnesium, Mg....mg	23		0	BFNN	4		43		
Phosphorus, P....mg	202		0	BFNN	4		381		
Potassium, K....mg	340		0	BFNN	4		640		
Sodium, Na....mg	55		0	BFNN	4		103		
Zinc, Zn....mg	3.94		0	BFNN	4		7.40		
Copper, Cu....mg	0.073		0	BFNN	4		0.137		
Manganese, Mn....mg	0.013		0	BFNN	4		0.024		
Selenium, Se....mcg	26.4		0	BFNN	4		49.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.066		0	BFPN	4		0.125		
Riboflavin....mg	0.108		0	BFPN	4		0.204		
Niacin....mg	6.683		0	BFPN	4		12.564		
Pantothenic acid....mg	0.638		0	BFPN	4		1.199		
Vitamin B-6....mg	0.604		0	BFPN	4		1.136		
Folate, total....mcg	13		0	BFPN	4		24		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	13		0	BFPN	4		24		
Folate, DFE....mcg_DFE	13		0	NC	4		24		
Choline, total....mg	90.1		0	BFPN	4		169.4		
Betaine....mg	13.3		0	BFPN	4		24.9		
Vitamin B-12....mcg	1.06		0	BFPN	4		1.99		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.30		0	BFSN	4		0.56		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.2		0	BFSN	4		2.2		
Lipids:									
Fatty acids, total saturated....g	2.058		0	NC	4		3.868		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 23656

Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.007		0	BFFN	4		0.012		
12:0 g	0.007		0	BFFN	4		0.012		
13:0 g									
14:0 g	0.140		0	BFFN	4		0.263		
15:0 g									
16:0 g	1.325		0	BFFN	4		2.492		
17:0 g									
18:0 g	0.579		0	BFFN	4		1.089		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.951		0	NC	4		3.668		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.167		0	BFFN	4		0.313		
17:1 g									
18:1 undifferentiated g	1.778		0	BFFN	4		3.343		
20:1 g	0.007		0	BFFN	4		0.012		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.193		0	NC	4		0.363		
18:2 undifferentiated g	0.120		0	BFFN	4		0.225		
18:3 undifferentiated g	0.047		0	BFFN	4		0.088		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.027		0	BFFN	4		0.050		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	33		0	BFFN	4		63		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.142		0	A	1		0.267		
Threonine g	0.862		0	A	1		1.620		
Isoleucine g	0.982		0	A	1		1.845		
Leucine g	1.716		0	A	1		3.226		
Lysine g	1.823		0	A	1		3.428		
Methionine g	0.562		0	A	1		1.056		
Cystine g	0.278		0	A	1		0.523		
Phenylalanine g	0.852		0	A	1		1.602		
Tyrosine g	0.687		0	A	1		1.292		
Valine g	1.070		0	A	1		2.012		
Arginine g	1.395		0	A	1		2.623		
Histidine g	0.689		0	A	1		1.294		
Alanine g	1.312		0	A	1		2.466		
Aspartic acid g	1.965		0	A	1		3.695		
Glutamic acid g	3.239		0	A	1		6.089		
Glycine g	1.314		0	A	1		2.470		
Proline g	1.029		0	A	1		1.934		
Serine g	0.850		0	A	1		1.598		
Hydroxyproline g	0.227		0	BFPN	4		0.426		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23656

Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw

Common Measures:

Measure 1 = 188g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13070

Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

URMIS #2399

Refuse: 2% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.06	0.417	10	A	1		247.90		
Energy....kcal	194		0	NC	4		750		
Energy....kJ	811		0	NC	4		3138		
Protein (N x 6.25)....g	27.82	0.387	10	A	1		107.66		
Total lipid (fat)....g	8.32	0.515	10	A	1		32.19		
Ash....g	1.07	0.053	10	A	1		4.13		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0	BFNN	4		59		
Iron, Fe....mg	1.84		0	BFNN	4		7.14		
Magnesium, Mg....mg	23		0	BFNN	4		89		
Phosphorus, P....mg	211		0	BFNN	4		817		
Potassium, K....mg	338		0	BFNN	4		1308		
Sodium, Na....mg	56		0	BFNN	4		217		
Zinc, Zn....mg	5.11		0	BFNN	4		19.77		
Copper, Cu....mg	0.086		0	BFNN	4		0.332		
Manganese, Mn....mg	0.010		0	BFNN	4		0.039		
Selenium, Se....mcg	31.2		0	BFNN	4		120.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.074		0	BFPN	4		0.285		
Riboflavin....mg	0.142		0	BFPN	4		0.551		
Niacin....mg	8.208		0	BFPN	4		31.763		
Pantothenic acid....mg	0.546		0	BFPN	4		2.115		
Vitamin B-6....mg	0.579		0	BFPN	4		2.241		
Folate, total....mcg	9		0	BFPN	4		36		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFPN	4		36		
Folate, DFE....mcg_DFE	9		0	NC	4		36		
Choline, total....mg	106.0		0	BFPN	4		410.0		
Betaine....mg	13.9		0	BFPN	4		53.9		
Vitamin B-12....mcg	1.74		0	BFPN	4		6.72		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.38		0	BFSN	4		1.48		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		5.3		
Lipids:									
Fatty acids, total saturated....g	3.452		0	NC	4		13.359		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13070

Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ....g	0.000		0	BFFN	4		0.000		
8:0 ....g	0.000		0	BFFN	4		0.000		
10:0 ....g	0.008		0	BFFN	4		0.032		
12:0 ....g	0.008		0	BFFN	4		0.032		
13:0 ....g									
14:0 ....g	0.238		0	BFFN	4		0.922		
15:0 ....g									
16:0 ....g	2.219		0	BFFN	4		8.588		
17:0 ....g									
18:0 ....g	0.978		0	BFFN	4		3.785		
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	3.279		0	NC	4		12.691		
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.288		0	BFFN	4		1.113		
17:1 ....g									
18:1 undifferentiated ....g	2.984		0	BFFN	4		11.547		
20:1 ....g	0.008		0	BFFN	4		0.032		
22:1 undifferentiated ....g	0.000		0	BFFN	4		0.000		
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.329		0	NC	4		1.271		
18:2 undifferentiated ....g	0.205		0	BFFN	4		0.795		
18:3 undifferentiated ....g	0.082		0	BFFN	4		0.318		
18:4 ....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.041		0	BFFN	4		0.159		
20:5 n-3 (EPA) ....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ....g									
Cholesterol ....mg	55		0	BFFN	4		213		
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.183		0	A	1		0.708		
Threonine ....g	1.111		0	A	1		4.301		
Isoleucine ....g	1.266		0	A	1		4.898		
Leucine ....g	2.213		0	A	1		8.564		
Lysine ....g	2.351		0	A	1		9.098		
Methionine ....g	0.724		0	A	1		2.804		
Cystine ....g	0.359		0	A	1		1.389		
Phenylalanine ....g	1.099		0	A	1		4.252		
Tyrosine ....g	0.886		0	A	1		3.431		
Valine ....g	1.380		0	A	1		5.341		
Arginine ....g	1.799		0	A	1		6.962		
Histidine ....g	0.888		0	A	1		3.436		
Alanine ....g	1.691		0	A	1		6.545		
Aspartic acid ....g	2.534		0	A	1		9.806		
Glutamic acid ....g	4.176		0	A	1		16.162		
Glycine ....g	1.694		0	A	1		6.555		
Proline ....g	1.326		0	A	1		5.132		
Serine ....g	1.096		0	A	1		4.241		
Hydroxyproline ....g	0.292		0	BFPN	4		1.131		
Others:									
Alcohol, ethyl ....g	0.0		0	Z	7		0.0		
Caffeine ....mg	0		0	Z	7		0		
Theobromine ....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13070

Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 387g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23655

Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

URMIS #1584

Refuse: 1% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.51	0.876	10	A	1		248.29		
Energy....kcal	178		0	NC	4		674		
Energy....kJ	744		0	NC	4		2820		
Protein (N x 6.25)....g	27.96	0.530	10	A	1		105.96		
Total lipid (fat)....g	6.48	0.571	10	A	1		24.55		
Ash....g	1.13	0.026	10	A	1		4.30		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	BFNN	4		76		
Iron, Fe....mg	1.71		0	BFNN	4		6.48		
Magnesium, Mg....mg	24		0	BFNN	4		91		
Phosphorus, P....mg	226		0	BFNN	4		856		
Potassium, K....mg	365		0	BFNN	4		1385		
Sodium, Na....mg	59		0	BFNN	4		223		
Zinc, Zn....mg	5.09		0	BFNN	4		19.29		
Copper, Cu....mg	0.076		0	BFNN	4		0.287		
Manganese, Mn....mg	0.010		0	BFNN	4		0.038		
Selenium, Se....mcg	34.7		0	BFNN	4		131.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.080		0	BFPN	4		0.302		
Riboflavin....mg	0.148		0	BFPN	4		0.561		
Niacin....mg	8.171		0	BFPN	4		30.968		
Pantothenic acid....mg	0.551		0	BFPN	4		2.088		
Vitamin B-6....mg	0.618		0	BFPN	4		2.341		
Folate, total....mcg	9		0	BFPN	4		36		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFPN	4		36		
Folate, DFE....mcg_DFE	9		0	NC	4		36		
Choline, total....mg	106.5		0	BFPN	4		403.6		
Betaine....mg	14.0		0	BFPN	4		53.0		
Vitamin B-12....mcg	1.34		0	BFPN	4		5.06		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.37		0	BFSN	4		1.39		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		5.0		
Lipids:									
Fatty acids, total saturated....g	2.688		0	NC	4		10.189		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 23655

Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.006		0	BFFN	4		0.024		
12:0 g	0.006		0	BFFN	4		0.024		
13:0 g									
14:0 g	0.186		0	BFFN	4		0.703		
15:0 g									
16:0 g	1.728		0	BFFN	4		6.550		
17:0 g									
18:0 g	0.762		0	BFFN	4		2.887		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.554		0	NC	4		9.680		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.224		0	BFFN	4		0.849		
17:1 g									
18:1 undifferentiated g	2.324		0	BFFN	4		8.806		
20:1 g	0.006		0	BFFN	4		0.024		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.256		0	NC	4		0.970		
18:2 undifferentiated g	0.160		0	BFFN	4		0.606		
18:3 undifferentiated g	0.064		0	BFFN	4		0.243		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.032		0	BFFN	4		0.121		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	43		0	BFFN	4		163		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.184		0	A	1		0.696		
Threonine g	1.117		0	A	1		4.233		
Isoleucine g	1.272		0	A	1		4.821		
Leucine g	2.224		0	A	1		8.429		
Lysine g	2.363		0	A	1		8.955		
Methionine g	0.728		0	A	1		2.759		
Cystine g	0.361		0	A	1		1.367		
Phenylalanine g	1.104		0	A	1		4.185		
Tyrosine g	0.891		0	A	1		3.377		
Valine g	1.387		0	A	1		5.257		
Arginine g	1.808		0	A	1		6.852		
Histidine g	0.892		0	A	1		3.382		
Alanine g	1.700		0	A	1		6.442		
Aspartic acid g	2.547		0	A	1		9.652		
Glutamic acid g	4.197		0	A	1		15.908		
Glycine g	1.702		0	A	1		6.452		
Proline g	1.333		0	A	1		5.052		
Serine g	1.101		0	A	1		4.174		
Hydroxyproline g	0.294		0	BFPN	4		1.113		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23655

Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

Common Measures:

Measure 1 = 379g: 1 steak (yield from 467 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23657

Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw

URMIS #1584

Refuse: 2% Bone and connective tissue 1%, sep fat 1%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.84	0.575	10	A	1		126.02		
Energy....kcal	137		0	NC	4		236		
Energy....kJ	571		0	NC	4		989		
Protein (N x 6.25)....g	21.43	0.312	10	A	1		37.08		
Total lipid (fat)....g	5.00	0.430	10	A	1		8.64		
Ash....g	0.99	0.026	10	A	1		1.72		
Carbohydrate, by difference....g	0.00		0	NR	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0	BFNN	4		37		
Iron, Fe....mg	1.54		0	BFNN	4		2.67		
Magnesium, Mg....mg	22		0	BFNN	4		39		
Phosphorus, P....mg	202		0	BFNN	4		350		
Potassium, K....mg	341		0	BFNN	4		590		
Sodium, Na....mg	53		0	BFNN	4		92		
Zinc, Zn....mg	3.83		0	BFNN	4		6.62		
Copper, Cu....mg	0.073		0	BFNN	4		0.127		
Manganese, Mn....mg	0.011		0	BFNN	4		0.019		
Selenium, Se....mcg	29.5		0	BFNN	4		51.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.072		0	BFPN	4		0.125		
Riboflavin....mg	0.115		0	BFPN	4		0.199		
Niacin....mg	6.227		0	BFPN	4		10.773		
Pantothenic acid....mg	0.630		0	BFPN	4		1.089		
Vitamin B-6....mg	0.605		0	BFPN	4		1.046		
Folate, total....mcg	13		0	BFPN	4		22		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	13		0	BFPN	4		22		
Folate, DFE....mcg_DFE	13		0	NC	4		22		
Choline, total....mg	89.5		0	BFPN	4		154.9		
Betaine....mg	13.2		0	BFPN	4		22.8		
Vitamin B-12....mcg	0.91		0	BFPN	4		1.57		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.29		0	BFSN	4		0.50		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.2		0	BFSN	4		2.0		
Lipids:									
Fatty acids, total saturated....g	2.074		0	NC	4		3.589		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 23657

Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.007		0	BFFN	4		0.012		
12:0 ... g	0.007		0	BFFN	4		0.012		
13:0 ... g									
14:0 ... g	0.141		0	BFFN	4		0.244		
15:0 ... g									
16:0 ... g	1.336		0	BFFN	4		2.311		
17:0 ... g									
18:0 ... g	0.584		0	BFFN	4		1.010		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.967		0	NC	4		3.403		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.168		0	BFFN	4		0.290		
17:1 ... g									
18:1 undifferentiated ... g	1.793		0	BFFN	4		3.101		
20:1 ... g	0.007		0	BFFN	4		0.012		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.195		0	NC	4		0.336		
18:2 undifferentiated ... g	0.121		0	BFFN	4		0.209		
18:3 undifferentiated ... g	0.047		0	BFFN	4		0.081		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.027		0	BFFN	4		0.046		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	34		0	BFFN	4		58		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.141		0	A	1		0.244		
Threonine ... g	0.856		0	A	1		1.481		
Isoleucine ... g	0.975		0	A	1		1.687		
Leucine ... g	1.705		0	A	1		2.950		
Lysine ... g	1.811		0	A	1		3.134		
Methionine ... g	0.558		0	A	1		0.966		
Cystine ... g	0.277		0	A	1		0.479		
Phenylalanine ... g	0.847		0	A	1		1.465		
Tyrosine ... g	0.683		0	A	1		1.182		
Valine ... g	1.063		0	A	1		1.840		
Arginine ... g	1.386		0	A	1		2.398		
Histidine ... g	0.684		0	A	1		1.183		
Alanine ... g	1.303		0	A	1		2.254		
Aspartic acid ... g	1.952		0	A	1		3.378		
Glutamic acid ... g	3.218		0	A	1		5.567		
Glycine ... g	1.305		0	A	1		2.258		
Proline ... g	1.022		0	A	1		1.768		
Serine ... g	0.844		0	A	1		1.461		
Hydroxyproline ... g	0.225		0	BFPN	4		0.390		
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23657

Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw

Common Measures:

Measure 1 = 173g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13047
Beef, grass-fed, ground, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.13	0.473	42	A	1				
Energy....kcal	192		0	NC	4				
Energy....kJ	805		0	NC	4				
Protein....g	19.42	0.150	42	A	1				
Total lipid (fat)....g	12.73	0.585	42	A	1				
Ash....g	1.71	0.086	42	A	1				
Carbohydrate, by difference....g	0.00		0	NC	4				
Fiber, total dietary....g	0.0		0	Z	7				
Sugars, total....g	0.00		0	Z	7				
Starch....g									
Minerals:									
Calcium, Ca....mg	12	1.271	11	A	1				
Iron, Fe....mg	1.99	0.065	11	A	1				
Magnesium, Mg....mg	19	0.315	11	A	1				
Phosphorus, P....mg	175	2.927	11	A	1				
Potassium, K....mg	289	5.059	11	A	1				
Sodium, Na....mg	68	1.723	11	A	1				
Zinc, Zn....mg	4.55	0.118	11	A	1				
Copper, Cu....mg	0.063	0.003	11	A	1				
Manganese, Mn....mg	0.010	0.001	11	A	1				
Selenium, Se....mcg	14.2	3.583	11	A	1				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7				
Thiamin....mg	0.049	0.001	11	A	1				
Riboflavin....mg	0.154		0	NR	4				
Niacin....mg	4.818		0	NR	4				
Pantothenic acid....mg	0.576		0	NR	4				
Vitamin B-6....mg	0.355		0	NR	4				
Folate, total....mcg	6		0	NR	4				
Folic acid....mcg	0		0	NR	4				
Folate, food....mcg	6		0	NR	4				
Folate, DFE....mcg_DFE	6		0	NC	4				
Choline, total....mg	67.4	1.424	12	AS	1				
Betaine....mg	8.0	0.477	12	A	1				
Vitamin B-12....mcg	1.97	0.081	11	A	1				
Vitamin B-12, added....mcg	0.00		0	Z	7				
Vitamin A, RAE....mcg_RAE	0		0	AS	1				
Retinol....mcg	0		0	NR	4				
Carotene, beta....mcg	0		0	Z	7				
Carotene, alpha....mcg	0		0	Z	7				
Cryptoxanthin, beta....mcg	0		0	Z	7				
Vitamin A, IU....IU	0		0	AS	1				
Lycopene....mcg	0		0	Z	7				
Lutein + zeaxanthin....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)....mg	0.35		0	NR	4				
Vitamin E, added....mg	0.00		0	Z	7				
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.1		0	NR	4				
Lipids:									
Fatty acids, total saturated....g	5.335		0	NC	4				
4:0....g	0.000		0	Z	7				

NDB No. 13047
Beef, grass-fed, ground, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7				
8:0 g	0.001	0.000	15	A	1				
10:0 g	0.005	0.000	15	A	1				
12:0 g	0.009	0.001	15	A	1				
13:0 g									
14:0 g	0.345	0.028	15	A	1				
15:0 g	0.078	0.006	15	A	1				
16:0 g	2.747	0.205	15	A	1				
17:0 g	0.147	0.009	15	A	1				
18:0 g	1.980	0.141	15	A	1				
20:0 g	0.019	0.002	15	A	1				
22:0 g	0.003	0.000	15	A	1				
24:0 g	0.000	0.000	15	A	1				
Fatty acids, total monounsaturated g	4.800		0	NC	4				
14:1 g	0.074	0.008	15	A	1				
15:1 g	0.002	0.000	15	A	1				
16:1 undifferentiated g	0.347	0.030	15	A	1				
17:1 g	0.000	0.000	15	A	1				
18:1 undifferentiated g	4.363	0.339	15	AS	1				
18:1 c g	3.748	0.301	15	A	1				
18:1-11c (18:1c n-7) g									
18:1 t g	0.615	0.050	15	A	1				
18:1-11t (18:1t n-7) g									
20:1 g	0.015	0.001	15	A	1				
22:1 undifferentiated g	0.000	0.000	15	A	1				
24:1 c g									
Fatty acids, total polyunsaturated g	0.532		0	NC	4				
18:2 undifferentiated g	0.426	0.029	15	AS	1				
18:2 n-6 c,c g	0.181	0.016	15	A	1				
18:2 CLAs g	0.109	0.008	15	A	1				
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.136	0.013	15	A	1				
18:3 undifferentiated g	0.071	0.006	15	AS	1				
18:3 n-3 c,c,c (ALA) g	0.071	0.006	15	A	1				
18:3 n-6 c,c,c g	0.000	0.000	15	A	1				
18:3i g									
18:4 g	0.002	0.001	15	A	1				
20:2 n-6 c,c g	0.001	0.001	15	A	1				
20:3 undifferentiated g	0.001	0.000	15	A	1				
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.012	0.000	15	A	1				
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001	0.001	15	A	1				
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.016	0.002	15	A	1				
22:6 n-3 (DHA) g	0.000	0.000	15	A	1				
Fatty acids, total trans g	0.751		0	NC	4				
Fatty acids, total trans-monoenoic g	0.615		0	NC	4				
Fatty acids, total trans-polyenoic g	0.136		0	NC	4				
Cholesterol mg	62	0.833	15	A	1				
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7				
Caffeine mg	0		0	Z	7				
Theobromine mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 13047
Beef, grass-fed, ground, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13000
Beef, grass-fed, strip steaks, lean only, raw

Refuse: 34% 23% Bone and connective tissue, 11% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.42	0.200	38	A	1		157.12		
Energy....kcal	117		0	NC	4		249		
Energy....kJ	488		0	NC	4		1043		
Protein....g	23.07	0.124	38	A	1		49.38		
Total lipid (fat)....g	2.69	0.161	36	A	1		5.76		
Ash....g	1.69	0.143	38	A	1		3.62		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.704	11	A	1		19		
Iron, Fe....mg	1.85	0.091	11	A	1		3.96		
Magnesium, Mg....mg	23	0.282	11	A	1		49		
Phosphorus, P....mg	212	1.942	11	A	1		453		
Potassium, K....mg	342	1.723	11	A	1		733		
Sodium, Na....mg	55	1.006	11	A	1		118		
Zinc, Zn....mg	3.61	0.141	11	A	1		7.73		
Copper, Cu....mg	0.068	0.004	11	A	1		0.145		
Manganese, Mn....mg	0.009	0.000	11	A	1		0.020		
Selenium, Se....mcg	21.1	5.295	11	A	1		45.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.052	0.002	11	A	1		0.110		
Riboflavin....mg	0.124		0	BFPN	4		0.265		
Niacin....mg	6.703		0	BFPN	4		14.345		
Pantothenic acid....mg	0.678		0	BFPN	4		1.450		
Vitamin B-6....mg	0.651		0	BFPN	4		1.393		
Folate, total....mcg	13		0	BFPN	4		29		
Folic acid....mcg	0		0	BFPN	4		0		
Folate, food....mcg	13		0	BFPN	4		29		
Folate, DFE....mcg_DFE	13		0	NC	4		29		
Choline, total....mg	65.1	2.140	11	AS	1		139.3		
Betaine....mg	7.6	0.448	11	A	1		16.2		
Vitamin B-12....mcg	1.27	0.121	11	A	1		2.72		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	BFFN	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.22		0	BFFN	4		0.46		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.9		0	BFFN	4		1.9		
Lipids:									
Fatty acids, total saturated....g	1.032		0	NC	4		2.208		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 13000
Beef, grass-fed, strip steaks, lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000	0.000	14	A	1		0.000		
10:0....g	0.001	0.000	14	A	1		0.002		
12:0....g	0.001	0.000	14	A	1		0.003		
13:0....g									
14:0....g	0.061	0.008	14	A	1		0.131		
15:0....g	0.011	0.001	14	A	1		0.024		
16:0....g	0.575	0.073	14	A	1		1.231		
17:0....g	0.026	0.003	14	A	1		0.055		
18:0....g	0.354	0.036	14	A	1		0.758		
20:0....g	0.003	0.000	14	A	1		0.005		
22:0....g	0.000	0.000	14	A	1		0.000		
24:0....g	0.000	0.000	14	A	1		0.000		
Fatty acids, total monounsaturated....g	0.995		0	NC	4		2.129		
14:1....g	0.012	0.002	14	A	1		0.026		
15:1....g	0.000	0.000	14	A	1		0.000		
16:1 undifferentiated....g	0.070	0.009	14	A	1		0.150		
17:1....g	0.000	0.000	14	A	1		0.000		
18:1 undifferentiated....g	0.910	0.110	14	AS	1		1.947		
18:1 c....g	0.819	0.099	14	A	1		1.753		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.091	0.011	14	A	1		0.194		
18:1-11t (18:1t n-7)....g									
20:1....g	0.003	0.000	14	A	1		0.006		
22:1 undifferentiated....g	0.000	0.000	14	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.108		0	NC	4		0.230		
18:2 undifferentiated....g	0.080	0.010	14	AS	1		0.172		
18:2 n-6 c,c....g	0.041	0.004	14	A	1		0.088		
18:2 CLAs....g	0.017	0.002	14	A	1		0.037		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.022	0.004	14	A	1		0.047		
18:3 undifferentiated....g	0.015	0.002	14	AS	1		0.032		
18:3 n-3 c,c,c (ALA)....g	0.015	0.002	14	A	1		0.032		
18:3 n-6 c,c,c....g	0.000	0.000	14	A	1		0.000		
18:3i....g									
18:4....g	0.000	0.000	14	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	14	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	14	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.006	0.001	14	A	1		0.012		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	14	A	1		0.003		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.004	0.001	14	A	1		0.010		
22:6 n-3 (DHA)....g	0.000	0.000	14	A	1		0.000		
Fatty acids, total trans....g	0.113		0	NC	4		0.241		
Fatty acids, total trans-monoenoic....g	0.091		0	NC	4		0.194		
Fatty acids, total trans-polyenoic....g	0.022		0	NC	4		0.047		
Cholesterol....mg	55	0.904	14	A	1		117		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 13000
Beef, grass-fed, strip steaks, lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 214g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23999

Beef, ground beef calculator - user selects lean/fat percentage

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13494

Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.78	1.112	36	AR	1		47.41	77.53	
Energy....kcal	270		0	NC	4		230	376	
Energy....kJ	1131		0	NC	4		961	1572	
Protein (N x 6.25)....g	25.56	0.516	36	AR	1		21.72	35.52	
Total lipid (fat)....g	17.86	1.041	36	AR	1		15.18	24.83	
Ash....g	1.04	0.072	36	AR	1		0.88	1.44	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	41	7.265	12	AR	1		35	57	
Iron, Fe....mg	2.48	0.212	12	AR	1		2.10	3.44	
Magnesium, Mg....mg	20	0.806	12	AR	1		17	28	
Phosphorus, P....mg	202	7.812	12	AR	1		171	280	
Potassium, K....mg	328	17.387	12	AR	1		278	455	
Sodium, Na....mg	96	4.501	12	AR	1		81	133	
Zinc, Zn....mg	5.95	0.229	12	AR	1		5.06	8.27	
Copper, Cu....mg	0.074	0.013	12	AR	1		0.063	0.103	
Manganese, Mn....mg	0.012	0.001	12	AR	1		0.010	0.016	
Selenium, Se....mcg	22.2	1.661	12	AR	1		18.9	30.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.048	0.008	12	AR	1		0.040	0.066	
Riboflavin....mg	0.186	0.017	12	AR	1		0.158	0.258	
Niacin....mg	4.859	0.312	11	AR	1		4.130	6.754	
Pantothenic acid....mg	0.805	0.105	6	AR	1		0.684	1.119	
Vitamin B-6....mg	0.429	0.031	12	AR	1		0.364	0.596	
Folate, total....mcg	13	2.071	6	AR	1		11	18	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13	2.071	6	AR	1		11	18	
Folate, DFE....mcg_DFE	13		0	NC	4		11	18	
Choline, total....mg	80.3		0	BFNN	4		68.3	111.6	
Betaine....mg	10.4		0	BFNN	4		8.8	14.5	
Vitamin B-12....mcg	3.01	0.627	12	AR	1		2.56	4.19	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		6	AR	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.47		0	BFSN	4		0.40	0.65	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	3.1		0	BFSN	4		2.6	4.3	
Lipids:									
Fatty acids, total saturated....g	7.191		0	BFFN	4		6.112	9.996	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13494

Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.015		0	BFFN	4		0.013	0.021	
13:0 g									
14:0 g	0.560		0	BFFN	4		0.476	0.779	
15:0 g	0.089		0	BFFN	4		0.075	0.123	
16:0 g	4.069		0	BFFN	4		3.459	5.656	
17:0 g	0.214		0	BFFN	4		0.182	0.298	
18:0 g	1.989		0	BFFN	4		1.690	2.764	
20:0 g	0.012		0	BFFN	4		0.010	0.017	
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	8.659		0	BFFN	4		7.360	12.036	
14:1 g	0.159		0	BFFN	4		0.135	0.221	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.700		0	BFFN	4		0.595	0.973	
17:1 g	0.096		0	BFFN	4		0.082	0.134	
18:1 undifferentiated g	7.320		0	BFFN	4		6.222	10.174	
20:1 g	0.071		0	BFFN	4		0.061	0.099	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.487		0	BFFN	4		0.414	0.677	
18:2 undifferentiated g	0.390		0	BFFN	4		0.332	0.542	
18:3 undifferentiated g	0.030		0	BFFN	4		0.026	0.042	
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.012		0	BFFN	4		0.010	0.017	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.045		0	BFFN	4		0.038	0.063	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	0.874		0	BFFN	4		0.743	1.215	
Cholesterol mg	88	8.157	12	AR	1		75	123	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.087		0	AR	1		0.074	0.121	
Threonine g	0.950		0	AR	1		0.807	1.320	
Isoleucine g	1.148		0	AR	1		0.976	1.596	
Leucine g	1.993		0	AR	1		1.694	2.770	
Lysine g	2.091		0	AR	1		1.778	2.907	
Methionine g	0.624		0	AR	1		0.531	0.868	
Cystine g	0.248		0	AR	1		0.211	0.345	
Phenylalanine g	1.027		0	AR	1		0.873	1.428	
Tyrosine g	0.751		0	AR	1		0.639	1.044	
Valine g	1.262		0	AR	1		1.073	1.755	
Arginine g	1.755		0	AR	1		1.491	2.439	
Histidine g	0.788		0	AR	1		0.669	1.095	
Alanine g	1.707		0	AR	1		1.451	2.373	
Aspartic acid g	2.290		0	AR	1		1.947	3.184	
Glutamic acid g	3.757		0	AR	1		3.194	5.223	
Glycine g	2.114		0	AR	1		1.797	2.939	
Proline g	1.528		0	AR	1		1.299	2.124	
Serine g	1.069		0	AR	1		0.909	1.486	

NDB No. 13494

Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.566		0	BFPN	4		0.481	0.786	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 139g: 1 portion (yield from 1/2 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13495

Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.37	2.884	12	AR	1		49.61	165.77	
Energy....kcal	241		0	NC	4		205	683	
Energy....kJ	1007		0	NC	4		856	2859	
Protein (N x 6.25)....g	23.87	1.354	12	AR	1		20.29	67.80	
Total lipid (fat)....g	15.37	2.142	12	AR	1		13.07	43.66	
Ash....g	0.88	0.067	12	AR	1		0.75	2.49	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	33	6.548	12	AR	1		28	94	
Iron, Fe....mg	2.27	0.189	12	AR	1		1.93	6.46	
Magnesium, Mg....mg	17	0.845	12	AR	1		14	47	
Phosphorus, P....mg	166	7.992	12	AR	1		141	470	
Potassium, K....mg	241	14.639	12	AR	1		205	685	
Sodium, Na....mg	73	2.260	12	AR	1		62	208	
Zinc, Zn....mg	5.84	0.221	12	AR	1		4.96	16.57	
Copper, Cu....mg	0.081	0.010	11	AR	1		0.069	0.229	
Manganese, Mn....mg	0.009	0.001	12	AR	1		0.007	0.024	
Selenium, Se....mcg	19.1	2.072	12	AR	1		16.2	54.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.051	0.006	12	AR	1		0.043	0.143	
Riboflavin....mg	0.168	0.013	12	AR	1		0.143	0.478	
Niacin....mg	4.026	0.324	12	AR	1		3.422	11.435	
Pantothenic acid....mg	0.515	0.071	6	AR	1		0.437	1.462	
Vitamin B-6....mg	0.311	0.027	12	AR	1		0.264	0.882	
Folate, total....mcg	7	1.897	6	AR	1		6	20	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7	1.897	6	AR	1		6	20	
Folate, DFE....mcg_DFE	7		0	NC	4		6	20	
Choline, total....mg	80.0		0	BFNN	4		68.0	227.2	
Betaine....mg	10.4		0	BFNN	4		8.8	29.4	
Vitamin B-12....mcg	2.46	0.199	12	AR	1		2.09	6.99	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		6	AR	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.44		0	BFSN	4		0.38	1.26	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	2.9		0	BFSN	4		2.4	8.2	
Lipids:									
Fatty acids, total saturated....g	6.188		0	BFFN	4		5.260	17.575	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13495

Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.013		0	BFFN	4		0.011	0.036	
13:0 g									
14:0 g	0.482		0	BFFN	4		0.410	1.370	
15:0 g	0.076		0	BFFN	4		0.065	0.217	
16:0 g	3.502		0	BFFN	4		2.976	9.945	
17:0 g	0.184		0	BFFN	4		0.157	0.524	
18:0 g	1.711		0	BFFN	4		1.455	4.861	
20:0 g	0.010		0	BFFN	4		0.009	0.030	
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	7.451		0	BFFN	4		6.334	21.162	
14:1 g	0.137		0	BFFN	4		0.116	0.389	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.603		0	BFFN	4		0.512	1.711	
17:1 g	0.083		0	BFFN	4		0.070	0.235	
18:1 undifferentiated g	6.299		0	BFFN	4		5.354	17.889	
20:1 g	0.061		0	BFFN	4		0.052	0.174	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.419		0	BFFN	4		0.356	1.191	
18:2 undifferentiated g	0.336		0	BFFN	4		0.285	0.953	
18:3 undifferentiated g	0.026		0	BFFN	4		0.022	0.074	
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.011		0	BFFN	4		0.009	0.030	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.039		0	BFFN	4		0.033	0.110	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	0.752		0	BFFN	4		0.639	2.136	
Cholesterol mg	66	7.842	12	AR	1		56	188	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.082		0	AR	1		0.069	0.232	
Threonine g	0.887		0	AR	1		0.754	2.519	
Isoleucine g	1.072		0	AR	1		0.912	3.046	
Leucine g	1.861		0	AR	1		1.582	5.286	
Lysine g	1.954		0	AR	1		1.660	5.548	
Methionine g	0.583		0	AR	1		0.496	1.657	
Cystine g	0.232		0	AR	1		0.197	0.659	
Phenylalanine g	0.959		0	AR	1		0.816	2.725	
Tyrosine g	0.702		0	AR	1		0.597	1.993	
Valine g	1.179		0	AR	1		1.002	3.349	
Arginine g	1.639		0	AR	1		1.393	4.655	
Histidine g	0.736		0	AR	1		0.625	2.089	
Alanine g	1.595		0	AR	1		1.355	4.529	
Aspartic acid g	2.140		0	AR	1		1.819	6.076	
Glutamic acid g	3.510		0	AR	1		2.983	9.968	
Glycine g	1.975		0	AR	1		1.679	5.608	
Proline g	1.427		0	AR	1		1.213	4.054	
Serine g	0.999		0	AR	1		0.849	2.836	

NDB No. 13495
Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.528		0	BFPN	4		0.449	1.501	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 284g: 1 loaf (yield from 1 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13496

Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.36	0.492	36	AR	1		50.46	45.71	
Energy....kcal	238		0	NC	4		202	183	
Energy....kJ	995		0	NC	4		846	766	
Protein (N x 6.25)....g	22.86	0.778	36	AR	1		19.44	17.61	
Total lipid (fat)....g	15.54	0.982	36	AR	1		13.21	11.97	
Ash....g	1.04	0.041	36	AR	1		0.88	0.80	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	37	8.017	12	AR	1		32	29	
Iron, Fe....mg	2.41	0.231	12	AR	1		2.05	1.86	
Magnesium, Mg....mg	20	0.909	12	AR	1		17	15	
Phosphorus, P....mg	194	8.617	12	AR	1		165	149	
Potassium, K....mg	308	19.197	12	AR	1		262	237	
Sodium, Na....mg	92	3.598	12	AR	1		78	71	
Zinc, Zn....mg	5.82	0.213	12	AR	1		4.95	4.48	
Copper, Cu....mg	0.066	0.007	11	AR	1		0.056	0.051	
Manganese, Mn....mg	0.011	0.002	12	AR	1		0.010	0.009	
Selenium, Se....mcg	19.2	1.499	12	AR	1		16.3	14.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.044	0.007	12	AR	1		0.037	0.033	
Riboflavin....mg	0.175	0.002	12	AR	1		0.149	0.135	
Niacin....mg	5.034	0.409	12	AR	1		4.278	3.876	
Pantothenic acid....mg	0.614		0	BFPN	4		0.522	0.473	
Vitamin B-6....mg	0.332	0.038	12	AR	1		0.282	0.256	
Folate, total....mcg	10		0	BFPN	4		9	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		9	8	
Folate, DFE....mcg_DFE	10		0	NC	4		9	8	
Choline, total....mg	76.6		0	BFNN	4		65.1	59.0	
Betaine....mg	9.9		0	BFNN	4		8.4	7.6	
Vitamin B-12....mcg	2.37	0.798	12	AR	1		2.01	1.82	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.43		0	BFSN	4		0.37	0.33	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	2.8		0	BFSN	4		2.4	2.2	
Lipids:									
Fatty acids, total saturated....g	6.256		0	BFFN	4		5.318	4.817	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13496

Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.013		0	BFFN	4		0.011	0.010	
13:0....g									
14:0....g	0.488		0	BFFN	4		0.414	0.375	
15:0....g	0.077		0	BFFN	4		0.066	0.059	
16:0....g	3.540		0	BFFN	4		3.009	2.726	
17:0....g	0.186		0	BFFN	4		0.158	0.144	
18:0....g	1.730		0	BFFN	4		1.471	1.332	
20:0....g	0.011		0	BFFN	4		0.009	0.008	
22:0....g	0.000		0	BFFN	4		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	7.533		0	BFFN	4		6.403	5.800	
14:1....g	0.139		0	BFFN	4		0.118	0.107	
15:1....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated....g	0.609		0	BFFN	4		0.518	0.469	
17:1....g	0.084		0	BFFN	4		0.071	0.064	
18:1 undifferentiated....g	6.368		0	BFFN	4		5.413	4.903	
20:1....g	0.062		0	BFFN	4		0.053	0.048	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.424		0	BFFN	4		0.360	0.326	
18:2 undifferentiated....g	0.339		0	BFFN	4		0.288	0.261	
18:3 undifferentiated....g	0.026		0	BFFN	4		0.022	0.020	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.011		0	BFFN	4		0.009	0.008	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.039		0	BFFN	4		0.033	0.030	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.760		0	BFFN	4		0.646	0.586	
Cholesterol....mg	78	6.093	12	AR	1		67	60	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.078		0	AR	1		0.066	0.060	
Threonine....g	0.850		0	AR	1		0.722	0.654	
Isoleucine....g	1.027		0	AR	1		0.873	0.791	
Leucine....g	1.783		0	AR	1		1.515	1.373	
Lysine....g	1.871		0	AR	1		1.590	1.441	
Methionine....g	0.559		0	AR	1		0.475	0.430	
Cystine....g	0.222		0	AR	1		0.189	0.171	
Phenylalanine....g	0.919		0	AR	1		0.781	0.708	
Tyrosine....g	0.672		0	AR	1		0.571	0.518	
Valine....g	1.129		0	AR	1		0.960	0.870	
Arginine....g	1.570		0	AR	1		1.334	1.209	
Histidine....g	0.705		0	AR	1		0.599	0.543	
Alanine....g	1.527		0	AR	1		1.298	1.176	
Aspartic acid....g	2.049		0	AR	1		1.742	1.578	
Glutamic acid....g	3.362		0	AR	1		2.857	2.588	
Glycine....g	1.891		0	AR	1		1.608	1.456	
Proline....g	1.367		0	AR	1		1.162	1.053	
Serine....g	0.957		0	AR	1		0.813	0.737	

NDB No. 13496

Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.393		0	BFPN	4		0.334	0.302	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving

Measure 2 = 77g: 1 patty

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13497
Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.26	0.750	72	AR	1		47.82	39.39	
Energy....kcal	273		0	NC	4		232	191	
Energy....kJ	1141		0	NC	4		969	798	
Protein (N x 6.25)....g	25.38	0.448	72	AR	1		21.58	17.77	
Total lipid (fat)....g	18.21	0.618	72	AR	1		15.48	12.74	
Ash....g	0.97	0.028	72	AR	1		0.82	0.68	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	35	4.808	36	AR	1		30	25	
Iron, Fe....mg	2.25	0.128	36	AR	1		1.91	1.58	
Magnesium, Mg....mg	19	0.410	36	AR	1		16	13	
Phosphorus, P....mg	185	4.278	36	AR	1		157	130	
Potassium, K....mg	275	6.344	36	AR	1		234	192	
Sodium, Na....mg	81	2.575	36	AR	1		69	57	
Zinc, Zn....mg	6.14	0.234	36	AR	1		5.22	4.29	
Copper, Cu....mg	0.069	0.010	36	AR	1		0.059	0.048	
Manganese, Mn....mg	0.009	0.002	36	AR	1		0.008	0.007	
Selenium, Se....mcg	21.4	1.558	72	AR	1		18.2	14.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.051	0.006	36	AR	1		0.043	0.036	
Riboflavin....mg	0.181	0.024	36	AR	1		0.154	0.127	
Niacin....mg	4.537	0.246	36	AR	1		3.857	3.176	
Pantothenic acid....mg	0.682	0.059	6	AR	1		0.580	0.477	
Vitamin B-6....mg	0.336	0.024	36	AR	1		0.286	0.235	
Folate, total....mcg	11	2.723	6	AR	1		10	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11	2.723	6	AR	1		10	8	
Folate, DFE....mcg_DFE	11		0	NC	4		10	8	
Choline, total....mg	77.8	3.791	12	AR	1		66.1	54.5	
Betaine....mg	10.1	1.036	12	AR	1		8.6	7.1	
Vitamin B-12....mcg	2.90	0.132	36	AR	1		2.47	2.03	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		6	AR	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.47		0	BFSN	4		0.40	0.33	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	3.0	0.983	12	AR	1		2.6	2.1	
Lipids:									
Fatty acids, total saturated....g	7.329	0.283	35	AR	1		6.230	5.130	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13497

Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		47	AR	1		0.000	0.000	
10:0 g	0.000		47	AR	1		0.000	0.000	
12:0 g	0.015	0.002	47	AR	1		0.013	0.011	
13:0 g									
14:0 g	0.571	0.027	47	AR	1		0.485	0.400	
15:0 g	0.091	0.005	47	AR	1		0.077	0.063	
16:0 g	4.147	0.186	47	AR	1		3.525	2.903	
17:0 g	0.218	0.011	47	AR	1		0.186	0.153	
18:0 g	2.027	0.176	47	AR	1		1.723	1.419	
20:0 g	0.012	0.003	47	AR	1		0.011	0.009	
22:0 g	0.000		47	AR	1		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	8.825	0.377	35	AR	1		7.501	6.177	
14:1 g	0.162	0.012	47	AR	1		0.138	0.114	
15:1 g	0.000		47	AR	1		0.000	0.000	
16:1 undifferentiated g	0.714	0.046	47	AR	1		0.607	0.500	
17:1 g	0.098	0.034	47	AR	1		0.083	0.069	
18:1 undifferentiated g	7.460	0.351	47	AR	1		6.341	5.222	
18:1 c g									
18:1-11c (18:1c n-7) g									
18:1 t g	0.891	0.000	3	AR	1		0.757	0.624	
18:1-11t (18:1t n-7) g									
20:1 g	0.073	0.006	47	AR	1		0.062	0.051	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.497	0.029	35	AR	1		0.422	0.348	
18:2 undifferentiated g	0.398	0.028	47	AR	1		0.338	0.278	
18:3 undifferentiated g	0.031	0.013	47	AR	1		0.026	0.022	
18:3 n-3 c,c,c (ALA) g	0.022	0.013	35	AR	1		0.019	0.015	
18:3 n-6 c,c,c g	0.013	0.003	47	AR	1		0.011	0.009	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		47	AR	1		0.000	0.000	
20:3 undifferentiated g	0.000		47	AR	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.046	0.003	47	AR	1		0.039	0.032	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	0.891		0	NC	4		0.757	0.624	
Fatty acids, total trans-monoenoic g	0.891		0	NC	4		0.757	0.624	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	82	5.010	36	AR	1		69	57	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.087		0	AR	1		0.074	0.061	
Threonine g	0.943		0	AR	1		0.802	0.660	
Isoleucine g	1.140		0	AR	1		0.969	0.798	
Leucine g	1.979		0	AR	1		1.682	1.385	
Lysine g	2.077		0	AR	1		1.766	1.454	
Methionine g	0.620		0	AR	1		0.527	0.434	
Cystine g	0.247		0	AR	1		0.210	0.173	
Phenylalanine g	1.020		0	AR	1		0.867	0.714	
Tyrosine g	0.746		0	AR	1		0.634	0.522	
Valine g	1.254		0	AR	1		1.066	0.878	
Arginine g	1.743		0	AR	1		1.481	1.220	
Histidine g	0.782		0	AR	1		0.665	0.548	

NDB No. 13497
Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine....g	1.696		0	AR	1		1.441	1.187	
Aspartic acid....g	2.275		0	AR	1		1.934	1.592	
Glutamic acid....g	3.732		0	AR	1		3.172	2.612	
Glycine....g	2.100		0	AR	1		1.785	1.470	
Proline....g	1.518		0	AR	1		1.290	1.062	
Serine....g	1.062		0	AR	1		0.903	0.743	
Hydroxyproline....g	0.562		0	BFPN	4		0.478	0.393	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving

Measure 2 = 70g: 1 patty

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13498
Beef, ground, 70% lean meat / 30% fat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.38	0.292	72	AR	1				
Energy....kcal	332		0	NC	4				
Energy....kJ	1389		0	NC	4				
Protein (N x 6.25)....g	14.35	0.271	72	AR	1				
Total lipid (fat)....g	30.00		72	AR	1				
Ash....g	0.70	0.034	72	AR	1				
Carbohydrate, by difference....g	0.00		0	Z	7				
Fiber, total dietary....g	0.0		0	Z	7				
Sugars, total....g	0.00		0	Z	7				
Starch....g									
Minerals:									
Calcium, Ca....mg	24	4.247	36	AR	1				
Iron, Fe....mg	1.64	0.079	36	AR	1				
Magnesium, Mg....mg	14	0.430	36	AR	1				
Phosphorus, P....mg	132	3.739	36	AR	1				
Potassium, K....mg	218	6.156	36	AR	1				
Sodium, Na....mg	67	2.054	36	AR	1				
Zinc, Zn....mg	3.57	0.131	36	AR	1				
Copper, Cu....mg	0.050	0.003	36	AR	1				
Manganese, Mn....mg	0.011	0.001	36	AR	1				
Selenium, Se....mcg	13.5	1.107	72	AR	1				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7				
Thiamin....mg	0.044	0.003	36	AR	1				
Riboflavin....mg	0.139	0.013	36	AR	1				
Niacin....mg	3.382	0.184	36	AR	1				
Pantothenic acid....mg	0.408	0.061	6	AR	1				
Vitamin B-6....mg	0.278	0.022	36	AR	1				
Folate, total....mcg	8	1.657	6	AR	1				
Folic acid....mcg	0		0	Z	7				
Folate, food....mcg	8	1.657	6	AR	1				
Folate, DFE....mcg_DFE	8		0	NC	4				
Choline, total....mg	46.8	3.336	12	AR	1				
Betaine....mg	8.5	1.084	12	AR	1				
Vitamin B-12....mcg	2.07	0.097	36	AR	1				
Vitamin B-12, added....mcg	0.00		0	Z	7				
Vitamin A, RAE....mcg_RAE	0		0	AS	1				
Retinol....mcg	0		6	AR	1				
Carotene, beta....mcg	0		0	Z	7				
Carotene, alpha....mcg	0		0	Z	7				
Cryptoxanthin, beta....mcg	0		0	Z	7				
Vitamin A, IU....IU	0		0	AS	1				
Lycopene....mcg	0		0	Z	7				
Lutein + zeaxanthin....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)....mg	0.49		0	BFSN	4				
Vitamin E, added....mg	0.00		0	Z	7				
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	2.9	0.311	12	AR	1				
Lipids:									
Fatty acids, total saturated....g	11.289	0.271	35	AR	1				
4:0....g	0.000		0	Z	7				

NDB No. 13498
Beef, ground, 70% lean meat / 30% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7				
8:0....g	0.000		47	AR	1				
10:0....g	0.000		47	AR	1				
12:0....g	0.020	0.001	47	AR	1				
13:0....g									
14:0....g	0.918	0.023	47	AR	1				
15:0....g	0.146	0.004	47	AR	1				
16:0....g	6.463	0.122	47	AR	1				
17:0....g	0.344	0.009	47	AR	1				
18:0....g	3.448	0.077	47	AR	1				
20:0....g	0.022	0.001	47	AR	1				
22:0....g	0.000		47	AR	1				
24:0....g									
Fatty acids, total monounsaturated....g	13.161	0.362	35	AR	1				
14:1....g	0.255	0.007	47	AR	1				
15:1....g	0.000		12	AR	1				
16:1 undifferentiated....g	1.105	0.029	47	AR	1				
17:1....g	0.200	0.029	47	AR	1				
18:1 undifferentiated....g	11.514	0.243	47	AR	1				
18:1 c....g									
18:1-11c (18:1c n-7)....g									
18:1 t....g	1.826	0.030	3	AR	1				
18:1-11t (18:1t n-7)....g									
20:1....g	0.010	0.003	47	AR	1				
22:1 undifferentiated....g	0.000		0	Z	7				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.696	0.026	35	AR	1				
18:2 undifferentiated....g	0.577	0.022	47	AR	1				
18:3 undifferentiated....g	0.081	0.005	47	AR	1				
18:3 n-3 c,c,c (ALA)....g	0.065	0.005	35	AR	1				
18:3 n-6 c,c,c....g	0.019	0.001	47	AR	1				
18:3i....g									
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g	0.000		47	AR	1				
20:3 undifferentiated....g	0.000		47	AR	1				
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.031	0.002	47	AR	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7				
22:6 n-3 (DHA)....g	0.000		0	Z	7				
Fatty acids, total trans....g	1.826		3	AR	1				
Cholesterol....mg	78	2.012	36	AR	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.049	0.013	12	AR	1				
Threonine....g	0.533	0.038	12	AR	1				
Isoleucine....g	0.645	0.052	12	AR	1				
Leucine....g	1.119	0.069	12	AR	1				
Lysine....g	1.174	0.065	12	AR	1				
Methionine....g	0.351	0.022	12	AR	1				
Cystine....g	0.140	0.007	12	AR	1				
Phenylalanine....g	0.577	0.038	12	AR	1				
Tyrosine....g	0.422	0.039	12	AR	1				
Valine....g	0.709	0.041	12	AR	1				
Arginine....g	0.985	0.083	12	AR	1				
Histidine....g	0.442	0.033	12	AR	1				
Alanine....g	0.958	0.094	12	AR	1				
Aspartic acid....g	1.286	0.079	12	AR	1				

NDB No. 13498
Beef, ground, 70% lean meat / 30% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glutamic acid.....g	2.110	0.134	12	AR	1				
Glycine.....g	1.187	0.179	12	AR	1				
Proline.....g	0.858	0.113	12	AR	1				
Serine.....g	0.600	0.050	12	AR	1				
Hydroxyproline.....g	0.318	0.058	12	AR	1				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23580
Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned

hamburger
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.50	0.576	36	AR	1		46.32	75.75	
Energy	kcal	277		0	NC	4		235	384	
Energy	kJ	1157		0	NC	4		983	1608	
Protein (N x 6.25)	g	26.28	0.368	36	AR	1		22.34	36.53	
Total lipid (fat)	g	18.21	0.463	36	AR	1		15.48	25.32	
Ash	g	1.10	0.055	36	AR	1		0.93	1.53	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	34	5.197	12	AR	1		29	48	
Iron, Fe	mg	2.63	0.149	11	AR	1		2.23	3.65	
Magnesium, Mg	mg	22	0.566	12	AR	1		19	30	
Phosphorus, P	mg	214	5.489	12	AR	1		182	297	
Potassium, K	mg	354	12.362	12	AR	1		301	492	
Sodium, Na	mg	93	3.162	12	AR	1		79	130	
Zinc, Zn	mg	6.17	0.161	12	AR	1		5.25	8.58	
Copper, Cu	mg	0.080	0.010	12	AR	1		0.068	0.112	
Manganese, Mn	mg	0.012	0.001	11	AR	1		0.010	0.016	
Selenium, Se	mcg	22.0	1.428	12	AR	1		18.7	30.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.046	0.006	12	AR	1		0.039	0.064	
Riboflavin	mg	0.187	0.013	12	AR	1		0.159	0.260	
Niacin	mg	5.345	0.219	11	AR	1		4.543	7.430	
Pantothenic acid	mg	0.805	0.079	6	AR	1		0.685	1.120	
Vitamin B-6	mg	0.429	0.024	12	AR	1		0.364	0.596	
Folate, total	mcg	12	1.465	6	AR	1		10	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	12	1.465	6	AR	1		10	16	
Folate, DFE	mcg_DFE	12		0	NC	4		10	16	
Choline, total	mg	83.9		0	BFNN	4		71.3	116.6	
Betaine	mg	9.0		0	BFNN	4		7.6	12.5	
Vitamin B-12	mcg	2.94	0.479	12	AR	1		2.50	4.08	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		6	AR	1		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.48		0	CASN	4		0.41	0.67	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.2		0	AS	1		0.2	0.3	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.2		0	PAK	1		0.2	0.3	
Vitamin D	IU	8		0	PAK	1		7	12	
Vitamin K (phylloquinone)	mcg	2.2		0	BFSN	4		1.9	3.1	
Lipids:										
Fatty acids, total saturated	g	7.044		0	BFFN	4		5.988	9.792	
4:0	g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23580

Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.013		0	BFFN	4		0.011	0.018	
13:0 g									
14:0 g	0.539		0	BFFN	4		0.459	0.750	
15:0 g	0.086		0	BFFN	4		0.073	0.120	
16:0 g	3.968		0	BFFN	4		3.373	5.515	
17:0 g	0.204		0	BFFN	4		0.173	0.283	
18:0 g	2.079		0	BFFN	4		1.767	2.889	
20:0 g	0.013		0	BFFN	4		0.011	0.018	
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	8.373		0	BFFN	4		7.117	11.639	
14:1 g	0.153		0	BFFN	4		0.130	0.213	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.684		0	BFFN	4		0.581	0.950	
17:1 g	0.120		0	BFFN	4		0.102	0.167	
18:1 undifferentiated g	7.129		0	BFFN	4		6.060	9.910	
20:1 g	0.063		0	BFFN	4		0.053	0.087	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.509		0	BFFN	4		0.432	0.707	
18:2 undifferentiated g	0.398		0	BFFN	4		0.338	0.553	
18:3 undifferentiated g	0.049		0	BFFN	4		0.041	0.068	
18:3 n-3 c,c,c (ALA) g	0.039		0	BFFN	4		0.033	0.054	
18:3 n-6 c,c,c g	0.013		0	BFFN	4		0.011	0.018	
18:3i g									
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.045		0	BFFN	4		0.038	0.062	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g	1.135		0	BFFN	4		0.964	1.577	
Cholesterol mg	89	3.667	12	AR	1		76	124	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.108		0	AR	1		0.092	0.150	
Threonine g	0.993		0	AR	1		0.844	1.380	
Isoleucine g	1.173		0	AR	1		0.997	1.630	
Leucine g	2.049		0	AR	1		1.742	2.848	
Lysine g	2.161		0	AR	1		1.837	3.003	
Methionine g	0.656		0	AR	1		0.558	0.912	
Cystine g	0.262		0	AR	1		0.222	0.364	
Phenylalanine g	1.043		0	AR	1		0.887	1.450	
Tyrosine g	0.787		0	AR	1		0.669	1.094	
Valine g	1.295		0	AR	1		1.101	1.800	
Arginine g	1.765		0	AR	1		1.501	2.454	
Histidine g	0.828		0	AR	1		0.704	1.151	
Alanine g	1.710		0	AR	1		1.454	2.378	
Aspartic acid g	2.359		0	AR	1		2.005	3.280	
Glutamic acid g	3.894		0	AR	1		3.310	5.413	
Glycine g	2.014		0	AR	1		1.712	2.799	
Proline g	1.476		0	AR	1		1.255	2.052	
Serine g	1.080		0	AR	1		0.918	1.501	

NDB No. 23580

Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.503		0	BFPN	4		0.427	0.699	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 139g: 1 portion (yield from 1/2 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23581
Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.50	1.095	12	AR	1		48.87	163.30	
Energy....kcal	254		0	NC	4		216	721	
Energy....kJ	1062		0	NC	4		902	3015	
Protein (N x 6.25)....g	24.56	0.989	12	AR	1		20.88	69.75	
Total lipid (fat)....g	16.50	0.801	12	AR	1		14.03	46.86	
Ash....g	0.89	0.048	12	AR	1		0.76	2.53	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	28	4.600	12	AR	1		24	79	
Iron, Fe....mg	2.43	0.134	12	AR	1		2.06	6.90	
Magnesium, Mg....mg	18	0.594	12	AR	1		15	50	
Phosphorus, P....mg	172	5.615	12	AR	1		146	489	
Potassium, K....mg	256	10.285	12	AR	1		218	727	
Sodium, Na....mg	70	1.588	12	AR	1		60	199	
Zinc, Zn....mg	6.04	0.155	12	AR	1		5.13	17.15	
Copper, Cu....mg	0.080	0.008	11	AR	1		0.068	0.228	
Manganese, Mn....mg	0.009	0.001	12	AR	1		0.008	0.026	
Selenium, Se....mcg	19.7	1.561	12	AR	1		16.7	55.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.047	0.004	12	AR	1		0.040	0.134	
Riboflavin....mg	0.169	0.010	12	AR	1		0.144	0.481	
Niacin....mg	4.327	0.251	12	AR	1		3.678	12.288	
Pantothenic acid....mg	0.542	0.052	6	AR	1		0.461	1.540	
Vitamin B-6....mg	0.320	0.021	12	AR	1		0.272	0.908	
Folate, total....mcg	7	1.546	6	AR	1		6	19	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7	1.546	6	AR	1		6	19	
Folate, DFE....mcg_DFE	7		0	NC	4		6	19	
Choline, total....mg	80.0		0	BFNN	4		68.0	227.2	
Betaine....mg	8.6		0	BFNN	4		7.3	24.3	
Vitamin B-12....mcg	2.47	0.156	12	AR	1		2.10	7.01	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		6	AR	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.45		0	CASN	4		0.38	1.29	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.2	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	PAK	1		0.2	0.6	
Vitamin D....IU	8		0	PAK	1		7	24	
Vitamin K (phylloquinone)....mcg	2.1		0	BFSN	4		1.8	5.9	
Lipids:									
Fatty acids, total saturated....g	6.382		0	BFFN	4		5.425	18.124	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23581
Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.012		0	BFFN	4		0.010	0.034	
13:0 g									
14:0 g	0.489		0	BFFN	4		0.415	1.388	
15:0 g	0.078		0	BFFN	4		0.066	0.222	
16:0 g	3.595		0	BFFN	4		3.056	10.209	
17:0 g	0.185		0	BFFN	4		0.157	0.525	
18:0 g	1.883		0	BFFN	4		1.601	5.348	
20:0 g	0.012		0	BFFN	4		0.010	0.033	
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	7.586		0	BFFN	4		6.448	21.544	
14:1 g	0.139		0	BFFN	4		0.118	0.394	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.619		0	BFFN	4		0.527	1.759	
17:1 g	0.109		0	BFFN	4		0.093	0.310	
18:1 undifferentiated g	6.459		0	BFFN	4		5.490	18.343	
20:1 g	0.057		0	BFFN	4		0.048	0.162	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.461		0	BFFN	4		0.392	1.309	
18:2 undifferentiated g	0.360		0	BFFN	4		0.306	1.023	
18:3 undifferentiated g	0.044		0	BFFN	4		0.038	0.125	
18:3 n-3 c,c,c (ALA) g	0.035		0	BFFN	4		0.030	0.100	
18:3 n-6 c,c,c g	0.012		0	BFFN	4		0.010	0.033	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.041		0	BFFN	4		0.034	0.115	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	1.028		0	BFFN	4		0.874	2.919	
Fatty acids, total trans-monoenoic g	1.028		0	BFFN	4		0.874	2.919	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	82	3.804	12	AR	1		69	232	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.101		0	AR	1		0.086	0.286	
Threonine g	0.928		0	AR	1		0.789	2.635	
Isoleucine g	1.096		0	AR	1		0.932	3.113	
Leucine g	1.915		0	AR	1		1.628	5.438	
Lysine g	2.019		0	AR	1		1.716	5.735	
Methionine g	0.613		0	AR	1		0.521	1.741	
Cystine g	0.245		0	AR	1		0.208	0.695	
Phenylalanine g	0.975		0	AR	1		0.829	2.769	
Tyrosine g	0.736		0	AR	1		0.625	2.089	
Valine g	1.210		0	AR	1		1.029	3.438	
Arginine g	1.650		0	AR	1		1.402	4.686	
Histidine g	0.774		0	AR	1		0.658	2.197	
Alanine g	1.599		0	AR	1		1.359	4.540	
Aspartic acid g	2.205		0	AR	1		1.874	6.262	
Glutamic acid g	3.639		0	AR	1		3.094	10.336	
Glycine g	1.882		0	AR	1		1.600	5.345	

NDB No. 23581
Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	1.379		0	AR	1		1.172	3.917	
Serine.....g	1.009		0	AR	1		0.858	2.867	
Hydroxyproline.....g	0.470		0	BFPN	4		0.399	1.335	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 284g: 1 loaf (yield from 1 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23578

Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled

hamburger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.49	0.316	72	AR	1		47.17	38.84	
Energy....kcal	278		0	NC	4		236	195	
Energy....kJ	1163		0	NC	4		989	814	
Protein (N x 6.25)....g	25.56	0.322	72	AR	1		21.73	17.90	
Total lipid (fat)....g	18.72	0.260	72	AR	1		15.91	13.10	
Ash....g	0.98	0.022	72	AR	1		0.84	0.69	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	30	3.428	36	AR	1		25	21	
Iron, Fe....mg	2.37	0.094	36	AR	1		2.01	1.66	
Magnesium, Mg....mg	20	0.343	36	AR	1		17	14	
Phosphorus, P....mg	189	3.398	36	AR	1		161	133	
Potassium, K....mg	289	5.121	36	AR	1		246	203	
Sodium, Na....mg	78	1.879	36	AR	1		66	55	
Zinc, Zn....mg	6.19	0.171	36	AR	1		5.27	4.34	
Copper, Cu....mg	0.075	0.009	35	AR	1		0.063	0.052	
Manganese, Mn....mg	0.010	0.002	36	AR	1		0.009	0.007	
Selenium, Se....mcg	21.4	1.360	72	AR	1		18.2	15.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.049	0.005	36	AR	1		0.042	0.035	
Riboflavin....mg	0.179	0.019	36	AR	1		0.152	0.125	
Niacin....mg	4.818	0.223	36	AR	1		4.095	3.372	
Pantothenic acid....mg	0.674	0.042	6	AR	1		0.573	0.472	
Vitamin B-6....mg	0.351	0.018	36	AR	1		0.299	0.246	
Folate, total....mcg	11	1.944	6	AR	1		9	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11	1.944	6	AR	1		9	7	
Folate, DFE....mcg_DFE	11		0	NC	4		9	7	
Choline, total....mg	79.3	2.663	12	AR	1		67.4	55.5	
Betaine....mg	8.5	0.647	12	AR	1		7.2	5.9	
Vitamin B-12....mcg	2.81	0.095	36	AR	1		2.39	1.97	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		6	AR	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.47		0	CASN	4		0.40	0.33	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	PAK	1		0.2	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	PAK	1		0.2	0.1	
Vitamin D....IU	8		0	PAK	1		7	6	
Vitamin K (phylloquinone)....mcg	2.2	0.430	12	AR	1		1.9	1.5	
Lipids:									
Fatty acids, total saturated....g	7.238	0.167	35	AR	1		6.152	5.067	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23578

Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000	0.000	47	AR	1		0.000	0.000	
10:0....g	0.000	0.000	47	AR	1		0.000	0.000	
12:0....g	0.014	0.001	47	AR	1		0.012	0.010	
13:0....g									
14:0....g	0.554	0.012	47	AR	1		0.471	0.388	
15:0....g	0.089	0.003	47	AR	1		0.075	0.062	
16:0....g	4.077	0.078	47	AR	1		3.466	2.854	
17:0....g	0.210	0.005	47	AR	1		0.178	0.147	
18:0....g	2.136	0.075	47	AR	1		1.816	1.495	
20:0....g	0.013	0.001	47	AR	1		0.011	0.009	
22:0....g	0.000	0.000	47	AR	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	8.604	0.161	35	AR	1		7.313	6.023	
14:1....g	0.158	0.005	47	AR	1		0.134	0.110	
15:1....g	0.000	0.000	47	AR	1		0.000	0.000	
16:1 undifferentiated....g	0.703	0.020	47	AR	1		0.597	0.492	
17:1....g	0.124	0.023	47	AR	1		0.105	0.087	
18:1 undifferentiated....g	7.325	0.148	47	AR	1		6.227	5.128	
20:1....g	0.065	0.003	47	AR	1		0.055	0.045	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.523	0.015	35	AR	1		0.444	0.366	
18:2 undifferentiated....g	0.409	0.017	47	AR	1		0.347	0.286	
18:3 undifferentiated....g	0.050	0.006	47	AR	1		0.043	0.035	
18:3 n-3 c,c,c (ALA)....g	0.040	0.006	35	AR	1		0.034	0.028	
18:3 n-6 c,c,c....g	0.013	0.001	47	AR	1		0.011	0.009	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	47	AR	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	47	AR	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.046	0.002	47	AR	1		0.039	0.032	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	1.166	0.000	3	AR	1		0.991	0.816	
Fatty acids, total trans-monoenoic....g	1.166		0	NC	4		0.991	0.816	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	89	2.612	36	AR	1		75	62	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.105		0	AR	1		0.089	0.073	
Threonine....g	0.966		0	AR	1		0.821	0.676	
Isoleucine....g	1.141		0	AR	1		0.970	0.799	
Leucine....g	1.993		0	AR	1		1.694	1.395	
Lysine....g	2.102		0	AR	1		1.787	1.471	
Methionine....g	0.638		0	AR	1		0.542	0.447	
Cystine....g	0.255		0	AR	1		0.216	0.178	
Phenylalanine....g	1.015		0	AR	1		0.863	0.710	
Tyrosine....g	0.766		0	AR	1		0.651	0.536	
Valine....g	1.260		0	AR	1		1.071	0.882	
Arginine....g	1.717		0	AR	1		1.460	1.202	
Histidine....g	0.805		0	AR	1		0.684	0.564	
Alanine....g	1.664		0	AR	1		1.414	1.165	
Aspartic acid....g	2.295		0	AR	1		1.951	1.607	
Glutamic acid....g	3.788		0	AR	1		3.220	2.652	
Glycine....g	1.959		0	AR	1		1.665	1.371	

NDB No. 23578
Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline....g	1.436		0	AR	1		1.220	1.005	
Serine....g	1.051		0	AR	1		0.893	0.735	
Hydroxyproline....g	0.489		0	BFPN	4		0.416	0.342	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving

Measure 2 = 70g: 1 patty

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23579

Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled

hamburger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.69	0.259	36	AR	1		49.88	45.19	
Energy....kcal	248		0	NC	4		211	191	
Energy....kJ	1040		0	NC	4		884	800	
Protein (N x 6.25)....g	23.45	0.555	36	AR	1		19.93	18.06	
Total lipid (fat)....g	16.44	0.418	36	AR	1		13.98	12.66	
Ash....g	1.05	0.030	36	AR	1		0.89	0.81	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	32	5.632	12	AR	1		27	24	
Iron, Fe....mg	2.50	0.162	12	AR	1		2.13	1.93	
Magnesium, Mg....mg	20	0.638	12	AR	1		17	16	
Phosphorus, P....mg	199	6.054	12	AR	1		169	154	
Potassium, K....mg	322	13.487	12	AR	1		274	248	
Sodium, Na....mg	87	2.584	12	AR	1		74	67	
Zinc, Zn....mg	5.95	0.150	12	AR	1		5.06	4.58	
Copper, Cu....mg	0.071	0.005	12	AR	1		0.060	0.055	
Manganese, Mn....mg	0.012	0.002	12	AR	1		0.010	0.009	
Selenium, Se....mcg	19.6	1.223	12	AR	1		16.6	15.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.043	0.005	12	AR	1		0.037	0.033	
Riboflavin....mg	0.176	0.012	12	AR	1		0.149	0.135	
Niacin....mg	5.282	0.310	12	AR	1		4.490	4.067	
Pantothenic acid....mg	0.618		0	BFPN	4		0.525	0.476	
Vitamin B-6....mg	0.344	0.027	12	AR	1		0.292	0.265	
Folate, total....mcg	10		0	BFPN	4		8	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		8	7	
Folate, DFE....mcg_DFE	10		0	NC	4		8	7	
Choline, total....mg	76.5		0	BFNN	4		65.0	58.9	
Betaine....mg	8.2		0	BFNN	4		7.0	6.3	
Vitamin B-12....mcg	2.52	0.575	10	AR	1		2.14	1.94	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	BFSN	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.44		0	CASN	4		0.37	0.34	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.2	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	PAK	1		0.2	0.2	
Vitamin D....IU	8		0	PAK	1		7	6	
Vitamin K (phylloquinone)....mcg	2.0		0	BFSN	4		1.7	1.6	
Lipids:									
Fatty acids, total saturated....g	6.360		0	BFFN	4		5.406	4.897	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23579

Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.012		0	BFFN	4		0.010	0.009	
13:0 g									
14:0 g	0.487		0	BFFN	4		0.414	0.375	
15:0 g	0.078		0	BFFN	4		0.066	0.060	
16:0 g	3.582		0	BFFN	4		3.045	2.758	
17:0 g									
18:0 g	1.877		0	BFFN	4		1.595	1.445	
20:0 g	0.012		0	BFFN	4		0.010	0.009	
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	7.560		0	BFFN	4		6.426	5.821	
14:1 g	0.138		0	BFFN	4		0.118	0.107	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.617		0	BFFN	4		0.525	0.475	
17:1 g	0.109		0	BFFN	4		0.092	0.084	
18:1 undifferentiated g	6.436		0	BFFN	4		5.471	4.956	
20:1 g	0.057		0	BFFN	4		0.048	0.044	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.459		0	BFFN	4		0.390	0.354	
18:2 undifferentiated g	0.359		0	BFFN	4		0.305	0.276	
18:3 undifferentiated g	0.044		0	BFFN	4		0.037	0.034	
18:3 n-3 c,c,c (ALA) g	0.035		0	BFFN	4		0.030	0.027	
18:3 n-6 c,c,c g	0.012		0	BFFN	4		0.010	0.009	
18:3i g									
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.040		0	BFFN	4		0.034	0.031	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g	1.024		0	BFFN	4		0.871	0.789	
Cholesterol mg	83	2.705	12	AR	1		71	64	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.096		0	AR	1		0.082	0.074	
Threonine g	0.886		0	AR	1		0.753	0.682	
Isoleucine g	1.047		0	AR	1		0.890	0.806	
Leucine g	1.828		0	AR	1		1.554	1.408	
Lysine g	1.928		0	AR	1		1.639	1.485	
Methionine g	0.585		0	AR	1		0.497	0.451	
Cystine g	0.234		0	AR	1		0.198	0.180	
Phenylalanine g	0.931		0	AR	1		0.791	0.717	
Tyrosine g	0.702		0	AR	1		0.597	0.541	
Valine g	1.156		0	AR	1		0.982	0.890	
Arginine g	1.575		0	AR	1		1.339	1.213	
Histidine g	0.739		0	AR	1		0.628	0.569	
Alanine g	1.526		0	AR	1		1.297	1.175	
Aspartic acid g	2.105		0	AR	1		1.790	1.621	
Glutamic acid g	3.475		0	AR	1		2.954	2.676	
Glycine g	1.797		0	AR	1		1.527	1.384	
Proline g	1.317		0	AR	1		1.119	1.014	
Serine g	0.964		0	AR	1		0.819	0.742	

NDB No. 23579

Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.449		0	BFPN	4		0.381	0.346	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 77g: 1 patty (yield from 1/4 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23577
Beef, ground, 75% lean meat / 25% fat, raw

hamburger
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.16	0.226	72	AR	1				
Energy	kcal	293		0	NC	4				
Energy	kJ	1225		0	NC	4				
Protein (N x 6.25)	g	15.76	0.213	72	AR	1				
Total lipid (fat)	g	25.00		72	AR	1				
Ash	g	0.77	0.028	72	AR	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	21	3.022	36	AR	1				
Iron, Fe	mg	1.79	0.062	36	AR	1				
Magnesium, Mg	mg	15	0.313	36	AR	1				
Phosphorus, P	mg	145	2.687	36	AR	1				
Potassium, K	mg	244	4.381	36	AR	1				
Sodium, Na	mg	67	1.546	36	AR	1				
Zinc, Zn	mg	3.87	0.094	36	AR	1				
Copper, Cu	mg	0.056	0.003	36	AR	1				
Manganese, Mn	mg	0.009	0.001	36	AR	1				
Selenium, Se	mcg	14.3	0.965	72	AR	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.044	0.003	36	AR	1				
Riboflavin	mg	0.144	0.011	36	AR	1				
Niacin	mg	3.804	0.148	36	AR	1				
Pantothenic acid	mg	0.455	0.056	6	AR	1				
Vitamin B-6	mg	0.301	0.017	36	AR	1				
Folate, total	mcg	8	0.817	5	AR	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	8	0.817	5	AR	1				
Folate, DFE	mcg_DFE	8		0	NC	4				
Choline, total	mg	51.6	2.853	12	AR	1				
Betaine	mg	7.4	0.677	12	AR	1				
Vitamin B-12	mcg	2.11	0.078	36	AR	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		6	AR	1				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.45		0	CASN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.1		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.1		0	PAK	1				
Vitamin D	IU	5		0	PAK	1				
Vitamin K (phylloquinone)	mcg	2.4	0.225	12	AR	1				
Lipids:										
Fatty acids, total saturated	g	9.481	0.196	35	AR	1				
4:0	g	0.000		0	Z	7				

NDB No. 23577
Beef, ground, 75% lean meat / 25% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7				
8:0 g	0.000		0	Z	7				
10:0 g	0.000	0.000	47	AR	1				
12:0 g	0.017	0.001	47	AR	1				
13:0 g									
14:0 g	0.759	0.016	47	AR	1				
15:0 g	0.122	0.003	47	AR	1				
16:0 g	5.405	0.088	47	AR	1				
17:0 g	0.286	0.007	47	AR	1				
18:0 g	2.924	0.058	47	AR	1				
20:0 g	0.019	0.001	47	AR	1				
22:0 g	0.000	0.000	47	AR	1				
24:0 g									
Fatty acids, total monounsaturated g	8.629	0.161	35	AR	1				
14:1 g	0.209	0.005	47	AR	1				
15:1 g									
16:1 undifferentiated g	0.914	0.021	47	AR	1				
17:1 g	0.167	0.026	47	AR	1				
18:1 undifferentiated g	9.593	0.174	47	AR	1				
20:1 g	0.084	0.002	47	AR	1				
22:1 undifferentiated g	0.000		0	Z	7				
24:1 c g									
Fatty acids, total polyunsaturated g	0.520	0.015	35	AR	1				
18:2 undifferentiated g	0.498	0.019	47	AR	1				
18:3 undifferentiated g	0.072	0.004	47	AR	1				
18:3 n-3 c,c,c (ALA) g	0.058	0.004	35	AR	1				
18:3 n-6 c,c,c g	0.017	0.001	47	AR	1				
18:3i g									
18:4 g	0.000		0	Z	7				
20:2 n-6 c,c g	0.000	0.000	47	AR	1				
20:3 undifferentiated g	0.000	0.000	47	AR	1				
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.032	0.001	47	AR	1				
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7				
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7				
22:6 n-3 (DHA) g	0.000		0	Z	7				
Fatty acids, total trans g	1.529	0.021	3	AR	1				
Cholesterol mg	75	1.670	36	AR	1				
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.065		0	AR	1				
Threonine g	0.596		0	AR	1				
Isoleucine g	0.704		0	AR	1				
Leucine g	1.229		0	AR	1				
Lysine g	1.296		0	AR	1				
Methionine g	0.394		0	AR	1				
Cystine g	0.157		0	AR	1				
Phenylalanine g	0.626		0	AR	1				
Tyrosine g	0.472		0	AR	1				
Valine g	0.777		0	AR	1				
Arginine g	1.059		0	AR	1				
Histidine g	0.497		0	AR	1				
Alanine g	1.026		0	AR	1				
Aspartic acid g	1.416		0	AR	1				
Glutamic acid g	2.336		0	AR	1				
Glycine g	1.208		0	AR	1				
Proline g	0.885		0	AR	1				
Serine g	0.648		0	AR	1				

NDB No. 23577
Beef, ground, 75% lean meat / 25% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.302		0	BFPN	4				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23575

Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned

hamburger, ground chuck

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.54	0.494	36	AR	1		46.36	81.26	
Energy....kcal	272		0	NC	4		231	405	
Energy....kJ	1138		0	NC	4		967	1695	
Protein (N x 6.25)....g	27.00	0.247	36	AR	1		22.95	40.23	
Total lipid (fat)....g	17.36	0.362	36	AR	1		14.76	25.87	
Ash....g	1.16	0.042	36	AR	1		0.99	1.73	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	28	3.497	12	AR	1		24	42	
Iron, Fe....mg	2.78	0.096	11	AR	1		2.36	4.14	
Magnesium, Mg....mg	23	0.363	12	AR	1		20	35	
Phosphorus, P....mg	226	3.523	12	AR	1		192	337	
Potassium, K....mg	380	8.193	12	AR	1		323	567	
Sodium, Na....mg	91	2.030	12	AR	1		78	136	
Zinc, Zn....mg	6.40	0.103	12	AR	1		5.44	9.53	
Copper, Cu....mg	0.087	0.008	12	AR	1		0.074	0.129	
Manganese, Mn....mg	0.012	0.001	11	AR	1		0.010	0.018	
Selenium, Se....mcg	21.8	1.275	12	AR	1		18.5	32.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.045	0.004	12	AR	1		0.038	0.067	
Riboflavin....mg	0.189	0.010	12	AR	1		0.161	0.282	
Niacin....mg	5.831	0.142	11	AR	1		4.957	8.689	
Pantothenic acid....mg	0.806	0.060	6	AR	1		0.685	1.201	
Vitamin B-6....mg	0.428	0.020	12	AR	1		0.364	0.638	
Folate, total....mcg	11	0.956	6	AR	1		9	16	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11	0.956	6	AR	1		9	16	
Folate, DFE....mcg_DFE	11		0	NC	4		9	16	
Choline, total....mg	87.0		0	BFNN	4		74.0	129.7	
Betaine....mg	8.6		0	BFNN	4		7.3	12.9	
Vitamin B-12....mcg	2.86	0.367	12	AR	1		2.43	4.27	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		6	AR	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.48		0	CASN	4		0.41	0.72	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.2	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	PAK	1		0.2	0.3	
Vitamin D....IU	8		0	PAK	1		7	12	
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		1.4	2.4	
Lipids:									
Fatty acids, total saturated....g	6.593		0	BFFN	4		5.604	9.823	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23575

Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.012		0	BFFN	4		0.010	0.018	
13:0 g									
14:0 g	0.494		0	BFFN	4		0.420	0.735	
15:0 g	0.080		0	BFFN	4		0.068	0.119	
16:0 g	3.690		0	BFFN	4		3.137	5.499	
17:0 g	0.186		0	BFFN	4		0.158	0.278	
18:0 g	2.050		0	BFFN	4		1.742	3.054	
20:0 g	0.013		0	BFFN	4		0.011	0.020	
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	7.696		0	BFFN	4		6.542	11.467	
14:1 g	0.138		0	BFFN	4		0.117	0.206	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.629		0	BFFN	4		0.535	0.938	
17:1 g	0.126		0	BFFN	4		0.107	0.187	
18:1 undifferentiated g	6.598		0	BFFN	4		5.608	9.831	
20:1 g	0.054		0	BFFN	4		0.046	0.081	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.503		0	BFFN	4		0.428	0.750	
18:2 undifferentiated g	0.388		0	BFFN	4		0.330	0.578	
18:3 undifferentiated g	0.059		0	BFFN	4		0.050	0.088	
18:3 n-3 c,c,c (ALA) g	0.049		0	BFFN	4		0.041	0.072	
18:3 n-6 c,c,c g	0.013		0	BFFN	4		0.011	0.019	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.045		0	BFFN	4		0.039	0.068	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	1.212		0	BFFN	4		1.030	1.806	
Cholesterol mg	89	2.590	12	AR	1		76	133	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.126		0	AR	1		0.107	0.188	
Threonine g	1.034		0	AR	1		0.879	1.541	
Isoleucine g	1.198		0	AR	1		1.019	1.785	
Leucine g	2.105		0	AR	1		1.789	3.136	
Lysine g	2.229		0	AR	1		1.895	3.321	
Methionine g	0.686		0	AR	1		0.583	1.021	
Cystine g	0.274		0	AR	1		0.233	0.408	
Phenylalanine g	1.061		0	AR	1		0.902	1.581	
Tyrosine g	0.821		0	AR	1		0.698	1.224	
Valine g	1.328		0	AR	1		1.129	1.979	
Arginine g	1.781		0	AR	1		1.514	2.653	
Histidine g	0.866		0	AR	1		0.736	1.290	
Alanine g	1.718		0	AR	1		1.461	2.561	
Aspartic acid g	2.428		0	AR	1		2.063	3.617	
Glutamic acid g	4.027		0	AR	1		3.423	6.001	
Glycine g	1.932		0	AR	1		1.642	2.878	
Proline g	1.435		0	AR	1		1.220	2.138	
Serine g	1.093		0	AR	1		0.929	1.628	

NDB No. 23575

Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.449		0	BFPN	4		0.382	0.669	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 149g: 1 portion (yield from 1/2 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23576

Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked

hamburger, ground chuck

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.70	0.550	12	AR	1		49.05	178.31	
Energy....kcal	254		0	NC	4		216	784	
Energy....kJ	1061		0	NC	4		902	3279	
Protein (N x 6.25)....g	25.25	0.698	12	AR	1		21.46	78.01	
Total lipid (fat)....g	16.17	0.373	12	AR	1		13.74	49.95	
Ash....g	0.90	0.031	12	AR	1		0.77	2.79	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	23	2.953	12	AR	1		19	71	
Iron, Fe....mg	2.58	0.087	12	AR	1		2.20	7.98	
Magnesium, Mg....mg	19	0.381	12	AR	1		16	57	
Phosphorus, P....mg	179	3.604	12	AR	1		152	553	
Potassium, K....mg	271	6.602	12	AR	1		230	837	
Sodium, Na....mg	67	1.019	12	AR	1		57	207	
Zinc, Zn....mg	6.24	0.098	12	AR	1		5.31	19.30	
Copper, Cu....mg	0.080	0.007	11	AR	1		0.068	0.246	
Manganese, Mn....mg	0.009	0.001	12	AR	1		0.008	0.029	
Selenium, Se....mcg	20.3	1.172	12	AR	1		17.3	62.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.044	0.003	12	AR	1		0.037	0.135	
Riboflavin....mg	0.170	0.006	12	AR	1		0.145	0.526	
Niacin....mg	4.627	0.198	12	AR	1		3.933	14.297	
Pantothenic acid....mg	0.570	0.036	6	AR	1		0.484	1.761	
Vitamin B-6....mg	0.329	0.017	12	AR	1		0.280	1.017	
Folate, total....mcg	7	1.303	6	AR	1		6	20	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7	1.303	6	AR	1		6	20	
Folate, DFE....mcg_DFE	7		0	NC	4		6	20	
Choline, total....mg	80.9		0	BFNN	4		68.8	250.0	
Betaine....mg	8.0		0	BFNN	4		6.8	24.8	
Vitamin B-12....mcg	2.48	0.125	12	AR	1		2.11	7.66	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		6	AR	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.45		0	CASN	4		0.38	1.39	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.2	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	PAK	1		0.2	0.6	
Vitamin D....IU	8		0	PAK	1		7	25	
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		1.3	4.7	
Lipids:									
Fatty acids, total saturated....g	6.138		0	BFFN	4		5.218	18.967	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23576

Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.011		0	BFFN	4		0.009	0.034	
13:0 g									
14:0 g	0.460		0	BFFN	4		0.391	1.420	
15:0 g	0.075		0	BFFN	4		0.063	0.230	
16:0 g	3.436		0	BFFN	4		2.921	10.617	
17:0 g	0.174		0	BFFN	4		0.148	0.536	
18:0 g	1.908		0	BFFN	4		1.622	5.897	
20:0 g	0.012		0	BFFN	4		0.011	0.038	
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	7.166		0	BFFN	4		6.091	22.142	
14:1 g	0.129		0	BFFN	4		0.109	0.397	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.586		0	BFFN	4		0.498	1.811	
17:1 g	0.117		0	BFFN	4		0.100	0.362	
18:1 undifferentiated g	6.143		0	BFFN	4		5.222	18.982	
20:1 g	0.050		0	BFFN	4		0.043	0.156	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.469		0	BFFN	4		0.398	1.448	
18:2 undifferentiated g	0.361		0	BFFN	4		0.307	1.117	
18:3 undifferentiated g	0.055		0	BFFN	4		0.047	0.170	
18:3 n-3 c,c,c (ALA) g	0.045		0	BFFN	4		0.038	0.140	
18:3 n-6 c,c,c g	0.012		0	BFFN	4		0.010	0.037	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.042		0	BFFN	4		0.036	0.131	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	1.129		0	BFFN	4		0.959	3.487	
Cholesterol mg	90	2.916	12	AR	1		77	279	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.118		0	AR	1		0.100	0.364	
Threonine g	0.967		0	AR	1		0.822	2.988	
Isoleucine g	1.120		0	AR	1		0.952	3.462	
Leucine g	1.968		0	AR	1		1.673	6.080	
Lysine g	2.084		0	AR	1		1.771	6.440	
Methionine g	0.641		0	AR	1		0.545	1.981	
Cystine g	0.256		0	AR	1		0.218	0.792	
Phenylalanine g	0.992		0	AR	1		0.843	3.065	
Tyrosine g	0.768		0	AR	1		0.653	2.373	
Valine g	1.242		0	AR	1		1.056	3.837	
Arginine g	1.665		0	AR	1		1.415	5.145	
Histidine g	0.809		0	AR	1		0.688	2.501	
Alanine g	1.607		0	AR	1		1.366	4.965	
Aspartic acid g	2.270		0	AR	1		1.929	7.014	
Glutamic acid g	3.765		0	AR	1		3.201	11.635	
Glycine g	1.806		0	AR	1		1.535	5.581	
Proline g	1.342		0	AR	1		1.140	4.145	
Serine g	1.022		0	AR	1		0.868	3.157	

NDB No. 23576
Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.420		0	BFPN	4		0.357	1.297	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 309g: 1 loaf (yield from 1 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23573

Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled

hamburger, ground chuck

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.08	0.249	72	AR	1		47.67	43.18	
Energy....kcal	271		0	NC	4		230	208	
Energy....kJ	1132		0	NC	4		963	872	
Protein (N x 6.25)....g	25.75	0.223	72	AR	1		21.89	19.83	
Total lipid (fat)....g	17.82	0.205	72	AR	1		15.15	13.72	
Ash....g	1.00	0.017	72	AR	1		0.85	0.77	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	24	2.313	36	AR	1		20	19	
Iron, Fe....mg	2.48	0.067	36	AR	1		2.11	1.91	
Magnesium, Mg....mg	20	0.298	36	AR	1		17	16	
Phosphorus, P....mg	194	2.783	36	AR	1		165	149	
Potassium, K....mg	304	4.281	36	AR	1		258	234	
Sodium, Na....mg	75	1.336	36	AR	1		64	58	
Zinc, Zn....mg	6.25	0.122	36	AR	1		5.32	4.82	
Copper, Cu....mg	0.080	0.008	36	AR	1		0.068	0.061	
Manganese, Mn....mg	0.011	0.001	36	AR	1		0.010	0.009	
Selenium, Se....mcg	21.5	1.237	72	AR	1		18.3	16.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.048	0.004	36	AR	1		0.040	0.037	
Riboflavin....mg	0.178	0.016	36	AR	1		0.151	0.137	
Niacin....mg	5.098	0.209	36	AR	1		4.333	3.925	
Pantothenic acid....mg	0.665	0.028	6	AR	1		0.566	0.512	
Vitamin B-6....mg	0.367	0.014	36	AR	1		0.312	0.282	
Folate, total....mcg	10	1.300	6	AR	1		8	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10	1.300	6	AR	1		8	7	
Folate, DFE....mcg_DFE	10		0	NC	4		8	7	
Choline, total....mg	80.8	1.709	12	AR	1		68.7	62.2	
Betaine....mg	8.0	0.415	12	AR	1		6.8	6.2	
Vitamin B-12....mcg	2.73	0.066	36	AR	1		2.32	2.10	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		6	AR	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.47		0	CASN	4		0.40	0.36	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.2	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	PAK	1		0.2	0.2	
Vitamin D....IU	8		0	PAK	1		7	6	
Vitamin K (phylloquinone)....mcg	1.6	0.434	12	AR	1		1.3	1.2	
Lipids:									
Fatty acids, total saturated....g	6.758	0.135	35	AR	1		5.744	5.203	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23573

Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000	0.000	47	AR	1		0.000	0.000	
10:0....g	0.000	0.000	47	AR	1		0.000	0.000	
12:0....g	0.012	0.001	47	AR	1		0.010	0.009	
13:0....g									
14:0....g	0.507	0.009	47	AR	1		0.431	0.390	
15:0....g	0.082	0.002	47	AR	1		0.070	0.063	
16:0....g	3.788	0.055	47	AR	1		3.219	2.916	
17:0....g	0.191	0.004	47	AR	1		0.163	0.147	
18:0....g	2.104	0.059	47	AR	1		1.788	1.620	
20:0....g	0.014	0.001	47	AR	1		0.012	0.011	
22:0....g	0.000	0.000	47	AR	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	7.883	0.122	35	AR	1		6.700	6.070	
14:1....g	0.142	0.003	47	AR	1		0.121	0.109	
15:1....g	0.000	0.000	47	AR	1		0.000	0.000	
16:1 undifferentiated....g	0.646	0.015	47	AR	1		0.549	0.497	
17:1....g	0.129	0.021	47	AR	1		0.110	0.099	
18:1 undifferentiated....g	6.772	0.112	47	AR	1		5.756	5.214	
20:1....g	0.056	0.002	47	AR	1		0.047	0.043	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.519	0.014	35	AR	1		0.441	0.399	
18:2 undifferentiated....g	0.398	0.015	47	AR	1		0.339	0.307	
18:3 undifferentiated....g	0.061	0.005	47	AR	1		0.052	0.047	
18:3 n-3 c,c,c (ALA)....g	0.050	0.005	35	AR	1		0.042	0.038	
18:3 n-6 c,c,c....g	0.013	0.001	47	AR	1		0.011	0.010	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	47	AR	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	47	AR	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.047	0.001	47	AR	1		0.040	0.036	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	1.231		3	AR	1		1.046	0.948	
Fatty acids, total trans-monoenoic....g	1.231		3	AR	1		1.046	0.948	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	91	2.247	36	AR	1		78	70	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.120		0	AR	1		0.102	0.092	
Threonine....g	0.986		0	AR	1		0.838	0.759	
Isoleucine....g	1.143		0	AR	1		0.971	0.880	
Leucine....g	2.007		0	AR	1		1.706	1.545	
Lysine....g	2.125		0	AR	1		1.807	1.637	
Methionine....g	0.654		0	AR	1		0.556	0.503	
Cystine....g	0.261		0	AR	1		0.222	0.201	
Phenylalanine....g	1.011		0	AR	1		0.860	0.779	
Tyrosine....g	0.783		0	AR	1		0.666	0.603	
Valine....g	1.266		0	AR	1		1.076	0.975	
Arginine....g	1.698		0	AR	1		1.443	1.307	
Histidine....g	0.825		0	AR	1		0.702	0.636	
Alanine....g	1.639		0	AR	1		1.393	1.262	
Aspartic acid....g	2.315		0	AR	1		1.968	1.782	
Glutamic acid....g	3.840		0	AR	1		3.264	2.957	
Glycine....g	1.842		0	AR	1		1.566	1.418	

NDB No. 23573
Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	1.368		0	AR	1		1.163	1.053	
Serine.....g	1.042		0	AR	1		0.886	0.802	
Hydroxyproline.....g	0.428		0	BFPN	4		0.364	0.330	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving

Measure 2 = 77g: 1 patty

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23574
Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled

hamburger, ground chuck
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.11	0.224	36	AR	1		50.24	49.06	
Energy....kcal	246		0	NC	4		209	204	
Energy....kJ	1031		0	NC	4		876	856	
Protein (N x 6.25)....g	24.04	0.376	36	AR	1		20.43	19.95	
Total lipid (fat)....g	15.94	0.308	36	AR	1		13.55	13.23	
Ash....g	1.06	0.021	36	AR	1		0.90	0.88	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	26	3.615	12	AR	1		22	22	
Iron, Fe....mg	2.59	0.104	12	AR	1		2.20	2.15	
Magnesium, Mg....mg	21	0.410	12	AR	1		18	18	
Phosphorus, P....mg	205	3.886	12	AR	1		174	170	
Potassium, K....mg	335	8.657	12	AR	1		285	278	
Sodium, Na....mg	83	1.756	12	AR	1		71	69	
Zinc, Zn....mg	6.07	0.096	12	AR	1		5.16	5.04	
Copper, Cu....mg	0.076	0.004	12	AR	1		0.065	0.063	
Manganese, Mn....mg	0.012	0.001	12	AR	1		0.010	0.010	
Selenium, Se....mcg	19.9	1.031	12	AR	1		16.9	16.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.043	0.003	12	AR	1		0.036	0.036	
Riboflavin....mg	0.177	0.010	12	AR	1		0.150	0.147	
Niacin....mg	5.530	0.235	12	AR	1		4.701	4.590	
Pantothenic acid....mg	0.621		0	BFPN	4		0.528	0.516	
Vitamin B-6....mg	0.356	0.018	12	AR	1		0.302	0.295	
Folate, total....mcg	9		0	BFPN	4		8	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		8	8	
Folate, DFE....mcg_DFE	9		0	NC	4		8	8	
Choline, total....mg	77.3		0	BFNN	4		65.7	64.1	
Betaine....mg	7.7		0	BFNN	4		6.5	6.4	
Vitamin B-12....mcg	2.66	0.394	10	AR	1		2.26	2.21	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.44		0	CASN	4		0.37	0.36	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.2	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	PAK	1		0.2	0.2	
Vitamin D....IU	8		0	PAK	1		7	7	
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		1.2	1.2	
Lipids:									
Fatty acids, total saturated....g	6.051		0	BFFN	4		5.143	5.022	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23574

Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.011		0	BFFN	4		0.009	0.009	
13:0....g									
14:0....g	0.453		0	BFFN	4		0.385	0.376	
15:0....g	0.074		0	BFFN	4		0.062	0.061	
16:0....g	3.387		0	BFFN	4		2.879	2.811	
17:0....g	0.171		0	BFFN	4		0.145	0.142	
18:0....g	1.881		0	BFFN	4		1.599	1.562	
20:0....g	0.012		0	BFFN	4		0.010	0.010	
22:0....g	0.000		0	BFFN	4		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	7.064		0	BFFN	4		6.004	5.863	
14:1....g	0.127		0	BFFN	4		0.108	0.105	
15:1....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated....g	0.578		0	BFFN	4		0.491	0.480	
17:1....g	0.115		0	BFFN	4		0.098	0.096	
18:1 undifferentiated....g	6.056		0	BFFN	4		5.147	5.026	
20:1....g	0.050		0	BFFN	4		0.042	0.041	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.462		0	BFFN	4		0.393	0.384	
18:2 undifferentiated....g	0.356		0	BFFN	4		0.303	0.296	
18:3 undifferentiated....g	0.054		0	BFFN	4		0.046	0.045	
18:3 n-3 c,c,c (ALA)....g	0.045		0	BFFN	4		0.038	0.037	
18:3 n-6 c,c,c....g	0.012		0	BFFN	4		0.010	0.010	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.042		0	BFFN	4		0.035	0.035	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	1.113		0	BFFN	4		0.946	0.923	
Cholesterol....mg	86	1.879	12	AR	1		73	71	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.112		0	AR	1		0.095	0.093	
Threonine....g	0.921		0	AR	1		0.783	0.764	
Isoleucine....g	1.067		0	AR	1		0.907	0.885	
Leucine....g	1.873		0	AR	1		1.592	1.555	
Lysine....g	1.984		0	AR	1		1.687	1.647	
Methionine....g	0.610		0	AR	1		0.519	0.506	
Cystine....g	0.244		0	AR	1		0.207	0.202	
Phenylalanine....g	0.944		0	AR	1		0.803	0.784	
Tyrosine....g	0.731		0	AR	1		0.621	0.607	
Valine....g	1.182		0	AR	1		1.005	0.981	
Arginine....g	1.585		0	AR	1		1.347	1.316	
Histidine....g	0.771		0	AR	1		0.655	0.640	
Alanine....g	1.530		0	AR	1		1.300	1.270	
Aspartic acid....g	2.161		0	AR	1		1.837	1.794	
Glutamic acid....g	3.585		0	AR	1		3.047	2.975	
Glycine....g	1.720		0	AR	1		1.462	1.427	
Proline....g	1.277		0	AR	1		1.086	1.060	
Serine....g	0.973		0	AR	1		0.827	0.807	

NDB No. 23574

Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.400		0	BFPN	4		0.340	0.332	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 83g: 1 patty (yield from 1/4 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23572
Beef, ground, 80% lean meat / 20% fat, raw

hamburger
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.94	0.179	72	AR	1				
Energy	kcal	254		0	NC	4				
Energy	kJ	1062		0	NC	4				
Protein (N x 6.25)	g	17.17	0.172	72	AR	1				
Total lipid (fat)	g	20.00		72	AR	1				
Ash	g	0.84	0.024	72	AR	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	18	2.031	36	AR	1				
Iron, Fe	mg	1.94	0.049	36	AR	1				
Magnesium, Mg	mg	17	0.222	36	AR	1				
Phosphorus, P	mg	158	1.849	36	AR	1				
Potassium, K	mg	270	2.943	36	AR	1				
Sodium, Na	mg	67	1.168	36	AR	1				
Zinc, Zn	mg	4.18	0.065	36	AR	1				
Copper, Cu	mg	0.061	0.002	36	AR	1				
Manganese, Mn	mg	0.010	0.001	36	AR	1				
Selenium, Se	mcg	15.0	0.877	72	AR	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.043	0.002	36	AR	1				
Riboflavin	mg	0.148	0.010	36	AR	1				
Niacin	mg	4.227	0.122	36	AR	1				
Pantothenic acid	mg	0.502	0.054	6	AR	1				
Vitamin B-6	mg	0.323	0.014	36	AR	1				
Folate, total	mcg	7	0.785	5	AR	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	7	0.785	5	AR	1				
Folate, DFE	mcg_DFE	7		0	NC	4				
Choline, total	mg	56.4	2.535	12	AR	1				
Betaine	mg	7.3	0.434	12	AR	1				
Vitamin B-12	mcg	2.14	0.065	36	AR	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		6	AR	1				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.41		0	CASN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.1		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.1		0	PAK	1				
Vitamin D	IU	5		0	PAK	1				
Vitamin K (phylloquinone)	mcg	1.8	0.161	12	AR	1				
Lipids:										
Fatty acids, total saturated	g	7.673	0.138	35	AR	1				
4:0	g	0.000		0	Z	7				

NDB No. 23572
Beef, ground, 80% lean meat / 20% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7				
8:0....g	0.000		0	Z	7				
10:0....g	0.000	0.000	47	AR	1				
12:0....g	0.014	0.001	47	AR	1				
13:0....g									
14:0....g	0.601	0.011	47	AR	1				
15:0....g	0.097	0.002	47	AR	1				
16:0....g	4.348	0.061	47	AR	1				
17:0....g	0.227	0.005	47	AR	1				
18:0....g	2.400	0.044	47	AR	1				
20:0....g	0.017	0.001	47	AR	1				
22:0....g	0.000	0.000	47	AR	1				
24:0....g									
Fatty acids, total monounsaturated....g	8.757	0.180	35	AR	1				
14:1....g	0.162	0.004	47	AR	1				
15:1....g	0.000	0.000	47	AR	1				
16:1 undifferentiated....g	0.724	0.014	47	AR	1				
17:1....g	0.135	0.024	47	AR	1				
18:1 undifferentiated....g	7.672	0.118	47	AR	1				
20:1....g	0.066	0.002	47	AR	1				
22:1 undifferentiated....g	0.000		0	Z	7				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.520	0.018	35	AR	1				
18:2 undifferentiated....g	0.420	0.017	47	AR	1				
18:3 undifferentiated....g	0.063	0.003	47	AR	1				
18:3 n-3 c,c,c (ALA)....g	0.051	0.003	35	AR	1				
18:3 n-6 c,c,c....g	0.015	0.001	47	AR	1				
18:3i....g									
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g	0.000	0.000	47	AR	1				
20:3 undifferentiated....g	0.000	0.000	47	AR	1				
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.034	0.001	47	AR	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7				
22:6 n-3 (DHA)....g	0.000		0	Z	7				
Fatty acids, total trans....g	1.232	0.015	3	AR	1				
Cholesterol....mg	71	1.442	36	AR	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.080		0	AR	1				
Threonine....g	0.658		0	AR	1				
Isoleucine....g	0.763		0	AR	1				
Leucine....g	1.339		0	AR	1				
Lysine....g	1.419		0	AR	1				
Methionine....g	0.436		0	AR	1				
Cystine....g	0.174		0	AR	1				
Phenylalanine....g	0.675		0	AR	1				
Tyrosine....g	0.523		0	AR	1				
Valine....g	0.845		0	AR	1				
Arginine....g	1.133		0	AR	1				
Histidine....g	0.551		0	AR	1				
Alanine....g	1.094		0	AR	1				
Aspartic acid....g	1.545		0	AR	1				
Glutamic acid....g	2.563		0	AR	1				
Glycine....g	1.230		0	AR	1				
Proline....g	0.913		0	AR	1				
Serine....g	0.696		0	AR	1				

NDB No. 23572
Beef, ground, 80% lean meat / 20% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.329		0	BFPN	4				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23570

Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned

hamburger, ground round

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.90	0.496	36	AR	1		47.51	83.28	
Energy....kcal	256		0	NC	4		218	382	
Energy....kJ	1073		0	NC	4		912	1599	
Protein (N x 6.25)....g	27.73	0.211	36	AR	1		23.57	41.31	
Total lipid (fat)....g	15.30	0.365	36	AR	1		13.01	22.80	
Ash....g	1.22	0.039	36	AR	1		1.04	1.82	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22	2.909	12	AR	1		19	33	
Iron, Fe....mg	2.93	0.077	11	AR	1		2.49	4.36	
Magnesium, Mg....mg	25	0.290	12	AR	1		21	37	
Phosphorus, P....mg	238	2.810	12	AR	1		202	355	
Potassium, K....mg	407	6.729	12	AR	1		346	606	
Sodium, Na....mg	89	1.619	12	AR	1		76	133	
Zinc, Zn....mg	6.62	0.082	12	AR	1		5.63	9.86	
Copper, Cu....mg	0.093	0.007	12	AR	1		0.079	0.139	
Manganese, Mn....mg	0.012	0.001	11	AR	1		0.011	0.018	
Selenium, Se....mcg	21.6	1.233	12	AR	1		18.3	32.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.044	0.003	12	AR	1		0.037	0.066	
Riboflavin....mg	0.191	0.009	12	AR	1		0.162	0.285	
Niacin....mg	6.318	0.118	11	AR	1		5.370	9.413	
Pantothenic acid....mg	0.807	0.054	6	AR	1		0.686	1.202	
Vitamin B-6....mg	0.428	0.019	12	AR	1		0.364	0.638	
Folate, total....mcg	10	0.771	6	AR	1		8	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10	0.771	6	AR	1		8	14	
Folate, DFE....mcg_DFE	10		0	NC	4		8	14	
Choline, total....mg	89.6		0	BFNN	4		76.1	133.4	
Betaine....mg	8.2		0	BFNN	4		7.0	12.2	
Vitamin B-12....mcg	2.79	0.333	12	AR	1		2.37	4.15	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		6	AR	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.47		0	CASN	4		0.40	0.70	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.2	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	PAK	1		0.2	0.3	
Vitamin D....IU	7		0	PAK	1		6	11	
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		1.1	1.9	
Lipids:									
Fatty acids, total saturated....g	5.821		0	BFFN	4		4.948	8.673	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23570

Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.010		0	BFFN	4		0.009	0.016	
13:0 g									
14:0 g	0.424		0	BFFN	4		0.360	0.631	
15:0 g	0.070		0	BFFN	4		0.060	0.104	
16:0 g	3.243		0	BFFN	4		2.757	4.832	
17:0 g	0.162		0	BFFN	4		0.138	0.241	
18:0 g	1.910		0	BFFN	4		1.623	2.845	
20:0 g	0.013		0	BFFN	4		0.011	0.020	
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	6.586		0	BFFN	4		5.598	9.813	
14:1 g	0.114		0	BFFN	4		0.097	0.170	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.538		0	BFFN	4		0.457	0.802	
17:1 g	0.113		0	BFFN	4		0.096	0.168	
18:1 undifferentiated g	5.737		0	BFFN	4		4.876	8.547	
20:1 g	0.045		0	BFFN	4		0.038	0.067	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.479		0	BFFN	4		0.407	0.714	
18:2 undifferentiated g	0.363		0	BFFN	4		0.309	0.541	
18:3 undifferentiated g	0.062		0	BFFN	4		0.053	0.092	
18:3 n-3 c,c,c (ALA) g	0.052		0	BFFN	4		0.044	0.077	
18:3 n-6 c,c,c g	0.013		0	BFFN	4		0.011	0.019	
18:3i g									
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.047		0	BFFN	4		0.040	0.070	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g	1.074		0	BFFN	4		0.913	1.601	
Cholesterol mg	90	2.712	12	AR	1		76	133	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.143		0	AR	1		0.121	0.213	
Threonine g	1.074		0	AR	1		0.913	1.601	
Isoleucine g	1.224		0	AR	1		1.041	1.824	
Leucine g	2.161		0	AR	1		1.837	3.220	
Lysine g	2.296		0	AR	1		1.952	3.421	
Methionine g	0.714		0	AR	1		0.607	1.064	
Cystine g	0.286		0	AR	1		0.243	0.426	
Phenylalanine g	1.079		0	AR	1		0.918	1.608	
Tyrosine g	0.854		0	AR	1		0.726	1.272	
Valine g	1.361		0	AR	1		1.157	2.028	
Arginine g	1.799		0	AR	1		1.529	2.681	
Histidine g	0.902		0	AR	1		0.767	1.344	
Alanine g	1.731		0	AR	1		1.471	2.579	
Aspartic acid g	2.496		0	AR	1		2.121	3.719	
Glutamic acid g	4.158		0	AR	1		3.534	6.195	
Glycine g	1.864		0	AR	1		1.585	2.778	
Proline g	1.402		0	AR	1		1.192	2.089	
Serine g	1.107		0	AR	1		0.941	1.650	

NDB No. 23570

Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.402		0	BFPN	4		0.342	0.599	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 149g: 1 portion (yield from 1/2 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23571
Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked

hamburger, ground round
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.98	0.608	12	AR	1		50.13	182.25	
Energy....kcal	240		0	NC	4		204	743	
Energy....kJ	1005		0	NC	4		855	3107	
Protein (N x 6.25)....g	25.93	0.602	12	AR	1		22.04	80.14	
Total lipid (fat)....g	14.36	0.437	12	AR	1		12.21	44.38	
Ash....g	0.92	0.026	12	AR	1		0.78	2.84	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	18	2.355	12	AR	1		15	55	
Iron, Fe....mg	2.74	0.071	12	AR	1		2.33	8.46	
Magnesium, Mg....mg	20	0.304	12	AR	1		17	60	
Phosphorus, P....mg	186	2.874	12	AR	1		158	574	
Potassium, K....mg	286	5.265	12	AR	1		243	882	
Sodium, Na....mg	64	0.813	12	AR	1		54	197	
Zinc, Zn....mg	6.45	0.078	12	AR	1		5.48	19.93	
Copper, Cu....mg	0.079	0.006	11	AR	1		0.067	0.244	
Manganese, Mn....mg	0.010	0.001	12	AR	1		0.008	0.030	
Selenium, Se....mcg	21.0	1.050	12	AR	1		17.8	64.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.040	0.002	12	AR	1		0.034	0.125	
Riboflavin....mg	0.171	0.005	12	AR	1		0.145	0.528	
Niacin....mg	4.927	0.182	12	AR	1		4.188	15.226	
Pantothenic acid....mg	0.597	0.030	6	AR	1		0.508	1.846	
Vitamin B-6....mg	0.338	0.016	12	AR	1		0.288	1.045	
Folate, total....mcg	6	1.231	6	AR	1		5	20	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6	1.231	6	AR	1		5	20	
Folate, DFE....mcg_DFE	6		0	NC	4		5	20	
Choline, total....mg	82.9		0	BFNN	4		70.4	256.1	
Betaine....mg	7.6		0	BFNN	4		6.4	23.4	
Vitamin B-12....mcg	2.49	0.116	12	AR	1		2.11	7.69	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		6	AR	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.44		0	CASN	4		0.37	1.35	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	PAK	1		0.2	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	PAK	1		0.2	0.6	
Vitamin D....IU	7		0	PAK	1		6	23	
Vitamin K (phylloquinone)....mcg	1.2		0	BFSN	4		1.0	3.7	
Lipids:									
Fatty acids, total saturated....g	5.464		0	BFFN	4		4.644	16.884	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23571
Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.010		0	BFFN	4		0.008	0.030	
13:0....g									
14:0....g	0.397		0	BFFN	4		0.338	1.228	
15:0....g	0.066		0	BFFN	4		0.056	0.203	
16:0....g	3.041		0	BFFN	4		2.585	9.398	
17:0....g	0.152		0	BFFN	4		0.129	0.470	
18:0....g	1.791		0	BFFN	4		1.522	5.534	
20:0....g	0.013		0	BFFN	4		0.011	0.039	
22:0....g	0.000		0	BFFN	4		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	6.183		0	BFFN	4		5.256	19.105	
14:1....g	0.107		0	BFFN	4		0.091	0.331	
15:1....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated....g	0.505		0	BFFN	4		0.429	1.559	
17:1....g	0.106		0	BFFN	4		0.090	0.328	
18:1 undifferentiated....g	5.380		0	BFFN	4		4.573	16.623	
20:1....g	0.042		0	BFFN	4		0.036	0.130	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.450		0	BFFN	4		0.383	1.391	
18:2 undifferentiated....g	0.340		0	BFFN	4		0.289	1.052	
18:3 undifferentiated....g	0.058		0	BFFN	4		0.049	0.180	
18:3 n-3 c,c,c (ALA)....g	0.048		0	BFFN	4		0.041	0.149	
18:3 n-6 c,c,c....g	0.012		0	BFFN	4		0.010	0.038	
18:3i....g									
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.044		0	BFFN	4		0.038	0.137	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	1.008		0	BFFN	4		0.857	3.115	
Cholesterol....mg	91	3.012	12	AR	1		78	283	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.133		0	AR	1		0.113	0.412	
Threonine....g	1.005		0	AR	1		0.854	3.105	
Isoleucine....g	1.145		0	AR	1		0.973	3.539	
Leucine....g	2.021		0	AR	1		1.718	6.245	
Lysine....g	2.148		0	AR	1		1.826	6.637	
Methionine....g	0.668		0	AR	1		0.568	2.064	
Cystine....g	0.267		0	AR	1		0.227	0.826	
Phenylalanine....g	1.010		0	AR	1		0.858	3.120	
Tyrosine....g	0.799		0	AR	1		0.679	2.468	
Valine....g	1.273		0	AR	1		1.082	3.934	
Arginine....g	1.683		0	AR	1		1.431	5.201	
Histidine....g	0.844		0	AR	1		0.717	2.608	
Alanine....g	1.619		0	AR	1		1.376	5.003	
Aspartic acid....g	2.334		0	AR	1		1.984	7.213	
Glutamic acid....g	3.889		0	AR	1		3.306	12.017	
Glycine....g	1.744		0	AR	1		1.482	5.388	
Proline....g	1.312		0	AR	1		1.115	4.053	
Serine....g	1.036		0	AR	1		0.880	3.200	

NDB No. 23571
Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.376		0	BFPN	4		0.320	1.162	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 309g: 1 loaf (yield from 1 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23568

Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled

hamburger, ground round

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.03	0.262	72	AR	1				
Energy	kcal	250		0	NC	4				
Energy	kJ	1048		0	NC	4				
Protein (N x 6.25)	g	25.93	0.198	72	AR	1				
Total lipid (fat)	g	15.48	0.216	72	AR	1				
Ash	g	1.02	0.016	72	AR	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	18	1.980	36	AR	1				
Iron, Fe	mg	2.60	0.059	36	AR	1				
Magnesium, Mg	mg	21	0.287	36	AR	1				
Phosphorus, P	mg	198	2.626	36	AR	1				
Potassium, K	mg	318	4.069	36	AR	1				
Sodium, Na	mg	72	1.181	36	AR	1				
Zinc, Zn	mg	6.31	0.108	36	AR	1				
Copper, Cu	mg	0.085	0.008	35	AR	1				
Manganese, Mn	mg	0.012	0.001	36	AR	1				
Selenium, Se	mcg	21.6	1.211	72	AR	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.046	0.004	36	AR	1				
Riboflavin	mg	0.176	0.016	36	AR	1				
Niacin	mg	5.378	0.206	36	AR	1				
Pantothenic acid	mg	0.657	0.022	6	AR	1				
Vitamin B-6	mg	0.382	0.013	36	AR	1				
Folate, total	mcg	9	1.070	6	AR	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	9	1.070	6	AR	1				
Folate, DFE	mcg_DFE	9		0	NC	4				
Choline, total	mg	82.4	1.363	12	AR	1				
Betaine	mg	7.5	0.331	12	AR	1				
Vitamin B-12	mcg	2.64	0.058	36	AR	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		6	AR	1				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.45		0	CASN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.2		0	PAK	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.2		0	PAK	1				
Vitamin D	IU	7		0	PAK	1				
Vitamin K (phylloquinone)	mcg	1.2	0.428	12	AR	1				
Lipids:										
Fatty acids, total saturated	g	5.887	0.139	35	AR	1				
4:0	g	0.000		0	Z	7				

NDB No. 23568

Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7				
8:0....g	0.000		0	Z	7				
10:0....g	0.000	0.000	47	AR	1				
12:0....g	0.011	0.001	47	AR	1				
13:0....g									
14:0....g	0.428	0.010	47	AR	1				
15:0....g	0.071	0.002	47	AR	1				
16:0....g	3.278	0.058	47	AR	1				
17:0....g	0.164	0.004	47	AR	1				
18:0....g	1.930	0.063	47	AR	1				
20:0....g	0.014	0.001	47	AR	1				
22:0....g	0.000	0.000	47	AR	1				
24:0....g									
Fatty acids, total monounsaturated....g	6.662	0.128	35	AR	1				
14:1....g	0.115	0.004	47	AR	1				
15:1....g	0.000	0.000	47	AR	1				
16:1 undifferentiated....g	0.544	0.016	47	AR	1				
17:1....g	0.114	0.022	47	AR	1				
18:1 undifferentiated....g	5.799	0.118	47	AR	1				
18:1 c....g									
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.947	0.146	3	AR	1				
18:1-11t (18:1t n-7)....g									
20:1....g	0.045	0.002	47	AR	1				
22:1 undifferentiated....g	0.000		0	Z	7				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.485	0.014	35	AR	1				
18:2 undifferentiated....g	0.367	0.016	47	AR	1				
18:3 undifferentiated....g	0.063	0.005	47	AR	1				
18:3 n-3 c,c,c (ALA)....g	0.052	0.005	35	AR	1				
18:3 n-6 c,c,c....g	0.013	0.001	47	AR	1				
18:3i....g									
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g	0.000	0.000	47	AR	1				
20:3 undifferentiated....g	0.000	0.000	47	AR	1				
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.048	0.001	47	AR	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7				
22:6 n-3 (DHA)....g	0.000		0	Z	7				
Fatty acids, total trans....g	1.086		3	AR	1				
Fatty acids, total trans-monoenoic....g	1.086		3	AR	1				
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	90	2.255	36	AR	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.133		0	AR	1				
Threonine....g	1.004		0	AR	1				
Isoleucine....g	1.145		0	AR	1				
Leucine....g	2.021		0	AR	1				
Lysine....g	2.147		0	AR	1				
Methionine....g	0.668		0	AR	1				
Cystine....g	0.267		0	AR	1				
Phenylalanine....g	1.009		0	AR	1				
Tyrosine....g	0.799		0	AR	1				
Valine....g	1.273		0	AR	1				
Arginine....g	1.683		0	AR	1				
Histidine....g	0.844		0	AR	1				

NDB No. 23568
Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine....g	1.619		0	AR	1				
Aspartic acid....g	2.334		0	AR	1				
Glutamic acid....g	3.888		0	AR	1				
Glycine....g	1.743		0	AR	1				
Proline....g	1.311		0	AR	1				
Serine....g	1.035		0	AR	1				
Hydroxyproline....g	0.376		0	BFPN	4				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23569

Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled

hamburger, ground round

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	60.61	0.224	36	AR	1		51.52	50.31	
Energy ... kcal	232		0	NC	4		197	192	
Energy ... kJ	969		0	NC	4		824	804	
Protein (N x 6.25) ... g	24.62	0.323	36	AR	1		20.93	20.44	
Total lipid (fat) ... g	14.02	0.304	36	AR	1		11.91	11.63	
Ash ... g	1.07	0.019	36	AR	1		0.91	0.89	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	20	2.883	12	AR	1		17	17	
Iron, Fe ... mg	2.68	0.083	12	AR	1		2.28	2.22	
Magnesium, Mg ... mg	22	0.327	12	AR	1		19	18	
Phosphorus, P ... mg	211	3.099	12	AR	1		179	175	
Potassium, K ... mg	349	6.904	12	AR	1		297	290	
Sodium, Na ... mg	79	1.472	12	AR	1		67	66	
Zinc, Zn ... mg	6.20	0.077	12	AR	1		5.27	5.15	
Copper, Cu ... mg	0.081	0.003	12	AR	1		0.069	0.067	
Manganese, Mn ... mg	0.012	0.001	12	AR	1		0.010	0.010	
Selenium, Se ... mcg	20.3	0.977	12	AR	1		17.3	16.9	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.043	0.003	12	AR	1		0.036	0.035	
Riboflavin ... mg	0.178	0.009	12	AR	1		0.151	0.147	
Niacin ... mg	5.778	0.212	12	AR	1		4.912	4.796	
Pantothenic acid ... mg	0.624		0	BFPN	4		0.530	0.518	
Vitamin B-6 ... mg	0.367	0.014	12	AR	1		0.312	0.305	
Folate, total ... mcg	8		0	BFPN	4		7	7	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	8		0	BFPN	4		7	7	
Folate, DFE ... mcg_DFE	8		0	NC	4		7	7	
Choline, total ... mg	78.9		0	BFNN	4		67.1	65.5	
Betaine ... mg	7.2		0	BFNN	4		6.1	6.0	
Vitamin B-12 ... mcg	2.81	0.332	10	AR	1		2.39	2.33	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0	0	
Retinol ... mcg	0		0	BFSN	4		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0	BFSN	4		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.42		0	CASN	4		0.36	0.35	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.2		0	AS	1		0.2	0.2	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.2		0	PAK	1		0.2	0.2	
Vitamin D ... IU	7		0	PAK	1		6	6	
Vitamin K (phylloquinone) ... mcg	1.2		0	BFSN	4		1.0	1.0	
Lipids:									
Fatty acids, total saturated ... g	5.335		0	BFFN	4		4.535	4.428	
4:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 23569

Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.010		0	BFFN	4		0.008	0.008	
13:0 g									
14:0 g	0.388		0	BFFN	4		0.330	0.322	
15:0 g	0.064		0	BFFN	4		0.055	0.053	
16:0 g	2.970		0	BFFN	4		2.524	2.465	
17:0 g	0.148		0	BFFN	4		0.126	0.123	
18:0 g	1.749		0	BFFN	4		1.486	1.452	
20:0 g	0.012		0	BFFN	4		0.010	0.010	
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	6.037		0	BFFN	4		5.131	5.011	
14:1 g	0.104		0	BFFN	4		0.089	0.087	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.493		0	BFFN	4		0.419	0.409	
17:1 g	0.104		0	BFFN	4		0.088	0.086	
18:1 undifferentiated g	5.253		0	BFFN	4		4.465	4.360	
20:1 g	0.041		0	BFFN	4		0.035	0.034	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.439		0	BFFN	4		0.373	0.364	
18:2 undifferentiated g	0.332		0	BFFN	4		0.283	0.276	
18:3 undifferentiated g	0.057		0	BFFN	4		0.048	0.047	
18:3 n-3 c,c,c (ALA) g	0.047		0	BFFN	4		0.040	0.039	
18:3 n-6 c,c,c g	0.012		0	BFFN	4		0.010	0.010	
18:3i g									
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.043		0	BFFN	4		0.037	0.036	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g	0.984		0	BFFN	4		0.836	0.817	
Cholesterol mg	86	1.973	12	AR	1		73	71	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.127		0	AR	1		0.108	0.105	
Threonine g	0.954		0	AR	1		0.811	0.792	
Isoleucine g	1.087		0	AR	1		0.924	0.902	
Leucine g	1.919		0	AR	1		1.631	1.593	
Lysine g	2.039		0	AR	1		1.733	1.693	
Methionine g	0.634		0	AR	1		0.539	0.526	
Cystine g	0.254		0	AR	1		0.216	0.211	
Phenylalanine g	0.959		0	AR	1		0.815	0.796	
Tyrosine g	0.758		0	AR	1		0.645	0.629	
Valine g	1.209		0	AR	1		1.027	1.003	
Arginine g	1.598		0	AR	1		1.358	1.326	
Histidine g	0.801		0	AR	1		0.681	0.665	
Alanine g	1.537		0	AR	1		1.307	1.276	
Aspartic acid g	2.216		0	AR	1		1.884	1.840	
Glutamic acid g	3.692		0	AR	1		3.139	3.065	
Glycine g	1.656		0	AR	1		1.407	1.374	
Proline g	1.245		0	AR	1		1.058	1.034	
Serine g	0.983		0	AR	1		0.836	0.816	

NDB No. 23569

Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.357		0	BFPN	4		0.304	0.296	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 83g: 1 patty (yield from 1/4 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23567
Beef, ground, 85% lean meat / 15% fat, raw

hamburger
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.72	0.168	72	AR	1				
Energy	kcal	215		0	NC	4				
Energy	kJ	898		0	NC	4				
Protein (N x 6.25)	g	18.59	0.163	72	AR	1				
Total lipid (fat)	g	15.00		72	AR	1				
Ash	g	0.91	0.023	72	AR	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	15	1.733	36	AR	1				
Iron, Fe	mg	2.09	0.045	36	AR	1				
Magnesium, Mg	mg	18	0.196	36	AR	1				
Phosphorus, P	mg	171	1.603	36	AR	1				
Potassium, K	mg	295	2.512	36	AR	1				
Sodium, Na	mg	66	1.065	36	AR	1				
Zinc, Zn	mg	4.48	0.056	36	AR	1				
Copper, Cu	mg	0.067	0.002	36	AR	1				
Manganese, Mn	mg	0.010	0.001	36	AR	1				
Selenium, Se	mcg	15.8	0.858	72	AR	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.042	0.002	36	AR	1				
Riboflavin	mg	0.152	0.010	36	AR	1				
Niacin	mg	4.649	0.116	36	AR	1				
Pantothenic acid	mg	0.549	0.053	6	AR	1				
Vitamin B-6	mg	0.346	0.013	36	AR	1				
Folate, total	mcg	6	0.787	5	AR	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	6	0.787	5	AR	1				
Folate, DFE	mcg_DFE	6		0	NC	4				
Choline, total	mg	61.2	2.448	12	AR	1				
Betaine	mg	7.2	0.346	12	AR	1				
Vitamin B-12	mcg	2.17	0.062	36	AR	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		6	AR	1				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.37		0	CASN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.1		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.1		0	PAK	1				
Vitamin D	IU	4		0	PAK	1				
Vitamin K (phylloquinone)	mcg	1.3	0.151	12	AR	1				
Lipids:										
Fatty acids, total saturated	g	5.866	0.123	35	AR	1				
4:0	g	0.000		0	Z	7				

NDB No. 23567
Beef, ground, 85% lean meat / 15% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7				
8:0....g	0.000		0	Z	7				
10:0....g	0.000	0.000	47	AR	1				
12:0....g	0.011	0.001	47	AR	1				
13:0....g									
14:0....g	0.443	0.010	47	AR	1				
15:0....g	0.073	0.002	47	AR	1				
16:0....g	3.290	0.052	47	AR	1				
17:0....g	0.169	0.004	47	AR	1				
18:0....g	1.875	0.040	47	AR	1				
20:0....g	0.014	0.001	47	AR	1				
22:0....g	0.000	0.000	47	AR	1				
24:0....g									
Fatty acids, total monounsaturated....g	6.555	0.157	35	AR	1				
14:1....g	0.116	0.003	47	AR	1				
15:1....g	0.000	0.000	47	AR	1				
16:1 undifferentiated....g	0.534	0.012	47	AR	1				
17:1....g	0.102	0.023	47	AR	1				
18:1 undifferentiated....g	5.751	0.101	47	AR	1				
20:1....g	0.049	0.002	47	AR	1				
22:1 undifferentiated....g	0.000		0	Z	7				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.432	0.018	35	AR	1				
18:2 undifferentiated....g	0.342	0.016	47	AR	1				
18:3 undifferentiated....g	0.054	0.003	47	AR	1				
18:3 n-3 c,c,c (ALA)....g	0.043	0.003	35	AR	1				
18:3 n-6 c,c,c....g	0.012	0.001	47	AR	1				
18:3i....g									
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g	0.000	0.000	47	AR	1				
20:3 undifferentiated....g	0.000	0.000	47	AR	1				
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.036	0.001	47	AR	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7				
22:6 n-3 (DHA)....g	0.000		0	Z	7				
Fatty acids, total trans....g	0.935	0.014	3	AR	1				
Cholesterol....mg	68	1.386	36	AR	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.096		0	AR	1				
Threonine....g	0.721		0	AR	1				
Isoleucine....g	0.821		0	AR	1				
Leucine....g	1.450		0	AR	1				
Lysine....g	1.541		0	AR	1				
Methionine....g	0.479		0	AR	1				
Cystine....g	0.192		0	AR	1				
Phenylalanine....g	0.724		0	AR	1				
Tyrosine....g	0.573		0	AR	1				
Valine....g	0.913		0	AR	1				
Arginine....g	1.207		0	AR	1				
Histidine....g	0.605		0	AR	1				
Alanine....g	1.161		0	AR	1				
Aspartic acid....g	1.675		0	AR	1				
Glutamic acid....g	2.790		0	AR	1				
Glycine....g	1.251		0	AR	1				
Proline....g	0.941		0	AR	1				
Serine....g	0.743		0	AR	1				

NDB No. 23567
Beef, ground, 85% lean meat / 15% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.356		0	BFPN	4				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23565

Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned

hamburger, ground sirloin

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.58	0.491	36	AR	1		49.79	90.21	
Energy....kcal	230		0	NC	4		196	354	
Energy....kJ	963		0	NC	4		818	1483	
Protein (N x 6.25)....g	28.45	0.292	36	AR	1		24.18	43.81	
Total lipid (fat)....g	12.04	0.358	36	AR	1		10.24	18.55	
Ash....g	1.28	0.047	36	AR	1		1.09	1.97	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16	3.963	12	AR	1		13	24	
Iron, Fe....mg	3.08	0.111	11	AR	1		2.62	4.74	
Magnesium, Mg....mg	27	0.420	12	AR	1		23	41	
Phosphorus, P....mg	250	4.071	12	AR	1		213	386	
Potassium, K....mg	433	9.341	12	AR	1		368	667	
Sodium, Na....mg	87	2.346	12	AR	1		74	134	
Zinc, Zn....mg	6.84	0.119	12	AR	1		5.81	10.53	
Copper, Cu....mg	0.099	0.009	12	AR	1		0.084	0.153	
Manganese, Mn....mg	0.013	0.001	11	AR	1		0.011	0.019	
Selenium, Se....mcg	21.3	1.312	12	AR	1		18.1	32.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.043	0.004	12	AR	1		0.036	0.066	
Riboflavin....mg	0.193	0.011	12	AR	1		0.164	0.297	
Niacin....mg	6.804	0.170	11	AR	1		5.783	10.478	
Pantothenic acid....mg	0.808	0.065	6	AR	1		0.686	1.244	
Vitamin B-6....mg	0.428	0.021	12	AR	1		0.364	0.659	
Folate, total....mcg	8	1.089	6	AR	1		7	13	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8	1.089	6	AR	1		7	13	
Folate, DFE....mcg_DFE	8		0	NC	4		7	13	
Choline, total....mg	91.5		0	BFNN	4		77.8	141.0	
Betaine....mg	7.7		0	BFNN	4		6.6	11.9	
Vitamin B-12....mcg	2.71	0.396	12	AR	1		2.31	4.18	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		6	AR	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.44		0	CASN	4		0.38	0.68	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.2		0	BFSN	4		1.0	1.9	
Lipids:									
Fatty acids, total saturated....g	4.752		0	BFFN	4		4.039	7.317	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23565

Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.009		0	BFFN	4		0.008	0.014	
13:0 g									
14:0 g	0.328		0	BFFN	4		0.279	0.505	
15:0 g	0.056		0	BFFN	4		0.048	0.087	
16:0 g	2.618		0	BFFN	4		2.225	4.032	
17:0 g	0.130		0	BFFN	4		0.111	0.201	
18:0 g	1.659		0	BFFN	4		1.410	2.555	
20:0 g	0.014		0	BFFN	4		0.012	0.021	
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	5.074		0	BFFN	4		4.313	7.814	
14:1 g	0.080		0	BFFN	4		0.068	0.123	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.407		0	BFFN	4		0.346	0.627	
17:1 g	0.081		0	BFFN	4		0.069	0.125	
18:1 undifferentiated g	4.525		0	BFFN	4		3.847	6.969	
20:1 g	0.035		0	BFFN	4		0.030	0.054	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.432		0	BFFN	4		0.367	0.666	
18:2 undifferentiated g	0.323		0	BFFN	4		0.274	0.497	
18:3 undifferentiated g	0.058		0	BFFN	4		0.049	0.089	
18:3 n-3 c,c,c (ALA) g	0.048		0	BFFN	4		0.041	0.074	
18:3 n-6 c,c,c g	0.013		0	BFFN	4		0.011	0.020	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.051		0	BFFN	4		0.043	0.078	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	0.751		0	BFFN	4		0.638	1.156	
Cholesterol mg	89	2.633	12	AR	1		76	138	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.158		0	AR	1		0.134	0.243	
Threonine g	1.113		0	AR	1		0.946	1.714	
Isoleucine g	1.251		0	AR	1		1.063	1.927	
Leucine g	2.217		0	AR	1		1.884	3.414	
Lysine g	2.363		0	AR	1		2.009	3.639	
Methionine g	0.742		0	AR	1		0.630	1.142	
Cystine g	0.297		0	AR	1		0.253	0.458	
Phenylalanine g	1.099		0	AR	1		0.934	1.692	
Tyrosine g	0.886		0	AR	1		0.753	1.364	
Valine g	1.395		0	AR	1		1.185	2.148	
Arginine g	1.821		0	AR	1		1.548	2.804	
Histidine g	0.937		0	AR	1		0.797	1.443	
Alanine g	1.746		0	AR	1		1.484	2.690	
Aspartic acid g	2.563		0	AR	1		2.179	3.947	
Glutamic acid g	4.286		0	AR	1		3.643	6.601	
Glycine g	1.807		0	AR	1		1.536	2.783	
Proline g	1.376		0	AR	1		1.170	2.119	
Serine g	1.123		0	AR	1		0.955	1.730	

NDB No. 23565

Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.361		0	BFPN	4		0.306	0.555	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 154g: 1 portion (yield from 1/2 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23566
Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked

hamburger, ground sirloin
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.33	0.584	12	AR	1		52.13	198.10	
Energy....kcal	214		0	NC	4		182	690	
Energy....kJ	894		0	NC	4		760	2889	
Protein (N x 6.25)....g	26.62	0.776	12	AR	1		22.63	85.99	
Total lipid (fat)....g	11.10	0.393	12	AR	1		9.43	35.84	
Ash....g	0.93	0.036	12	AR	1		0.79	3.01	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13	3.412	12	AR	1		11	41	
Iron, Fe....mg	2.89	0.100	12	AR	1		2.46	9.34	
Magnesium, Mg....mg	21	0.441	12	AR	1		17	66	
Phosphorus, P....mg	193	4.165	12	AR	1		164	622	
Potassium, K....mg	300	7.628	12	AR	1		255	970	
Sodium, Na....mg	61	1.178	12	AR	1		52	196	
Zinc, Zn....mg	6.65	0.114	12	AR	1		5.66	21.49	
Copper, Cu....mg	0.078	0.007	11	AR	1		0.067	0.253	
Manganese, Mn....mg	0.010	0.001	12	AR	1		0.009	0.033	
Selenium, Se....mcg	21.6	1.274	12	AR	1		18.4	69.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.037	0.003	12	AR	1		0.031	0.119	
Riboflavin....mg	0.172	0.007	12	AR	1		0.146	0.555	
Niacin....mg	5.228	0.212	12	AR	1		4.444	16.885	
Pantothenic acid....mg	0.625	0.040	6	AR	1		0.531	2.019	
Vitamin B-6....mg	0.348	0.018	12	AR	1		0.295	1.122	
Folate, total....mcg	6	1.360	6	AR	1		5	20	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6	1.360	6	AR	1		5	20	
Folate, DFE....mcg_DFE	6		0	NC	4		5	20	
Choline, total....mg	85.9		0	BFNN	4		73.0	277.4	
Betaine....mg	7.2		0	BFNN	4		6.2	23.4	
Vitamin B-12....mcg	2.50	0.133	12	AR	1		2.12	8.06	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		6	AR	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.41		0	CASN	4		0.35	1.33	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.1		0	BFSN	4		1.0	3.6	
Lipids:									
Fatty acids, total saturated....g	4.379		0	BFFN	4		3.722	14.144	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23566
Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.009		0	BFFN	4		0.007	0.028	
13:0 g									
14:0 g	0.302		0	BFFN	4		0.257	0.975	
15:0 g	0.052		0	BFFN	4		0.044	0.168	
16:0 g	2.412		0	BFFN	4		2.050	7.792	
17:0 g	0.120		0	BFFN	4		0.102	0.388	
18:0 g	1.529		0	BFFN	4		1.300	4.938	
20:0 g	0.012		0	BFFN	4		0.011	0.040	
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	4.676		0	BFFN	4		3.975	15.103	
14:1 g	0.074		0	BFFN	4		0.063	0.238	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.375		0	BFFN	4		0.319	1.211	
17:1 g	0.075		0	BFFN	4		0.064	0.242	
18:1 undifferentiated g	4.170		0	BFFN	4		3.544	13.469	
20:1 g	0.032		0	BFFN	4		0.027	0.104	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.398		0	BFFN	4		0.338	1.284	
18:2 undifferentiated g	0.297		0	BFFN	4		0.253	0.961	
18:3 undifferentiated g	0.053		0	BFFN	4		0.045	0.173	
18:3 n-3 c,c,c (ALA) g	0.044		0	BFFN	4		0.038	0.143	
18:3 n-6 c,c,c g	0.012		0	BFFN	4		0.010	0.038	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.047		0	BFFN	4		0.040	0.150	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	0.692		0	BFFN	4		0.588	2.235	
Cholesterol mg	86	2.950	12	AR	1		73	277	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.148		0	AR	1		0.126	0.477	
Threonine g	1.041		0	AR	1		0.885	3.364	
Isoleucine g	1.171		0	AR	1		0.995	3.781	
Leucine g	2.074		0	AR	1		1.763	6.700	
Lysine g	2.211		0	AR	1		1.880	7.142	
Methionine g	0.694		0	AR	1		0.590	2.242	
Cystine g	0.278		0	AR	1		0.237	0.899	
Phenylalanine g	1.028		0	AR	1		0.874	3.322	
Tyrosine g	0.829		0	AR	1		0.704	2.677	
Valine g	1.305		0	AR	1		1.109	4.215	
Arginine g	1.704		0	AR	1		1.448	5.503	
Histidine g	0.877		0	AR	1		0.746	2.833	
Alanine g	1.634		0	AR	1		1.389	5.279	
Aspartic acid g	2.399		0	AR	1		2.039	7.747	
Glutamic acid g	4.011		0	AR	1		3.409	12.955	
Glycine g	1.691		0	AR	1		1.437	5.462	
Proline g	1.288		0	AR	1		1.094	4.159	
Serine g	1.051		0	AR	1		0.893	3.395	

NDB No. 23566
Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.337		0	BFPN	4		0.287	1.090	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 323g: 1 loaf (yield from 1 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23563
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled

hamburger, ground sirloin
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.35	0.242	72	AR	1		52.15	50.31	
Energy....kcal	217		0	NC	4		185	178	
Energy....kJ	909		0	NC	4		773	745	
Protein (N x 6.25)....g	26.11	0.268	72	AR	1		22.19	21.41	
Total lipid (fat)....g	11.73	0.199	72	AR	1		9.97	9.62	
Ash....g	1.04	0.019	72	AR	1		0.88	0.85	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13	2.731	36	AR	1		11	10	
Iron, Fe....mg	2.71	0.077	36	AR	1		2.31	2.23	
Magnesium, Mg....mg	22	0.313	36	AR	1		18	18	
Phosphorus, P....mg	202	3.000	36	AR	1		172	166	
Potassium, K....mg	333	4.574	36	AR	1		283	273	
Sodium, Na....mg	68	1.536	36	AR	1		58	56	
Zinc, Zn....mg	6.37	0.140	36	AR	1		5.42	5.22	
Copper, Cu....mg	0.091	0.008	35	AR	1		0.077	0.074	
Manganese, Mn....mg	0.013	0.001	36	AR	1		0.011	0.011	
Selenium, Se....mcg	21.6	1.289	72	AR	1		18.4	17.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.044	0.004	36	AR	1		0.037	0.036	
Riboflavin....mg	0.175	0.017	36	AR	1		0.148	0.143	
Niacin....mg	5.659	0.214	36	AR	1		4.810	4.640	
Pantothenic acid....mg	0.649	0.031	6	AR	1		0.551	0.532	
Vitamin B-6....mg	0.397	0.016	36	AR	1		0.337	0.326	
Folate, total....mcg	8	1.466	6	AR	1		7	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8	1.466	6	AR	1		7	6	
Folate, DFE....mcg_DFE	8		0	NC	4		7	6	
Choline, total....mg	83.9	1.975	12	AR	1		71.3	68.8	
Betaine....mg	7.1	0.480	12	AR	1		6.0	5.8	
Vitamin B-12....mcg	2.56	0.077	36	AR	1		2.17	2.10	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		6	AR	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.41		0	CASN	4		0.35	0.34	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.1	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	PAK	1		0.1	0.1	
Vitamin D....IU	7		0	PAK	1		6	6	
Vitamin K (phylloquinone)....mcg	1.1	0.398	12	AR	1		1.0	0.9	
Lipids:									
Fatty acids, total saturated....g	4.627	0.129	35	AR	1		3.933	3.794	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23563
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000	0.000	47	AR	1		0.000	0.000	
10:0....g	0.000	0.000	47	AR	1		0.000	0.000	
12:0....g	0.009	0.001	47	AR	1		0.008	0.007	
13:0....g									
14:0....g	0.319	0.009	47	AR	1		0.271	0.262	
15:0....g	0.055	0.002	47	AR	1		0.047	0.045	
16:0....g	2.549	0.054	47	AR	1		2.167	2.090	
17:0....g	0.127	0.004	47	AR	1		0.108	0.104	
18:0....g	1.616	0.057	47	AR	1		1.373	1.325	
20:0....g	0.013	0.001	47	AR	1		0.011	0.011	
22:0....g	0.000	0.000	47	AR	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	4.941	0.118	35	AR	1		4.200	4.051	
14:1....g	0.078	0.003	47	AR	1		0.066	0.064	
15:1....g	0.000	0.000	47	AR	1		0.000	0.000	
16:1 undifferentiated....g	0.396	0.014	47	AR	1		0.337	0.325	
17:1....g	0.079	0.021	47	AR	1		0.067	0.065	
18:1 undifferentiated....g	4.407	0.109	47	AR	1		3.746	3.614	
20:1....g	0.034	0.002	47	AR	1		0.029	0.028	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.421	0.013	35	AR	1		0.358	0.345	
18:2 undifferentiated....g	0.314	0.015	47	AR	1		0.267	0.258	
18:3 undifferentiated....g	0.057	0.005	47	AR	1		0.048	0.046	
18:3 n-3 c,c,c (ALA)....g	0.047	0.005	35	AR	1		0.040	0.038	
18:3 n-6 c,c,c....g	0.013	0.001	47	AR	1		0.011	0.010	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	47	AR	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	47	AR	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.049	0.001	47	AR	1		0.042	0.040	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.731		3	AR	1		0.621	0.599	
Fatty acids, total trans-monoenoic....g	0.731		3	AR	1		0.621	0.599	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	85	2.236	36	AR	1		72	70	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.145		0	AR	1		0.123	0.119	
Threonine....g	1.021		0	AR	1		0.868	0.838	
Isoleucine....g	1.148		0	AR	1		0.976	0.941	
Leucine....g	2.034		0	AR	1		1.729	1.668	
Lysine....g	2.169		0	AR	1		1.843	1.778	
Methionine....g	0.681		0	AR	1		0.579	0.558	
Cystine....g	0.273		0	AR	1		0.232	0.224	
Phenylalanine....g	1.009		0	AR	1		0.857	0.827	
Tyrosine....g	0.813		0	AR	1		0.691	0.666	
Valine....g	1.280		0	AR	1		1.088	1.049	
Arginine....g	1.671		0	AR	1		1.420	1.370	
Histidine....g	0.860		0	AR	1		0.731	0.705	
Alanine....g	1.603		0	AR	1		1.362	1.314	
Aspartic acid....g	2.352		0	AR	1		2.000	1.929	
Glutamic acid....g	3.933		0	AR	1		3.343	3.225	
Glycine....g	1.659		0	AR	1		1.410	1.360	

NDB No. 23563
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline....g	1.263		0	AR	1		1.073	1.036	
Serine....g	1.031		0	AR	1		0.876	0.845	
Hydroxyproline....g	0.331		0	BFPN	4		0.281	0.271	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving

Measure 2 = 82g: 1 patty

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23564

Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled

hamburger, ground sirloin

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	63.21	0.222	36	AR	1		53.73	54.36	
Energy ... kcal	204		0	NC	4		173	175	
Energy ... kJ	854		0	NC	4		726	734	
Protein (N x 6.25) ... g	25.21	0.443	36	AR	1		21.43	21.68	
Total lipid (fat) ... g	10.68	0.307	36	AR	1		9.08	9.19	
Ash ... g	1.08	0.024	36	AR	1		0.92	0.93	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	15	4.178	12	AR	1		12	13	
Iron, Fe ... mg	2.77	0.120	12	AR	1		2.35	2.38	
Magnesium, Mg ... mg	23	0.473	12	AR	1		20	20	
Phosphorus, P ... mg	216	4.490	12	AR	1		184	186	
Potassium, K ... mg	363	10.003	12	AR	1		308	312	
Sodium, Na ... mg	75	1.981	12	AR	1		64	64	
Zinc, Zn ... mg	6.33	0.111	12	AR	1		5.38	5.44	
Copper, Cu ... mg	0.086	0.005	12	AR	1		0.073	0.074	
Manganese, Mn ... mg	0.011	0.001	12	AR	1		0.010	0.010	
Selenium, Se ... mcg	20.7	1.079	12	AR	1		17.6	17.8	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.042	0.004	12	AR	1		0.036	0.036	
Riboflavin ... mg	0.179	0.010	12	AR	1		0.152	0.154	
Niacin ... mg	6.027	0.255	12	AR	1		5.123	5.183	
Pantothenic acid ... mg	0.626		0	BFPN	4		0.532	0.539	
Vitamin B-6 ... mg	0.379	0.020	12	AR	1		0.322	0.326	
Folate, total ... mcg	8		0	BFPN	4		6	7	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	8		0	BFPN	4		6	7	
Folate, DFE ... mcg_DFE	8		0	NC	4		6	7	
Choline, total ... mg	81.3		0	BFNN	4		69.1	69.9	
Betaine ... mg	6.9		0	BFNN	4		5.8	5.9	
Vitamin B-12 ... mcg	2.95	0.443	10	AR	1		2.51	2.54	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0	0	
Retinol ... mcg	0		0	BFSN	4		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0	BFSN	4		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.39		0	CASN	4		0.33	0.34	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	1.1		0	BFSN	4		0.9	0.9	
Lipids:									
Fatty acids, total saturated ... g	4.218		0	BFFN	4		3.585	3.627	
4:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 23564

Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.008		0	BFFN	4		0.007	0.007	
13:0 g									
14:0 g	0.291		0	BFFN	4		0.247	0.250	
15:0 g	0.050		0	BFFN	4		0.043	0.043	
16:0 g	2.322		0	BFFN	4		1.974	1.997	
17:0 g	0.116		0	BFFN	4		0.098	0.099	
18:0 g	1.472		0	BFFN	4		1.251	1.266	
20:0 g	0.012		0	BFFN	4		0.010	0.010	
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	4.501		0	BFFN	4		3.826	3.871	
14:1 g	0.071		0	BFFN	4		0.060	0.061	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.361		0	BFFN	4		0.307	0.310	
17:1 g	0.072		0	BFFN	4		0.061	0.062	
18:1 undifferentiated g	4.015		0	BFFN	4		3.412	3.453	
20:1 g	0.031		0	BFFN	4		0.026	0.027	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.384		0	BFFN	4		0.326	0.330	
18:2 undifferentiated g	0.286		0	BFFN	4		0.243	0.246	
18:3 undifferentiated g	0.051		0	BFFN	4		0.044	0.044	
18:3 n-3 c,c,c (ALA) g	0.043		0	BFFN	4		0.036	0.037	
18:3 n-6 c,c,c g	0.011		0	BFFN	4		0.010	0.010	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.045		0	BFFN	4		0.038	0.039	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	0.666		0	BFFN	4		0.566	0.573	
Cholesterol mg	82	1.911	12	AR	1		70	71	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.140		0	AR	1		0.119	0.120	
Threonine g	0.986		0	AR	1		0.838	0.848	
Isoleucine g	1.109		0	AR	1		0.942	0.953	
Leucine g	1.964		0	AR	1		1.670	1.689	
Lysine g	2.094		0	AR	1		1.780	1.801	
Methionine g	0.657		0	AR	1		0.559	0.565	
Cystine g	0.264		0	AR	1		0.224	0.227	
Phenylalanine g	0.974		0	AR	1		0.828	0.837	
Tyrosine g	0.785		0	AR	1		0.667	0.675	
Valine g	1.236		0	AR	1		1.050	1.063	
Arginine g	1.613		0	AR	1		1.371	1.388	
Histidine g	0.831		0	AR	1		0.706	0.714	
Alanine g	1.548		0	AR	1		1.315	1.331	
Aspartic acid g	2.271		0	AR	1		1.931	1.953	
Glutamic acid g	3.798		0	AR	1		3.228	3.266	
Glycine g	1.601		0	AR	1		1.361	1.377	
Proline g	1.219		0	AR	1		1.036	1.049	
Serine g	0.995		0	AR	1		0.846	0.856	

NDB No. 23564

Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.320		0	BFPN	4		0.272	0.275	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 86g: 1 patty (yield from 1/4 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23562
Beef, ground, 90% lean meat / 10% fat, raw

hamburger
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.50	0.199	72	AR	1				
Energy	kcal	176		0	NC	4				
Energy	kJ	735		0	NC	4				
Protein (N x 6.25)	g	20.00	0.190	72	AR	1				
Total lipid (fat)	g	10.00		72	AR	1				
Ash	g	0.98	0.025	72	AR	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	12	2.403	36	AR	1				
Iron, Fe	mg	2.24	0.053	36	AR	1				
Magnesium, Mg	mg	20	0.255	36	AR	1				
Phosphorus, P	mg	184	2.161	36	AR	1				
Potassium, K	mg	321	3.483	36	AR	1				
Sodium, Na	mg	66	1.305	36	AR	1				
Zinc, Zn	mg	4.79	0.076	36	AR	1				
Copper, Cu	mg	0.072	0.002	36	AR	1				
Manganese, Mn	mg	0.010	0.001	36	AR	1				
Selenium, Se	mcg	16.6	0.914	72	AR	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.042	0.002	36	AR	1				
Riboflavin	mg	0.156	0.010	36	AR	1				
Niacin	mg	5.072	0.131	36	AR	1				
Pantothenic acid	mg	0.595	0.054	6	AR	1				
Vitamin B-6	mg	0.369	0.015	36	AR	1				
Folate, total	mcg	6	1.368	6	AR	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	6	1.368	6	AR	1				
Folate, DFE	mcg_DFE	6		0	NC	4				
Choline, total	mg	66.1	2.613	12	AR	1				
Betaine	mg	7.0	0.502	12	AR	1				
Vitamin B-12	mcg	2.21	0.070	36	AR	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		6	AR	1				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.32		0	CASN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.1		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.1		0	PAK	1				
Vitamin D	IU	4		0	PAK	1				
Vitamin K (phylloquinone)	mcg	0.8	0.203	12	AR	1				
Lipids:										
Fatty acids, total saturated	g	4.058	0.162	35	AR	1				
4:0	g	0.000		0	Z	7				

NDB No. 23562
Beef, ground, 90% lean meat / 10% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7				
8:0....g	0.000	0.000	47	AR	1				
10:0....g	0.000	0.000	47	AR	1				
12:0....g	0.008	0.001	47	AR	1				
13:0....g									
14:0....g	0.285	0.013	47	AR	1				
15:0....g	0.048	0.002	47	AR	1				
16:0....g	2.233	0.071	47	AR	1				
17:0....g	0.111	0.006	47	AR	1				
18:0....g	1.351	0.050	47	AR	1				
20:0....g	0.011	0.001	47	AR	1				
22:0....g	0.000	0.000	47	AR	1				
24:0....g									
Fatty acids, total monounsaturated....g	4.353	0.211	35	AR	1				
14:1....g	0.070	0.004	47	AR	1				
15:1....g	0.000	0.000	47	AR	1				
16:1 undifferentiated....g	0.344	0.016	47	AR	1				
17:1....g	0.069	0.025	47	AR	1				
18:1 undifferentiated....g	3.830	0.138	47	AR	1				
20:1....g	0.032	0.002	47	AR	1				
22:1 undifferentiated....g	0.000		0	Z	7				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.344	0.020	35	AR	1				
18:2 undifferentiated....g	0.263	0.018	47	AR	1				
18:3 undifferentiated....g	0.045	0.004	47	AR	1				
18:3 n-3 c,c,c (ALA)....g	0.036	0.004	35	AR	1				
18:3 n-6 c,c,c....g	0.010	0.001	47	AR	1				
18:3i....g									
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g	0.000	0.000	47	AR	1				
20:3 undifferentiated....g	0.000	0.000	47	AR	1				
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.037	0.001	47	AR	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7				
22:6 n-3 (DHA)....g	0.000		0	Z	7				
Fatty acids, total trans....g	0.638	0.019	3	AR	1				
Cholesterol....mg	65	1.521	36	AR	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.082		0	AR	1				
Threonine....g	0.757		0	AR	1				
Isoleucine....g	0.894		0	AR	1				
Leucine....g	1.561		0	AR	1				
Lysine....g	1.646		0	AR	1				
Methionine....g	0.500		0	AR	1				
Cystine....g	0.199		0	AR	1				
Phenylalanine....g	0.795		0	AR	1				
Tyrosine....g	0.600		0	AR	1				
Valine....g	0.987		0	AR	1				
Arginine....g	1.345		0	AR	1				
Histidine....g	0.631		0	AR	1				
Alanine....g	1.303		0	AR	1				
Aspartic acid....g	1.798		0	AR	1				
Glutamic acid....g	2.967		0	AR	1				
Glycine....g	1.534		0	AR	1				
Proline....g	1.125		0	AR	1				
Serine....g	0.823		0	AR	1				

NDB No. 23562
Beef, ground, 90% lean meat / 10% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.254		0	BFPN	4				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23560
Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.58	0.876	36	AR	1		53.19	96.37	
Energy....kcal	193		0	NC	4		164	297	
Energy....kJ	807		0	NC	4		686	1243	
Protein (N x 6.25)....g	29.17	0.429	36	AR	1		24.80	44.92	
Total lipid (fat)....g	7.58	0.791	36	AR	1		6.44	11.67	
Ash....g	1.34	0.062	36	AR	1		1.14	2.06	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	9	5.826	12	AR	1		8	14	
Iron, Fe....mg	3.23	0.168	11	AR	1		2.75	4.97	
Magnesium, Mg....mg	28	0.639	12	AR	1		24	43	
Phosphorus, P....mg	263	6.201	12	AR	1		223	404	
Potassium, K....mg	459	13.895	12	AR	1		390	707	
Sodium, Na....mg	85	3.573	12	AR	1		72	131	
Zinc, Zn....mg	7.06	0.182	12	AR	1		6.00	10.88	
Copper, Cu....mg	0.106	0.011	12	AR	1		0.090	0.163	
Manganese, Mn....mg	0.013	0.001	11	AR	1		0.011	0.020	
Selenium, Se....mcg	21.1	1.494	12	AR	1		18.0	32.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.042	0.007	12	AR	1		0.035	0.064	
Riboflavin....mg	0.195	0.014	12	AR	1		0.166	0.300	
Niacin....mg	7.290	0.256	11	AR	1		6.197	11.227	
Pantothenic acid....mg	0.808	0.086	6	AR	1		0.687	1.245	
Vitamin B-6....mg	0.428	0.026	12	AR	1		0.364	0.659	
Folate, total....mcg	7	1.639	6	AR	1		6	11	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7	1.639	6	AR	1		6	11	
Folate, DFE....mcg_DFE	7		0	NC	4		6	11	
Choline, total....mg	93.0		0	BFNN	4		79.0	143.2	
Betaine....mg	7.2		0	BFNN	4		6.1	11.1	
Vitamin B-12....mcg	2.64	0.523	12	AR	1		2.24	4.06	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		6	AR	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.40		0	CASN	4		0.34	0.61	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		1.2	2.2	
Lipids:									
Fatty acids, total saturated....g	3.441		0	BFFN	4		2.925	5.299	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23560

Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.009		0	BFFN	4		0.008	0.014	
13:0 g									
14:0 g	0.207		0	BFFN	4		0.176	0.319	
15:0 g	0.039		0	BFFN	4		0.034	0.061	
16:0 g	1.851		0	BFFN	4		1.573	2.850	
17:0 g	0.093		0	BFFN	4		0.079	0.144	
18:0 g	1.341		0	BFFN	4		1.140	2.065	
20:0 g	0.014		0	BFFN	4		0.012	0.021	
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	3.145		0	BFFN	4		2.674	4.844	
14:1 g	0.034		0	BFFN	4		0.029	0.053	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.235		0	BFFN	4		0.200	0.362	
17:1 g	0.028		0	BFFN	4		0.024	0.043	
18:1 undifferentiated g	3.001		0	BFFN	4		2.551	4.622	
20:1 g	0.025		0	BFFN	4		0.021	0.038	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.377		0	BFFN	4		0.321	0.581	
18:2 undifferentiated g	0.278		0	BFFN	4		0.236	0.428	
18:3 undifferentiated g	0.049		0	BFFN	4		0.041	0.075	
18:3 n-3 c,c,c (ALA) g	0.039		0	BFFN	4		0.033	0.060	
18:3 n-6 c,c,c g	0.013		0	BFFN	4		0.011	0.020	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.059		0	BFFN	4		0.050	0.091	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	0.192		0	BFFN	4		0.163	0.296	
Cholesterol mg	89	5.243	12	AR	1		75	137	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.173		0	AR	1		0.147	0.266	
Threonine g	1.151		0	AR	1		0.978	1.773	
Isoleucine g	1.278		0	AR	1		1.086	1.968	
Leucine g	2.273		0	AR	1		1.932	3.500	
Lysine g	2.429		0	AR	1		2.065	3.741	
Methionine g	0.769		0	AR	1		0.653	1.184	
Cystine g	0.309		0	AR	1		0.262	0.475	
Phenylalanine g	1.119		0	AR	1		0.952	1.724	
Tyrosine g	0.916		0	AR	1		0.779	1.411	
Valine g	1.428		0	AR	1		1.214	2.199	
Arginine g	1.845		0	AR	1		1.568	2.841	
Histidine g	0.972		0	AR	1		0.826	1.496	
Alanine g	1.765		0	AR	1		1.500	2.717	
Aspartic acid g	2.631		0	AR	1		2.236	4.051	
Glutamic acid g	4.413		0	AR	1		3.751	6.796	
Glycine g	1.760		0	AR	1		1.496	2.710	
Proline g	1.355		0	AR	1		1.152	2.087	
Serine g	1.140		0	AR	1		0.969	1.756	

NDB No. 23560

Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.323		0	BFPN	4		0.275	0.498	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 154g: 1 portion (yield from 1/2 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23561
Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.76	1.834	12	AR	1		55.04	209.16	
Energy....kcal	174		0	NC	4		148	562	
Energy....kJ	728		0	NC	4		619	2352	
Protein (N x 6.25)....g	27.31	1.099	12	AR	1		23.21	88.21	
Total lipid (fat)....g	6.37	1.278	12	AR	1		5.41	20.56	
Ash....g	0.94	0.054	12	AR	1		0.80	3.05	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8	5.197	12	AR	1		7	25	
Iron, Fe....mg	3.05	0.151	12	AR	1		2.59	9.84	
Magnesium, Mg....mg	22	0.671	12	AR	1		18	69	
Phosphorus, P....mg	199	6.343	12	AR	1		169	644	
Potassium, K....mg	315	11.619	12	AR	1		268	1018	
Sodium, Na....mg	58	1.794	12	AR	1		49	186	
Zinc, Zn....mg	6.86	0.175	12	AR	1		5.83	22.15	
Copper, Cu....mg	0.078	0.009	11	AR	1		0.066	0.251	
Manganese, Mn....mg	0.011	0.001	12	AR	1		0.009	0.034	
Selenium, Se....mcg	22.3	1.714	12	AR	1		18.9	71.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.034	0.005	12	AR	1		0.028	0.108	
Riboflavin....mg	0.173	0.011	12	AR	1		0.147	0.558	
Niacin....mg	5.528	0.273	12	AR	1		4.699	17.856	
Pantothenic acid....mg	0.653	0.057	6	AR	1		0.555	2.108	
Vitamin B-6....mg	0.357	0.023	12	AR	1		0.303	1.152	
Folate, total....mcg	6	1.642	6	AR	1		5	19	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6	1.642	6	AR	1		5	19	
Folate, DFE....mcg_DFE	6		0	NC	4		5	19	
Choline, total....mg	90.0		0	BFNN	4		76.5	290.6	
Betaine....mg	6.9		0	BFNN	4		5.9	22.4	
Vitamin B-12....mcg	2.50	0.169	12	AR	1		2.13	8.09	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		6	AR	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.38		0	CASN	4		0.32	1.21	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		1.1	4.3	
Lipids:									
Fatty acids, total saturated....g	2.891		0	BFFN	4		2.457	9.338	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23561
Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.007		0	BFFN	4		0.006	0.022	
13:0 g									
14:0 g	0.157		0	BFFN	4		0.133	0.506	
15:0 g	0.030		0	BFFN	4		0.025	0.096	
16:0 g	1.399		0	BFFN	4		1.189	4.520	
17:0 g	0.071		0	BFFN	4		0.060	0.228	
18:0 g	1.014		0	BFFN	4		0.862	3.275	
20:0 g	0.010		0	BFFN	4		0.009	0.034	
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	2.642		0	BFFN	4		2.246	8.534	
14:1 g	0.026		0	BFFN	4		0.022	0.083	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.178		0	BFFN	4		0.151	0.574	
17:1 g	0.021		0	BFFN	4		0.018	0.068	
18:1 undifferentiated g	2.269		0	BFFN	4		1.929	7.329	
20:1 g	0.019		0	BFFN	4		0.016	0.061	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.317		0	BFFN	4		0.269	1.024	
18:2 undifferentiated g	0.210		0	BFFN	4		0.179	0.679	
18:3 undifferentiated g	0.037		0	BFFN	4		0.031	0.119	
18:3 n-3 c,c,c (ALA) g	0.030		0	BFFN	4		0.025	0.095	
18:3 n-6 c,c,c g	0.010		0	BFFN	4		0.008	0.032	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.045		0	BFFN	4		0.038	0.145	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	0.161		0	BFFN	4		0.137	0.520	
Cholesterol mg	73	5.193	12	AR	1		62	235	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.162		0	AR	1		0.137	0.522	
Threonine g	1.078		0	AR	1		0.916	3.480	
Isoleucine g	1.196		0	AR	1		1.017	3.865	
Leucine g	2.128		0	AR	1		1.809	6.873	
Lysine g	2.274		0	AR	1		1.933	7.345	
Methionine g	0.719		0	AR	1		0.612	2.324	
Cystine g	0.289		0	AR	1		0.246	0.933	
Phenylalanine g	1.048		0	AR	1		0.891	3.385	
Tyrosine g	0.858		0	AR	1		0.729	2.771	
Valine g	1.337		0	AR	1		1.136	4.318	
Arginine g	1.727		0	AR	1		1.468	5.577	
Histidine g	0.910		0	AR	1		0.773	2.938	
Alanine g	1.652		0	AR	1		1.404	5.335	
Aspartic acid g	2.463		0	AR	1		2.093	7.954	
Glutamic acid g	4.131		0	AR	1		3.511	13.343	
Glycine g	1.647		0	AR	1		1.400	5.321	
Proline g	1.269		0	AR	1		1.078	4.098	
Serine g	1.067		0	AR	1		0.907	3.448	

NDB No. 23561
Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.303		0	BFPN	4		0.257	0.978	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 323g: 1 loaf (yield from 1 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23558
Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled

hamburger
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.03	0.537	72	AR	1		56.13	54.15	
Energy	kcal	171		0	NC	4		146	141	
Energy	kJ	717		0	NC	4		609	588	
Protein (N x 6.25)	g	26.29	0.384	72	AR	1		22.35	21.56	
Total lipid (fat)	g	6.55	0.442	72	AR	1		5.57	5.37	
Ash	g	1.06	0.025	72	AR	1		0.90	0.87	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	7	3.996	36	AR	1		6	6	
Iron, Fe	mg	2.83	0.108	36	AR	1		2.41	2.32	
Magnesium, Mg	mg	22	0.369	36	AR	1		19	18	
Phosphorus, P	mg	206	3.748	36	AR	1		175	169	
Potassium, K	mg	348	5.605	36	AR	1		295	285	
Sodium, Na	mg	65	2.163	36	AR	1		55	53	
Zinc, Zn	mg	6.43	0.197	36	AR	1		5.47	5.27	
Copper, Cu	mg	0.096	0.009	35	AR	1		0.081	0.079	
Manganese, Mn	mg	0.014	0.002	36	AR	1		0.012	0.012	
Selenium, Se	mcg	21.7	1.454	72	AR	1		18.4	17.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.042	0.005	36	AR	1		0.036	0.035	
Riboflavin	mg	0.173	0.021	36	AR	1		0.147	0.142	
Niacin	mg	5.939	0.232	36	AR	1		5.048	4.870	
Pantothenic acid	mg	0.641	0.047	6	AR	1		0.544	0.525	
Vitamin B-6	mg	0.412	0.021	36	AR	1		0.350	0.338	
Folate, total	mcg	7	2.167	6	AR	1		6	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7	2.167	6	AR	1		6	6	
Folate, DFE	mcg_DFE	7		0	NC	4		6	6	
Choline, total	mg	85.4	3.009	12	AR	1		72.6	70.0	
Betaine	mg	6.6	0.731	12	AR	1		5.6	5.4	
Vitamin B-12	mcg	2.47	0.110	36	AR	1		2.10	2.03	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		6	AR	1		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.36		0	CASN	4		0.31	0.30	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.2		0	AS	1		0.1	0.1	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.2		0	PAK	1		0.1	0.1	
Vitamin D	IU	7		0	PAK	1		6	5	
Vitamin K (phylloquinone)	mcg	1.3	0.544	12	AR	1		1.1	1.0	
Lipids:										
Fatty acids, total saturated	g	2.977	0.282	35	AR	1		2.530	2.441	
4:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 23558
Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000	0.000	47	AR	1		0.000	0.000	
10:0....g	0.000	0.000	47	AR	1		0.000	0.000	
12:0....g	0.008	0.001	47	AR	1		0.007	0.006	
13:0....g									
14:0....g	0.179	0.018	47	AR	1		0.152	0.147	
15:0....g	0.034	0.004	47	AR	1		0.029	0.028	
16:0....g	1.601	0.125	47	AR	1		1.361	1.313	
17:0....g	0.081	0.008	47	AR	1		0.069	0.066	
18:0....g	1.160	0.121	47	AR	1		0.986	0.951	
20:0....g	0.012	0.002	47	AR	1		0.010	0.010	
22:0....g	0.000	0.000	47	AR	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	2.721	0.256	35	AR	1		2.312	2.231	
14:1....g	0.030	0.008	47	AR	1		0.025	0.024	
15:1....g	0.000	0.000	47	AR	1		0.000	0.000	
16:1 undifferentiated....g	0.203	0.032	47	AR	1		0.173	0.167	
17:1....g	0.024	0.027	47	AR	1		0.020	0.020	
18:1 undifferentiated....g	2.596	0.241	47	AR	1		2.207	2.129	
20:1....g	0.022	0.004	47	AR	1		0.018	0.018	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.327	0.021	35	AR	1		0.278	0.268	
18:2 undifferentiated....g	0.240	0.022	47	AR	1		0.204	0.197	
18:3 undifferentiated....g	0.042	0.009	47	AR	1		0.036	0.034	
18:3 n-3 c,c,c (ALA)....g	0.034	0.009	35	AR	1		0.029	0.028	
18:3 n-6 c,c,c....g	0.011	0.002	47	AR	1		0.010	0.009	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	47	AR	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	47	AR	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.051	0.002	47	AR	1		0.044	0.042	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.167	0.000	3	AR	1		0.142	0.137	
Cholesterol....mg	76	3.949	36	AR	1		65	62	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.155		0	AR	1		0.132	0.127	
Threonine....g	1.037		0	AR	1		0.882	0.851	
Isoleucine....g	1.152		0	AR	1		0.979	0.945	
Leucine....g	2.048		0	AR	1		1.741	1.680	
Lysine....g	2.189		0	AR	1		1.861	1.795	
Methionine....g	0.693		0	AR	1		0.589	0.568	
Cystine....g	0.278		0	AR	1		0.236	0.228	
Phenylalanine....g	1.009		0	AR	1		0.858	0.827	
Tyrosine....g	0.826		0	AR	1		0.702	0.677	
Valine....g	1.287		0	AR	1		1.094	1.055	
Arginine....g	1.662		0	AR	1		1.413	1.363	
Histidine....g	0.876		0	AR	1		0.744	0.718	
Alanine....g	1.590		0	AR	1		1.352	1.304	
Aspartic acid....g	2.371		0	AR	1		2.015	1.944	
Glutamic acid....g	3.977		0	AR	1		3.380	3.261	
Glycine....g	1.586		0	AR	1		1.348	1.300	
Proline....g	1.221		0	AR	1		1.038	1.002	
Serine....g	1.028		0	AR	1		0.873	0.843	

NDB No. 23558
Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.291		0	BFPN	4		0.248	0.239	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 82g: 1 patty (yield from 1/4 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23559

Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled

hamburger

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.90	0.388	36	AR	1		56.86	57.53	
Energy	kcal	164		0	NC	4		139	141	
Energy	kJ	685		0	NC	4		582	589	
Protein (N x 6.25)	g	25.80	0.647	36	AR	1		21.93	22.18	
Total lipid (fat)	g	5.94	0.765	36	AR	1		5.05	5.11	
Ash	g	1.09	0.034	36	AR	1		0.92	0.93	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	9	6.363	12	AR	1		8	8	
Iron, Fe	mg	2.85	0.183	12	AR	1		2.43	2.46	
Magnesium, Mg	mg	24	0.721	12	AR	1		20	21	
Phosphorus, P	mg	222	6.839	12	AR	1		189	191	
Potassium, K	mg	376	15.236	12	AR	1		320	323	
Sodium, Na	mg	71	2.892	12	AR	1		60	61	
Zinc, Zn	mg	6.45	0.169	12	AR	1		5.49	5.55	
Copper, Cu	mg	0.091	0.006	12	AR	1		0.078	0.079	
Manganese, Mn	mg	0.011	0.002	12	AR	1		0.010	0.010	
Selenium, Se	mcg	21.1	1.303	12	AR	1		17.9	18.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.042	0.006	12	AR	1		0.036	0.036	
Riboflavin	mg	0.180	0.013	12	AR	1		0.153	0.154	
Niacin	mg	6.275	0.340	12	AR	1		5.334	5.396	
Pantothenic acid	mg	0.628		0	BFPN	4		0.534	0.540	
Vitamin B-6	mg	0.391	0.031	12	AR	1		0.332	0.336	
Folate, total	mcg	7		0	BFPN	4		6	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0	BFPN	4		6	6	
Folate, DFE	mcg_DFE	7		0	NC	4		6	6	
Choline, total	mg	84.6		0	BFNN	4		71.9	72.8	
Betaine	mg	6.5		0	BFNN	4		5.6	5.6	
Vitamin B-12	mcg	3.10	0.643	10	AR	1		2.64	2.67	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	BFSN	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	BFSN	4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.35		0	CASN	4		0.30	0.30	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.2		0	BFSN	4		1.1	1.1	
Lipids:										
Fatty acids, total saturated	g	2.698		0	BFFN	4		2.293	2.320	
4:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 23559

Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		6	AR	1		0.000	0.000	
12:0 g	0.007		0	BFFN	4		0.006	0.006	
13:0 g									
14:0 g	0.162		0	BFFN	4		0.138	0.140	
15:0 g	0.031		0	BFFN	4		0.026	0.027	
16:0 g	1.452		0	BFFN	4		1.234	1.249	
17:0 g	0.073		0	BFFN	4		0.062	0.063	
18:0 g	1.052		0	BFFN	4		0.894	0.905	
20:0 g	0.011		0	BFFN	4		0.009	0.009	
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	2.466		0	BFFN	4		2.096	2.121	
14:1 g	0.027		0	BFFN	4		0.023	0.023	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.184		0	BFFN	4		0.157	0.159	
17:1 g	0.022		0	BFFN	4		0.018	0.019	
18:1 undifferentiated g	2.355		0	BFFN	4		2.001	2.025	
20:1 g	0.019		0	BFFN	4		0.017	0.017	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.296		0	BFFN	4		0.252	0.255	
18:2 undifferentiated g	0.218		0	BFFN	4		0.185	0.188	
18:3 undifferentiated g	0.038		0	BFFN	4		0.032	0.033	
18:3 n-3 c,c,c (ALA) g	0.031		0	BFFN	4		0.026	0.026	
18:3 n-6 c,c,c g	0.010		0	BFFN	4		0.009	0.009	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.046		0	BFFN	4		0.039	0.040	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	0.150		0	BFFN	4		0.128	0.129	
Cholesterol mg	76	3.896	12	AR	1		65	66	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.153		0	AR	1		0.130	0.131	
Threonine g	1.018		0	AR	1		0.865	0.875	
Isoleucine g	1.130		0	AR	1		0.961	0.972	
Leucine g	2.010		0	AR	1		1.708	1.729	
Lysine g	2.148		0	AR	1		1.826	1.847	
Methionine g	0.680		0	AR	1		0.578	0.584	
Cystine g	0.273		0	AR	1		0.232	0.235	
Phenylalanine g	0.990		0	AR	1		0.841	0.851	
Tyrosine g	0.810		0	AR	1		0.689	0.697	
Valine g	1.263		0	AR	1		1.073	1.086	
Arginine g	1.631		0	AR	1		1.386	1.403	
Histidine g	0.859		0	AR	1		0.730	0.739	
Alanine g	1.560		0	AR	1		1.326	1.342	
Aspartic acid g	2.326		0	AR	1		1.977	2.001	
Glutamic acid g	3.902		0	AR	1		3.317	3.356	
Glycine g	1.556		0	AR	1		1.323	1.338	
Proline g	1.198		0	AR	1		1.019	1.031	
Serine g	1.008		0	AR	1		0.857	0.867	

NDB No. 23559

Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.286		0	BFPN	4		0.243	0.246	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 86g: 1 patty (yield from 1/4 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23557
Beef, ground, 95% lean meat / 5% fat, raw

hamburger
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.28	0.258	72	AR	1				
Energy	kcal	137		0	NC	4				
Energy	kJ	571		0	NC	4				
Protein (N x 6.25)	g	21.41	0.241	72	AR	1				
Total lipid (fat)	g	5.00		72	AR	1				
Ash	g	1.05	0.031	72	AR	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	9	3.527	36	AR	1				
Iron, Fe	mg	2.38	0.069	36	AR	1				
Magnesium, Mg	mg	22	0.361	36	AR	1				
Phosphorus, P	mg	198	3.119	36	AR	1				
Potassium, K	mg	346	5.111	36	AR	1				
Sodium, Na	mg	66	1.752	36	AR	1				
Zinc, Zn	mg	5.09	0.109	36	AR	1				
Copper, Cu	mg	0.077	0.003	36	AR	1				
Manganese, Mn	mg	0.010	0.001	36	AR	1				
Selenium, Se	mcg	17.4	1.032	72	AR	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.041	0.003	36	AR	1				
Riboflavin	mg	0.161	0.012	36	AR	1				
Niacin	mg	5.494	0.162	36	AR	1				
Pantothenic acid	mg	0.642	0.057	6	AR	1				
Vitamin B-6	mg	0.392	0.019	36	AR	1				
Folate, total	mcg	5	1.515	6	AR	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	5	1.515	6	AR	1				
Folate, DFE	mcg_DFE	5		0	NC	4				
Choline, total	mg	70.9	0.299	12	AR	1				
Betaine	mg	6.9	0.765	12	AR	1				
Vitamin B-12	mcg	2.24	0.086	36	AR	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		6	AR	1				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.28		0	CASN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.1		0	PAK	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.1		0	PAK	1				
Vitamin D	IU	3		0	PAK	1				
Vitamin K (phylloquinone)	mcg	0.3	0.285	12	AR	1				
Lipids:										
Fatty acids, total saturated	g	2.250	0.230	35	AR	1				
4:0	g	0.000		0	Z	7				

NDB No. 23557
Beef, ground, 95% lean meat / 5% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7				
8:0....g	0.000	0.000	47	AR	1				
10:0....g	0.000	0.000	47	AR	1				
12:0....g	0.006	0.001	47	AR	1				
13:0....g									
14:0....g	0.127	0.019	47	AR	1				
15:0....g	0.023	0.003	47	AR	1				
16:0....g	1.175	0.102	47	AR	1				
17:0....g	0.053	0.008	47	AR	1				
18:0....g	0.827	0.068	47	AR	1				
20:0....g	0.009	0.001	47	AR	1				
22:0....g	0.000	0.000	47	AR	1				
24:0....g									
Fatty acids, total monounsaturated....g	2.151	0.303	35	AR	1				
14:1....g	0.023	0.006	47	AR	1				
15:1....g	0.000	0.000	47	AR	1				
16:1 undifferentiated....g	0.154	0.024	47	AR	1				
17:1....g	0.036	0.028	47	AR	1				
18:1 undifferentiated....g	1.909	0.201	47	AR	1				
20:1....g	0.014	0.003	47	AR	1				
22:1 undifferentiated....g	0.000		0	Z	7				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.257	0.024	35	AR	1				
18:2 undifferentiated....g	0.185	0.020	47	AR	1				
18:3 undifferentiated....g	0.035	0.005	47	AR	1				
18:3 n-3 c,c,c (ALA)....g	0.029	0.005	35	AR	1				
18:3 n-6 c,c,c....g	0.008	0.001	47	AR	1				
18:3i....g									
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g	0.000	0.000	47	AR	1				
20:3 undifferentiated....g	0.000	0.000	47	AR	1				
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.039	0.002	47	AR	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7				
22:6 n-3 (DHA)....g	0.000		0	Z	7				
Fatty acids, total trans....g	0.341	0.027	3	AR	1				
Cholesterol....mg	62	1.804	36	AR	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.127		0	AR	1				
Threonine....g	0.846		0	AR	1				
Isoleucine....g	0.939		0	AR	1				
Leucine....g	1.671		0	AR	1				
Lysine....g	1.785		0	AR	1				
Methionine....g	0.565		0	AR	1				
Cystine....g	0.227		0	AR	1				
Phenylalanine....g	0.823		0	AR	1				
Tyrosine....g	0.674		0	AR	1				
Valine....g	1.050		0	AR	1				
Arginine....g	1.356		0	AR	1				
Histidine....g	0.714		0	AR	1				
Alanine....g	1.297		0	AR	1				
Aspartic acid....g	1.934		0	AR	1				
Glutamic acid....g	3.243		0	AR	1				
Glycine....g	1.293		0	AR	1				
Proline....g	0.996		0	AR	1				
Serine....g	0.838		0	AR	1				

NDB No. 23557
Beef, ground, 95% lean meat / 5% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.410		0	BFPN	4				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13317
Beef, ground, patties, frozen, cooked, broiled

hamburger
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.91		2	A	1		168.74	45.82	
Energy	kcal	295		0	NC	4		924	251	
Energy	kJ	1236		0	NC	4		3867	1050	
Protein (N x 6.25)	g	23.05		2	A	1		72.13	19.59	
Total lipid (fat)	g	21.83		2	A	1		68.33	18.56	
Ash	g	0.90		2	A	1		2.82	0.77	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		2	A	1		0.00	0.00	
Sucrose	g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose)	g	0.00		2	A	1		0.00	0.00	
Fructose	g	0.00		2	A	1		0.00	0.00	
Lactose	g	0.00		2	A	1		0.00	0.00	
Maltose	g	0.00		2	A	1		0.00	0.00	
Galactose	g	0.00		2	A	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11		2	A	1		33	9	
Iron, Fe	mg	2.42		2	A	1		7.57	2.06	
Magnesium, Mg	mg	19		2	A	1		58	16	
Phosphorus, P	mg	174		2	A	1		545	148	
Potassium, K	mg	305		2	A	1		955	259	
Sodium, Na	mg	77		2	A	1		239	65	
Zinc, Zn	mg	4.84		2	A	1		15.15	4.11	
Copper, Cu	mg	0.077		2	A	1		0.241	0.065	
Manganese, Mn	mg	0.022		2	A	1		0.069	0.019	
Selenium, Se	mcg	21.5		0	BFYN	4		67.3	18.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.030		2	A	1		0.094	0.026	
Riboflavin	mg	0.176		2	A	1		0.551	0.150	
Niacin	mg	5.305		2	A	1		16.605	4.509	
Pantothenic acid	mg	0.545		2	A	1		1.706	0.463	
Vitamin B-6	mg	0.435		2	A	1		1.360	0.369	
Folate, total	mcg	21		2	A	1		64	17	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	21		2	A	1		64	17	
Folate, DFE	mcg_DFE	21		0	NC	4		64	17	
Choline, total	mg	74.6		0	BFNN	4		233.5	63.4	
Betaine	mg									
Vitamin B-12	mcg	2.65		2	A	1		8.29	2.25	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	BFSN	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		2	A	1		0.00	0.00	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.2		0	AS	1		0.6	0.2	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 13317
Beef, ground, patties, frozen, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg	0.2		0	PAK	1		0.6	0.2	
Vitamin D.....IU	8		0	PAK	1		25	7	
Vitamin K (phylloquinone).....mcg	2.3		0	BFSN	4		7.1	1.9	
Lipids:									
Fatty acids, total saturated.....g	8.805		0	NC	4		27.558	7.484	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.690		2	A	1		2.160	0.587	
15:0.....g	0.111		2	A	1		0.346	0.094	
16:0.....g	4.939		2	A	1		15.459	4.198	
17:0.....g	0.261		2	A	1		0.817	0.222	
18:0.....g	2.782		2	A	1		8.708	2.365	
20:0.....g	0.022		2	A	1		0.069	0.019	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	9.358		0	NC	4		29.291	7.954	
14:1.....g	0.179		2	A	1		0.560	0.152	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.688		2	A	1		2.153	0.585	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	8.452		2	A	1		26.455	7.184	
18:1 c.....g	7.255		2	A	1		22.707	6.166	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	1.198		2	A	1		3.748	1.018	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.039		2	A	1		0.122	0.033	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.636		0	NC	4		1.991	0.541	
18:2 undifferentiated.....g	0.592		2	A	1		1.851	0.503	
18:2 n-6 c,c.....g	0.335		2	A	1		1.047	0.284	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.257		2	A	1		0.803	0.218	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.044		2	A	1		0.138	0.037	
18:3 n-3 c,c,c (ALA).....g	0.044		2	A	1		0.138	0.037	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	84		2	A	1		263	71	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	

NDB No. 13317
Beef, ground, patties, frozen, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 313g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13985

Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Refuse: 6% Bone and connective tissue 1.58%, separable fat 4.34%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.67	0.505	20	A	1		54.97	367.97	
Energy....kcal	182		0	NC	4		155	1036	
Energy....kJ	762		0	NC	4		648	4335	
Protein (N x 6.25)....g	26.75	0.319	20	A	1		22.74	152.22	
Total lipid (fat)....g	8.34	0.586	20	A	1		7.09	47.46	
Ash....g	1.08	0.026	20	A	1		0.91	6.12	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0	BFNN	4		15	98	
Iron, Fe....mg	1.69		0	BFNN	4		1.44	9.63	
Magnesium, Mg....mg	23		0	BFNN	4		19	129	
Phosphorus, P....mg	211		0	BFNN	4		179	1200	
Potassium, K....mg	340		0	BFNN	4		289	1933	
Sodium, Na....mg	55		0	BFNN	4		47	315	
Zinc, Zn....mg	4.93		0	BFNN	4		4.19	28.08	
Copper, Cu....mg	0.079		0	BFNN	4		0.067	0.447	
Manganese, Mn....mg	0.010		0	BFNN	4		0.008	0.056	
Selenium, Se....mcg	30.9		0	BFNN	4		26.3	176.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.073		0	BFPN	4		0.062	0.415	
Riboflavin....mg	0.136		0	BFPN	4		0.115	0.771	
Niacin....mg	7.655		0	BFPN	4		6.507	43.558	
Pantothenic acid....mg	0.526		0	BFPN	4		0.447	2.995	
Vitamin B-6....mg	0.574		0	BFPN	4		0.488	3.267	
Folate, total....mcg	9		0	BFPN	4		8	51	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		8	51	
Folate, DFE....mcg_DFE	9		0	NC	4		8	51	
Choline, total....mg	101.9		0	BFPN	4		86.6	579.7	
Betaine....mg	13.4		0	BFPN	4		11.4	76.2	
Vitamin B-12....mcg	1.53		0	BFPN	4		1.30	8.71	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.38		0	BFSN	4		0.32	2.14	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		1.1	7.6	
Lipids:									
Fatty acids, total saturated....g	3.108		0	NC	4		2.642	17.685	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13985

Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.009		0	BFFN	4		0.007	0.049	
12:0 g	0.086		0	BFFN	4		0.073	0.491	
13:0 g									
14:0 g	0.173		0	BFFN	4		0.147	0.982	
15:0 g									
16:0 g	1.925		0	BFFN	4		1.637	10.955	
17:0 g									
18:0 g	0.915		0	BFFN	4		0.778	5.207	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.205		0	NC	4		3.574	23.924	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.250		0	BFFN	4		0.213	1.424	
17:1 g									
18:1 undifferentiated g	3.954		0	BFFN	4		3.361	22.500	
20:1 g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.268		0	NC	4		0.227	1.523	
18:2 undifferentiated g	0.207		0	BFFN	4		0.176	1.179	
18:3 undifferentiated g	0.026		0	BFFN	4		0.022	0.147	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.035		0	BFFN	4		0.029	0.196	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	71		0	BFFN	4		60	405	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.176		0	A	1		0.149	1.000	
Threonine g	1.069		0	A	1		0.908	6.081	
Isoleucine g	1.217		0	A	1		1.035	6.925	
Leucine g	2.128		0	A	1		1.809	12.108	
Lysine g	2.261		0	A	1		1.922	12.864	
Methionine g	0.697		0	A	1		0.592	3.964	
Cystine g	0.345		0	A	1		0.293	1.964	
Phenylalanine g	1.057		0	A	1		0.898	6.012	
Tyrosine g	0.852		0	A	1		0.725	4.850	
Valine g	1.327		0	A	1		1.128	7.551	
Arginine g	1.730		0	A	1		1.470	9.843	
Histidine g	0.854		0	A	1		0.726	4.858	
Alanine g	1.626		0	A	1		1.382	9.254	
Aspartic acid g	2.437		0	A	1		2.071	13.865	
Glutamic acid g	4.016		0	A	1		3.414	22.851	
Glycine g	1.629		0	A	1		1.385	9.268	
Proline g	1.275		0	A	1		1.084	7.257	
Serine g	1.054		0	A	1		0.896	5.996	
Hydroxyproline g	0.281		0	BFPN	4		0.239	1.599	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13985

Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Common Measures:

Measure 1 = 85g: 1 serving

Measure 2 = 569g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23545

Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.50		0	PAK	1		42.92	229.06	
Energy	kcal	265		0	NC	4		225	1202	
Energy	kJ	1108		0	NC	4		942	5028	
Protein (N x 6.25)	g	29.97		0	PAK	1		25.48	135.95	
Total lipid (fat)	g	15.18		0	PAK	1		12.91	68.87	
Ash	g	1.45		0	PAK	1		1.24	6.59	
Carbohydrate, by difference	g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0	PIK	4		10	56	
Iron, Fe	mg	3.64		0	PIK	4		3.10	16.53	
Magnesium, Mg	mg	26		0	PAK	1		22	116	
Phosphorus, P	mg	265		0	PIK	4		225	1200	
Potassium, K	mg	437		0	PIK	4		371	1982	
Sodium, Na	mg	72		0	PIK	4		61	328	
Zinc, Zn	mg	7.05		0	PIK	4		5.99	31.98	
Copper, Cu	mg	0.158		0	PIK	4		0.135	0.718	
Manganese, Mn	mg	0.000		0	PAK	1		0.000	0.001	
Selenium, Se	mcg	10.3		0	PIK	4		8.7	46.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.128		0	PIK	4		0.109	0.579	
Riboflavin	mg	0.286		0	PIK	4		0.243	1.296	
Niacin	mg	4.225		0	PIK	4		3.592	19.167	
Pantothenic acid	mg	0.005		0	PAK	1		0.005	0.024	
Vitamin B-6	mg	0.443		0	PIK	4		0.377	2.012	
Folate, total	mcg	10		0	PIK	4		8	45	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	10		0	PIK	4		8	45	
Folate, DFE	mcg_DFE	10		0	NC	4		8	45	
Choline, total	mg	114.2		0	BFPN	4		97.0	517.8	
Betaine	mg	15.0		0	BFPN	4		12.7	68.0	
Vitamin B-12	mcg	2.83		0	PIK	4		2.41	12.86	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	PIK	4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.17		0	PIK	4		0.14	0.77	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.707		0	PIK	4		4.851	25.885	
4:0	g	0.000		0	PAK	1		0.000	0.000	

NDB No. 23545

Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PAK	1		0.000	0.000	
8:0 g	0.000		0	PAK	1		0.000	0.000	
10:0 g	0.010		0	PAK	1		0.008	0.043	
12:0 g	0.018		0	PAK	1		0.016	0.084	
13:0 g									
14:0 g	0.363		0	PAK	1		0.308	1.646	
15:0 g									
16:0 g	3.610		0	PAK	1		3.068	16.373	
17:0 g									
18:0 g	1.687		0	PAK	1		1.434	7.650	
20:0 g	0.019		0	PAK	1		0.016	0.088	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.763		0	PIK	4		6.598	35.211	
14:1 g	0.125		0	PAK	1		0.107	0.569	
15:1 g									
16:1 undifferentiated g	0.516		0	PAK	1		0.439	2.342	
17:1 g									
18:1 undifferentiated g	7.115		0	PAK	1		6.048	32.273	
20:1 g	0.006		0	PAK	1		0.005	0.027	
22:1 undifferentiated g	0.000		0	PAK	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.538		0	PIK	4		0.457	2.440	
18:2 undifferentiated g	0.395		0	PAK	1		0.336	1.792	
18:3 undifferentiated g	0.085		0	PAK	1		0.072	0.386	
18:4 g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.058		0	PAK	1		0.049	0.263	
20:5 n-3 (EPA) g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	68		0	PAK	1		58	309	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.324		0	PAK	1		0.275	1.468	
Threonine g	1.384		0	PAK	1		1.177	6.279	
Isoleucine g	1.545		0	PAK	1		1.313	7.009	
Leucine g	2.646		0	PAK	1		2.249	12.003	
Lysine g	2.809		0	PAK	1		2.387	12.741	
Methionine g	0.849		0	PAK	1		0.722	3.852	
Cystine g	0.322		0	PAK	1		0.274	1.461	
Phenylalanine g	1.298		0	PAK	1		1.103	5.887	
Tyrosine g	1.097		0	PAK	1		0.933	4.977	
Valine g	1.619		0	PAK	1		1.376	7.342	
Arginine g	2.018		0	PAK	1		1.715	9.153	
Histidine g	0.967		0	PAK	1		0.822	4.386	
Alanine g	1.811		0	PAK	1		1.540	8.217	
Aspartic acid g	2.985		0	PAK	1		2.537	13.538	
Glutamic acid g	4.801		0	PAK	1		4.080	21.775	
Glycine g	1.428		0	PAK	1		1.213	6.475	
Proline g	1.268		0	PAK	1		1.078	5.751	
Serine g	1.202		0	PAK	1		1.022	5.452	
Hydroxyproline g	0.137		0	PAK	1		0.116	0.620	
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0	0.0	
Caffeine mg	0		0	PIK	4		0	0	
Theobromine mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23545

Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13987

Beef, loin, bottom sirloin butt, tri-tip steak, separable lean only, trimmed 0" fat, all grades, cooked, broiled

Refuse: 4% Bone and heavy connective tissue, 0%, separable fat, 4%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.67	2.135	7	A	1		43.92	234.38	
Energy	kcal	250		0	NC	4		212	1133	
Energy	kJ	1045		0	NC	4		888	4739	
Protein (N x 6.25)	g	30.68	1.051	7	A	1		26.08	139.16	
Total lipid (fat)	g	13.16	1.232	7	A	1		11.19	59.69	
Ash	g	1.49	0.079	7	A	1		1.27	6.76	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0	BFNN	4		10	56	
Iron, Fe	mg	3.74		0	BFNN	4		3.18	16.96	
Magnesium, Mg	mg	26		2	A	1		22	119	
Phosphorus, P	mg	272		0	BFNN	4		231	1232	
Potassium, K	mg	449		0	BFNN	4		381	2035	
Sodium, Na	mg	73		0	BFNN	4		62	333	
Zinc, Zn	mg	7.26		0	BFNN	4		6.17	32.92	
Copper, Cu	mg	0.162		0	BFNN	4		0.138	0.737	
Manganese, Mn	mg									
Selenium, Se	mcg	10.0		2	A	1		8.5	45.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.131		0	BFPN	4		0.112	0.596	
Riboflavin	mg	0.293		0	BFPN	4		0.249	1.329	
Niacin	mg	4.324		0	BFPN	4		3.675	19.612	
Pantothenic acid	mg									
Vitamin B-6	mg	0.455		0	BFPN	4		0.386	2.062	
Folate, total	mcg	10		0	BFPN	4		9	46	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0	BFPN	4		9	46	
Folate, DFE	mcg_DFE	10		0	NC	4		9	46	
Choline, total	mg	116.9		0	BFPN	4		99.3	530.0	
Betaine	mg	15.4		0	BFPN	4		13.0	69.6	
Vitamin B-12	mcg	2.88		0	BFPN	4		2.45	13.06	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.18		0	NR	4		0.15	0.80	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.870		0	NC	4		4.140	22.090	
4:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 13987

Beef, loin, bottom sirloin butt, tri-tip steak, separable lean only, trimmed 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g									
12:0 g	0.010	0.000	4	A	1		0.009	0.045	
13:0 g									
14:0 g	0.290	0.040	4	A	1		0.247	1.315	
15:0 g									
16:0 g	3.090	0.410	4	A	1		2.627	14.016	
17:0 g									
18:0 g	1.460	0.120	4	A	1		1.241	6.623	
20:0 g	0.020	0.005	4	A	1		0.017	0.091	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.930		0	NC	4		5.891	31.434	
14:1 g	0.130	0.025	4	A	1		0.111	0.590	
15:1 g									
16:1 undifferentiated g	0.420	0.070	4	A	1		0.357	1.905	
17:1 g									
18:1 undifferentiated g	6.380	0.930	4	A	1		5.423	28.940	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.460		0	NC	4		0.391	2.087	
18:2 undifferentiated g	0.350	0.060	4	A	1		0.298	1.588	
18:3 undifferentiated g	0.050	0.005	4	A	1		0.043	0.227	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.060	0.010	4	A	1		0.051	0.272	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	67	0.006	4	A	1		57	305	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.331		0	A	1		0.281	1.502	
Threonine g	1.418		0	A	1		1.205	6.432	
Isoleucine g	1.584		0	A	1		1.347	7.186	
Leucine g	2.712		0	A	1		2.305	12.303	
Lysine g	2.879		0	A	1		2.447	13.061	
Methionine g	0.870		0	A	1		0.740	3.948	
Cystine g	0.329		0	A	1		0.280	1.494	
Phenylalanine g	1.330		0	A	1		1.131	6.034	
Tyrosine g	1.124		0	A	1		0.956	5.100	
Valine g	1.659		0	A	1		1.410	7.525	
Arginine g	2.067		0	A	1		1.757	9.377	
Histidine g	0.989		0	A	1		0.841	4.486	
Alanine g	1.854		0	A	1		1.576	8.412	
Aspartic acid g	3.058		0	A	1		2.600	13.873	
Glutamic acid g	4.918		0	A	1		4.180	22.308	
Glycine g	1.459		0	A	1		1.240	6.616	
Proline g	1.297		0	A	1		1.103	5.884	
Serine g	1.231		0	A	1		1.046	5.584	
Hydroxyproline g	0.142		0	BFPN	4		0.121	0.643	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13987

Beef, loin, bottom sirloin butt, tri-tip steak, separable lean only, trimmed 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23540

Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Plate Skirt Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.34		0	PAK	1		51.29	273.70	
Energy....kcal	220		0	NC	4		187	999	
Energy....kJ	922		0	NC	4		784	4181	
Protein (N x 6.25)....g	26.13		0	PAK	1		22.21	118.53	
Total lipid (fat)....g	12.05		0	PAK	1		10.25	54.68	
Ash....g	1.07		0	PAK	1		0.91	4.85	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0	PIK	4		9	50	
Iron, Fe....mg	2.77		0	PIK	4		2.36	12.57	
Magnesium, Mg....mg	24		0	PAK	1		20	107	
Phosphorus, P....mg	230		0	PIK	4		196	1046	
Potassium, K....mg	289		0	PAK	1		246	1312	
Sodium, Na....mg	75		0	PIK	4		64	340	
Zinc, Zn....mg	7.23		0	PAK	1		6.15	32.80	
Copper, Cu....mg	0.093		0	PIK	4		0.079	0.424	
Manganese, Mn....mg	0.000		0	PAK	1		0.000	0.001	
Selenium, Se....mcg	19.8		0	PIK	4		16.8	89.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.090		0	PIK	4		0.077	0.408	
Riboflavin....mg	0.191		0	PIK	4		0.162	0.864	
Niacin....mg	3.745		0	PIK	4		3.183	16.987	
Pantothenic acid....mg	0.005		0	PAK	1		0.004	0.023	
Vitamin B-6....mg	0.321		0	PIK	4		0.273	1.457	
Folate, total....mcg	7		0	PIK	4		6	32	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	7		0	PIK	4		6	32	
Folate, DFE....mcg_DFE	7		0	NC	4		6	32	
Choline, total....mg	99.5		0	BFPN	4		84.6	451.4	
Betaine....mg									
Vitamin B-12....mcg	3.72		0	PIK	4		3.16	16.89	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PIK	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.10		0	PIK	4		0.09	0.47	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.666		0	PIK	4		3.966	21.165	
4:0....g	0.000		0	PAK	1		0.000	0.000	

NDB No. 23540

Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PAK	1		0.000	0.000	
8:0 g	0.000		0	PAK	1		0.000	0.000	
10:0 g	0.009		0	PAK	1		0.008	0.041	
12:0 g	0.018		0	PAK	1		0.015	0.081	
13:0 g									
14:0 g	0.320		0	PAK	1		0.272	1.449	
15:0 g									
16:0 g	2.793		0	PAK	1		2.374	12.668	
17:0 g									
18:0 g	1.507		0	PAK	1		1.281	6.838	
20:0 g	0.019		0	PAK	1		0.016	0.088	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.055		0	PIK	4		5.147	27.466	
14:1 g	0.087		0	PAK	1		0.074	0.395	
15:1 g									
16:1 undifferentiated g	0.394		0	PAK	1		0.335	1.787	
17:1 g									
18:1 undifferentiated g	5.568		0	PAK	1		4.733	25.259	
20:1 g	0.006		0	PAK	1		0.005	0.026	
22:1 undifferentiated g	0.000		0	PAK	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.436		0	PIK	4		0.371	1.978	
18:2 undifferentiated g	0.344		0	PAK	1		0.292	1.559	
18:3 undifferentiated g	0.063		0	PAK	1		0.054	0.288	
18:4 g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.029		0	PAK	1		0.025	0.132	
20:5 n-3 (EPA) g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	60		0	PAK	1		51	273	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.282		0	PAK	1		0.240	1.280	
Threonine g	1.207		0	PAK	1		1.026	5.474	
Isoleucine g	1.347		0	PAK	1		1.145	6.110	
Leucine g	2.307		0	PAK	1		1.961	10.464	
Lysine g	2.449		0	PAK	1		2.081	11.107	
Methionine g	0.740		0	PAK	1		0.629	3.358	
Cystine g	0.281		0	PAK	1		0.239	1.273	
Phenylalanine g	1.132		0	PAK	1		0.962	5.132	
Tyrosine g	0.957		0	PAK	1		0.813	4.339	
Valine g	1.411		0	PAK	1		1.199	6.401	
Arginine g	1.759		0	PAK	1		1.495	7.979	
Histidine g	0.843		0	PAK	1		0.717	3.824	
Alanine g	1.579		0	PAK	1		1.342	7.164	
Aspartic acid g	2.602		0	PAK	1		2.212	11.802	
Glutamic acid g	4.185		0	PAK	1		3.557	18.984	
Glycine g	1.245		0	PAK	1		1.058	5.646	
Proline g	1.105		0	PAK	1		0.940	5.014	
Serine g	1.048		0	PAK	1		0.891	4.753	
Hydroxyproline g	0.119		0	PAK	1		0.101	0.540	
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0	0.0	
Caffeine mg	0		0	PIK	4		0	0	
Theobromine mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23540

Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13977

Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Plate Skirt Steak

Refuse: 3% Bone and heavy connective tissue, 0%, separable fat, 3%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.77	0.805	7	A	1		52.50		
Energy....kcal	205		0	NC	4		174		
Energy....kJ	856		0	NC	4		728		
Protein (N x 6.25)....g	26.66	0.677	7	A	1		22.66		
Total lipid (fat)....g	10.06	0.952	7	A	1		8.55		
Ash....g	1.09	0.038	7	A	1		0.93		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0	BFNY	4		9		
Iron, Fe....mg	2.83		0	BFNY	4		2.40		
Magnesium, Mg....mg	24		2	A	1		21		
Phosphorus, P....mg	236		0	BFNY	4		200		
Potassium, K....mg	295		2	A	1		251		
Sodium, Na....mg	76		0	BFNY	4		65		
Zinc, Zn....mg	7.43		2	A	1		6.32		
Copper, Cu....mg	0.095		0	BFNY	4		0.081		
Manganese, Mn....mg									
Selenium, Se....mcg	19.9		0	BFNN	4		16.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.092		0	BFPY	4		0.078		
Riboflavin....mg	0.194		0	BFPY	4		0.165		
Niacin....mg	3.820		0	BFPY	4		3.247		
Pantothenic acid....mg									
Vitamin B-6....mg	0.327		0	BFPY	4		0.278		
Folate, total....mcg	7		0	BFPY	4		6		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	7		0	BFPY	4		6		
Folate, DFE....mcg_DFE	7		0	NC	4		6		
Choline, total....mg	101.5		0	BFPN	4		86.3		
Betaine....mg									
Vitamin B-12....mcg	3.80		0	BFPY	4		3.23		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.11		0	NR	4		0.09		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.850		0	NC	4		3.273		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 13977

Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g									
12:0....g	0.010	0.000	4	A	1		0.009		
13:0....g									
14:0....g	0.250	0.050	4	A	1		0.213		
15:0....g									
16:0....g	2.280	0.265	4	A	1		1.938		
17:0....g									
18:0....g	1.290	0.135	4	A	1		1.097		
20:0....g	0.020	0.005	4	A	1		0.017		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.220		0	NC	4		4.437		
14:1....g	0.090	0.020	4	A	1		0.077		
15:1....g									
16:1 undifferentiated....g	0.300	0.055	4	A	1		0.255		
17:1....g									
18:1 undifferentiated....g	4.830	0.725	4	A	1		4.106		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.360		0	NC	4		0.306		
18:2 undifferentiated....g	0.300	0.035	4	A	1		0.255		
18:3 undifferentiated....g	0.030	0.005	4	A	1		0.026		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030	0.005	4	A	1		0.026		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	59	0.003	4	A	1		50		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.288		0	A	1		0.245		
Threonine....g	1.232		0	A	1		1.047		
Isoleucine....g	1.377		0	A	1		1.170		
Leucine....g	2.357		0	A	1		2.003		
Lysine....g	2.502		0	A	1		2.127		
Methionine....g	0.756		0	A	1		0.643		
Cystine....g	0.286		0	A	1		0.243		
Phenylalanine....g	1.156		0	A	1		0.983		
Tyrosine....g	0.977		0	A	1		0.831		
Valine....g	1.442		0	A	1		1.225		
Arginine....g	1.796		0	A	1		1.527		
Histidine....g	0.859		0	A	1		0.731		
Alanine....g	1.611		0	A	1		1.370		
Aspartic acid....g	2.658		0	A	1		2.259		
Glutamic acid....g	4.274		0	A	1		3.633		
Glycine....g	1.267		0	A	1		1.077		
Proline....g	1.127		0	A	1		0.958		
Serine....g	1.070		0	A	1		0.909		
Hydroxyproline....g	0.123		0	BFPN	4		0.105		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13977

Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13976

Beef, plate, inside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Plate Skirt Steak

Refuse: 10% Bone and heavy connective tissue, 3%, separable fat, 7%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.62	0.397	7	A	1		320.33	20.02	
Energy....kcal	164		0	NC	4		745	47	
Energy....kJ	688		0	NC	4		3119	195	
Protein (N x 6.25)....g	21.08	0.556	7	A	1		95.62	5.98	
Total lipid (fat)....g	8.24	1.021	7	A	1		37.38	2.34	
Ash....g	1.25	0.159	7	A	1		5.67	0.35	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	BFNN	4		38	2	
Iron, Fe....mg	2.24		0	BFNN	4		10.14	0.63	
Magnesium, Mg....mg	21		2	A	1		94	6	
Phosphorus, P....mg	197		0	BFNN	4		892	56	
Potassium, K....mg	369		0	BFNN	4		1676	105	
Sodium, Na....mg	67		0	BFNN	4		305	19	
Zinc, Zn....mg	4.95		0	BFNN	4		22.44	1.40	
Copper, Cu....mg	0.071		0	BFNN	4		0.324	0.020	
Manganese, Mn....mg									
Selenium, Se....mcg	14.9		0	BFNN	4		67.6	4.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.104		0	BFPN	4		0.472	0.029	
Riboflavin....mg	0.170		0	BFPN	4		0.773	0.048	
Niacin....mg	3.776		0	BFPN	4		17.126	1.070	
Pantothenic acid....mg									
Vitamin B-6....mg	0.432		0	BFPN	4		1.958	0.122	
Folate, total....mcg	7		0	BFPN	4		30	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0	BFPN	4		30	2	
Folate, DFE....mcg_DFE	7		0	NC	4		30	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.75		0	BFPN	4		17.02	1.06	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.08		0	NR	4		0.37	0.02	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.140		0	NC	4		14.243	0.890	
4:0....g									
6:0....g									
8:0....g									

NDB No. 13976

Beef, plate, inside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g									
12:0 ... g	0.000	0.000	4	A	1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.180	0.035	4	A	1		0.816	0.051	
15:0 ... g									
16:0 ... g	1.790	0.285	4	A	1		8.119	0.507	
17:0 ... g									
18:0 ... g	1.150	0.320	4	A	1		5.216	0.326	
20:0 ... g	0.020	0.005	4	A	1		0.091	0.006	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.220		0	NC	4		19.142	1.196	
14:1 ... g	0.060	0.010	4	A	1		0.272	0.017	
15:1 ... g									
16:1 undifferentiated ... g	0.210	0.015	4	A	1		0.953	0.060	
17:1 ... g									
18:1 undifferentiated ... g	3.950	0.650	4	A	1		17.917	1.120	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.360		0	NC	4		1.633	0.102	
18:2 undifferentiated ... g	0.280	0.020	4	A	1		1.270	0.079	
18:3 undifferentiated ... g	0.050	0.015	4	A	1		0.227	0.014	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.030	0.005	4	A	1		0.136	0.009	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	57	1.555	4	A	1		257	16	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.228		0	A	1		1.032	0.065	
Threonine ... g	0.974		0	A	1		4.419	0.276	
Isoleucine ... g	1.089		0	A	1		4.938	0.309	
Leucine ... g	1.864		0	A	1		8.453	0.528	
Lysine ... g	1.978		0	A	1		8.974	0.561	
Methionine ... g	0.598		0	A	1		2.712	0.170	
Cystine ... g	0.226		0	A	1		1.027	0.064	
Phenylalanine ... g	0.914		0	A	1		4.146	0.259	
Tyrosine ... g	0.773		0	A	1		3.504	0.219	
Valine ... g	1.140		0	A	1		5.171	0.323	
Arginine ... g	1.420		0	A	1		6.443	0.403	
Histidine ... g	0.680		0	A	1		3.082	0.193	
Alanine ... g	1.274		0	A	1		5.780	0.361	
Aspartic acid ... g	2.101		0	A	1		9.532	0.596	
Glutamic acid ... g	3.379		0	A	1		15.328	0.958	
Glycine ... g	1.002		0	A	1		4.546	0.284	
Proline ... g	0.891		0	A	1		4.043	0.253	
Serine ... g	0.846		0	A	1		3.837	0.240	
Hydroxyproline ... g	0.097		0	A	1		0.442	0.028	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13976

Beef, plate, inside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23541

Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Plate Skirt Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.16		0	PAK	1		48.59	259.30	
Energy....kcal	255		0	NC	4		217	1156	
Energy....kJ	1067		0	NC	4		907	4839	
Protein (N x 6.25)....g	23.51		0	PAK	1		19.98	106.65	
Total lipid (fat)....g	17.13		0	PAK	1		14.56	77.72	
Ash....g	0.93		0	PAK	1		0.79	4.20	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0	PIK	4		9	48	
Iron, Fe....mg	2.58		0	PIK	4		2.19	11.70	
Magnesium, Mg....mg	24		0	PAK	1		20	108	
Phosphorus, P....mg	214		0	PIK	4		182	972	
Potassium, K....mg	379		0	PIK	4		323	1721	
Sodium, Na....mg	92		0	PAK	1		78	416	
Zinc, Zn....mg	5.51		0	PAK	1		4.68	24.98	
Copper, Cu....mg	0.087		0	PIK	4		0.074	0.395	
Manganese, Mn....mg	0.000		0	PAK	1		0.000	0.002	
Selenium, Se....mcg	18.6		0	PIK	4		15.8	84.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.115		0	PIK	4		0.098	0.521	
Riboflavin....mg	0.190		0	PIK	4		0.162	0.863	
Niacin....mg	4.193		0	PIK	4		3.564	19.021	
Pantothenic acid....mg	0.007		0	PAK	1		0.006	0.034	
Vitamin B-6....mg	0.477		0	PIK	4		0.406	2.166	
Folate, total....mcg	7		0	PIK	4		6	34	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	7		0	PIK	4		6	34	
Folate, DFE....mcg_DFE	7		0	NC	4		6	34	
Choline, total....mg	89.5		0	BFPN	4		76.1	406.2	
Betaine....mg									
Vitamin B-12....mcg	4.17		0	PIK	4		3.54	18.92	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PIK	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.11		0	PIK	4		0.09	0.49	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.083		0	PIK	4		6.021	32.128	
4:0....g	0.000		0	PAK	1		0.000	0.000	

NDB No. 23541

Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	PAK	1		0.000	0.000	
8:0 ... g	0.000		0	PAK	1		0.000	0.000	
10:0 ... g	0.013		0	PAK	1		0.011	0.061	
12:0 ... g	0.022		0	PAK	1		0.019	0.099	
13:0 ... g									
14:0 ... g	0.373		0	PAK	1		0.317	1.691	
15:0 ... g									
16:0 ... g	3.853		0	PAK	1		3.275	17.478	
17:0 ... g									
18:0 ... g	2.793		0	PAK	1		2.374	12.670	
20:0 ... g	0.029		0	PAK	1		0.024	0.129	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.520		0	PIK	4		7.242	38.645	
14:1 ... g	0.086		0	PAK	1		0.073	0.388	
15:1 ... g									
16:1 undifferentiated ... g	0.412		0	PAK	1		0.350	1.868	
17:1 ... g									
18:1 undifferentiated ... g	8.014		0	PAK	1		6.812	36.351	
20:1 ... g	0.008		0	PAK	1		0.007	0.038	
22:1 undifferentiated ... g	0.000		0	PAK	1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.702		0	PIK	4		0.596	3.183	
18:2 undifferentiated ... g	0.546		0	PAK	1		0.464	2.476	
18:3 undifferentiated ... g	0.108		0	PAK	1		0.092	0.492	
18:4 ... g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.048		0	PAK	1		0.040	0.216	
20:5 n-3 (EPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	59		0	PAK	1		51	270	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.254		0	PAK	1		0.216	1.152	
Threonine ... g	1.085		0	PAK	1		0.923	4.923	
Isoleucine ... g	1.211		0	PAK	1		1.029	5.491	
Leucine ... g	2.074		0	PAK	1		1.763	9.406	
Lysine ... g	2.201		0	PAK	1		1.871	9.984	
Methionine ... g	0.666		0	PAK	1		0.566	3.019	
Cystine ... g	0.253		0	PAK	1		0.215	1.146	
Phenylalanine ... g	1.017		0	PAK	1		0.865	4.614	
Tyrosine ... g	0.860		0	PAK	1		0.731	3.902	
Valine ... g	1.269		0	PAK	1		1.078	5.754	
Arginine ... g	1.582		0	PAK	1		1.345	7.176	
Histidine ... g	0.759		0	PAK	1		0.645	3.443	
Alanine ... g	1.421		0	PAK	1		1.208	6.446	
Aspartic acid ... g	2.339		0	PAK	1		1.989	10.612	
Glutamic acid ... g	3.764		0	PAK	1		3.199	17.072	
Glycine ... g	1.121		0	PAK	1		0.953	5.087	
Proline ... g	0.995		0	PAK	1		0.846	4.514	
Serine ... g	0.942		0	PAK	1		0.801	4.275	
Hydroxyproline ... g	0.106		0	PAK	1		0.090	0.482	
Others:									
Alcohol, ethyl ... g	0.0		0	PIK	4		0.0	0.0	
Caffeine ... mg	0		0	PIK	4		0	0	
Theobromine ... mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23541

Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13979

Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Plate Skirt Steak

Refuse: 5% Bone and heavy connective tissue, 0%, separable fat, 5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.17	0.896	7	A	1		50.29		
Energy....kcal	233		0	NC	4		198		
Energy....kJ	974		0	NC	4		828		
Protein (N x 6.25)....g	24.18	0.881	7	A	1		20.55		
Total lipid (fat)....g	14.37	1.516	7	A	1		12.21		
Ash....g	0.95	0.113	7	A	1		0.81		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0	BFNY	4		9		
Iron, Fe....mg	2.66		0	BFNY	4		2.26		
Magnesium, Mg....mg	25		2	A	1		21		
Phosphorus, P....mg	221		0	BFNY	4		188		
Potassium, K....mg	393		0	BFNY	4		334		
Sodium, Na....mg	94		2	A	1		80		
Zinc, Zn....mg	5.72		2	A	1		4.86		
Copper, Cu....mg	0.089		0	BFNY	4		0.076		
Manganese, Mn....mg									
Selenium, Se....mcg	18.7		0	BFNN	4		15.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.119		0	BFPN	4		0.101		
Riboflavin....mg	0.195		0	BFPN	4		0.166		
Niacin....mg	4.331		0	BFPN	4		3.681		
Pantothenic acid....mg									
Vitamin B-6....mg	0.495		0	BFPN	4		0.421		
Folate, total....mcg	8		0	BFPN	4		6		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	8		0	BFPN	4		6		
Folate, DFE....mcg_DFE	8		0	NC	4		6		
Choline, total....mg	92.1		0	BFPN	4		78.3		
Betaine....mg									
Vitamin B-12....mcg	4.30		0	BFPN	4		3.66		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.11		0	NR	4		0.10		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.970		0	NC	4		5.075		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 13979

Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g									
12:0....g	0.010	0.000	4	A	1		0.009		
13:0....g									
14:0....g	0.270	0.045	4	A	1		0.230		
15:0....g									
16:0....g	3.130	0.460	4	A	1		2.661		
17:0....g									
18:0....g	2.530	0.320	4	A	1		2.151		
20:0....g	0.030	0.010	4	A	1		0.026		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.380		0	NC	4		6.273		
14:1....g	0.090	0.020	4	A	1		0.077		
15:1....g									
16:1 undifferentiated....g	0.270	0.045	4	A	1		0.230		
17:1....g									
18:1 undifferentiated....g	7.020	0.825	4	A	1		5.967		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.600		0	NC	4		0.510		
18:2 undifferentiated....g	0.490	0.020	4	A	1		0.417		
18:3 undifferentiated....g	0.060	0.020	4	A	1		0.051		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050	0.010	4	A	1		0.043		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	58	0.004	4	A	1		49		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.261		0	A	1		0.222		
Threonine....g	1.118		0	A	1		0.950		
Isoleucine....g	1.249		0	A	1		1.061		
Leucine....g	2.138		0	A	1		1.817		
Lysine....g	2.269		0	A	1		1.929		
Methionine....g	0.686		0	A	1		0.583		
Cystine....g	0.260		0	A	1		0.221		
Phenylalanine....g	1.048		0	A	1		0.891		
Tyrosine....g	0.886		0	A	1		0.753		
Valine....g	1.308		0	A	1		1.111		
Arginine....g	1.629		0	A	1		1.385		
Histidine....g	0.779		0	A	1		0.663		
Alanine....g	1.462		0	A	1		1.242		
Aspartic acid....g	2.410		0	A	1		2.049		
Glutamic acid....g	3.876		0	A	1		3.295		
Glycine....g	1.150		0	A	1		0.977		
Proline....g	1.022		0	A	1		0.869		
Serine....g	0.970		0	A	1		0.825		
Hydroxyproline....g	0.112		0	BFPN	4		0.095		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13979

Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13978

Beef, plate, outside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Plate Skirt Steak

Refuse: 11% Bone and heavy connective tissue, 4%, separable fat, 7%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.95	0.525	7	A	1		312.76	19.55	
Energy....kcal	165		0	NC	4		746	47	
Energy....kJ	688		0	NC	4		3122	195	
Protein (N x 6.25)....g	19.62	0.261	7	A	1		89.00	5.56	
Total lipid (fat)....g	8.95	1.191	7	A	1		40.60	2.54	
Ash....g	1.13	0.110	7	A	1		5.13	0.32	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	BFNN	4		39	2	
Iron, Fe....mg	2.34		0	BFNN	4		10.60	0.66	
Magnesium, Mg....mg	20		2	A	1		93	6	
Phosphorus, P....mg	206		0	BFNN	4		932	58	
Potassium, K....mg	386		0	BFNN	4		1752	109	
Sodium, Na....mg	70		0	BFNN	4		319	20	
Zinc, Zn....mg	4.96		2	A	1		22.50	1.41	
Copper, Cu....mg	0.075		0	BFNN	4		0.339	0.021	
Manganese, Mn....mg									
Selenium, Se....mcg	15.6		0	BFNN	4		70.7	4.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.097		0	BFPN	4		0.439	0.027	
Riboflavin....mg	0.159		0	BFPN	4		0.719	0.045	
Niacin....mg	3.514		0	BFPN	4		15.940	0.996	
Pantothenic acid....mg									
Vitamin B-6....mg	0.402		0	BFPN	4		1.822	0.114	
Folate, total....mcg	6		0	BFPN	4		28	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0	BFPN	4		28	2	
Folate, DFE....mcg_DFE	6		0	NC	4		28	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.49		0	BFPN	4		15.84	0.99	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.09		0	NR	4		0.40	0.02	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.470		0	NC	4		15.740	0.984	
4:0....g									
6:0....g									
8:0....g									

NDB No. 13978

Beef, plate, outside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g									
12:0 ... g	0.000	0.000	4	A	1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.190	0.035	4	A	1		0.862	0.054	
15:0 ... g									
16:0 ... g	1.830	0.335	4	A	1		8.301	0.519	
17:0 ... g									
18:0 ... g	1.430	0.310	4	A	1		6.486	0.405	
20:0 ... g	0.020	0.010	4	A	1		0.091	0.006	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.720		0	NC	4		21.410	1.338	
14:1 ... g	0.060	0.010	4	A	1		0.272	0.017	
15:1 ... g									
16:1 undifferentiated ... g	0.190	0.035	4	A	1		0.862	0.054	
17:1 ... g									
18:1 undifferentiated ... g	4.470	1.025	4	A	1		20.276	1.267	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.410		0	NC	4		1.860	0.116	
18:2 undifferentiated ... g	0.320	0.035	4	A	1		1.452	0.091	
18:3 undifferentiated ... g	0.030	0.010	4	A	1		0.136	0.009	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.060	0.005	4	A	1		0.272	0.017	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	49	2.025	4	A	1		221	14	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.212		0	A	1		0.961	0.060	
Threonine ... g	0.907		0	A	1		4.113	0.257	
Isoleucine ... g	1.013		0	A	1		4.596	0.287	
Leucine ... g	1.735		0	A	1		7.868	0.492	
Lysine ... g	1.841		0	A	1		8.352	0.522	
Methionine ... g	0.557		0	A	1		2.525	0.158	
Cystine ... g	0.211		0	A	1		0.956	0.060	
Phenylalanine ... g	0.851		0	A	1		3.859	0.241	
Tyrosine ... g	0.719		0	A	1		3.262	0.204	
Valine ... g	1.061		0	A	1		4.812	0.301	
Arginine ... g	1.322		0	A	1		5.996	0.375	
Histidine ... g	0.632		0	A	1		2.869	0.179	
Alanine ... g	1.186		0	A	1		5.379	0.336	
Aspartic acid ... g	1.956		0	A	1		8.872	0.554	
Glutamic acid ... g	3.145		0	A	1		14.266	0.892	
Glycine ... g	0.933		0	A	1		4.231	0.264	
Proline ... g	0.830		0	A	1		3.763	0.235	
Serine ... g	0.787		0	A	1		3.571	0.223	
Hydroxyproline ... g	0.091		0	A	1		0.411	0.026	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13978

Beef, plate, outside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13020
Beef, retail cuts, separable fat, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	18.58	0.610	6	A	1		5.27	15.79	
Energy....kcal	680		0	NC	4		193	578	
Energy....kJ	2845		0		4		807	2418	
Protein (N x 6.25)....g	10.65	0.424	6	A	1		3.02	9.05	
Total lipid (fat)....g	70.33	0.857	6	A	1		19.94	59.78	
Ash....g	0.45	0.610	6	A	1		0.13	0.38	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	19	1.744	4	A	1		5	16	
Iron, Fe....mg	1.08	0.065	4	A	1		0.31	0.92	
Magnesium, Mg....mg	6	0.171	4	A	1		2	5	
Phosphorus, P....mg	64	1.577	4	A	1		18	54	
Potassium, K....mg	99	1.947	4	A	1		28	84	
Sodium, Na....mg	23	1.069	4	A	1		7	20	
Zinc, Zn....mg	1.24	0.054	4	A	1		0.35	1.06	
Copper, Cu....mg	0.040	0.002	4	A	1		0.011	0.034	
Manganese, Mn....mg	0.000		1	A	1		0.000	0.000	
Selenium, Se....mcg	8.3	1.148	4	A	1		2.4	7.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.030	0.001	4	A	1		0.009	0.026	
Riboflavin....mg	0.046	0.001	4	A	1		0.013	0.039	
Niacin....mg	1.528	0.038	4	A	1		0.433	1.298	
Pantothenic acid....mg	0.221		1	A	1		0.063	0.188	
Vitamin B-6....mg	0.140	0.007	4	A	1		0.040	0.119	
Folate, total....mcg	0		1	A	1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		1	A	1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	56.1		0	BFPN	4		15.9	47.7	
Betaine....mg	2.2		0	BFPN	4		0.6	1.9	
Vitamin B-12....mcg	0.90	0.081	4	A	1		0.26	0.77	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		1	A	1		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.4		1	AS	1		0.1	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.4		1	A	1		0.1	0.3	
Vitamin D....IU	15		1	A	1		4	13	
Vitamin K (phylloquinone)....mcg	3.1		0	CASN	4		0.9	2.6	
Lipids:									
Fatty acids, total saturated....g	28.500		0		1		8.080	24.225	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13020
Beef, retail cuts, separable fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.270		33		1		0.077	0.230	
12:0....g	0.250		33		1		0.071	0.213	
13:0....g									
14:0....g	2.350		33		1		0.666	1.998	
15:0....g									
16:0....g	17.770		33		1		5.038	15.105	
17:0....g									
18:0....g	7.860		33		1		2.228	6.681	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	30.450		0		1		8.633	25.883	
14:1....g									
15:1....g									
16:1 undifferentiated....g	3.140		33		1		0.890	2.669	
17:1....g									
18:1 undifferentiated....g	27.140		33		1		7.694	23.069	
20:1....g	0.170		33		1		0.048	0.145	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.660		0		1		0.754	2.261	
18:2 undifferentiated....g	1.620		33		1		0.459	1.377	
18:3 undifferentiated....g	1.040		33		1		0.295	0.884	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		33		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	95	3.877	6		1		27	81	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.070		0	A	1		0.020	0.059	
Threonine....g	0.425		0	A	1		0.121	0.362	
Isoleucine....g	0.485		0	A	1		0.137	0.412	
Leucine....g	0.847		0	A	1		0.240	0.720	
Lysine....g	0.900		0	A	1		0.255	0.765	
Methionine....g	0.277		0	A	1		0.079	0.236	
Cystine....g	0.137		0	A	1		0.039	0.117	
Phenylalanine....g	0.421		0	A	1		0.119	0.358	
Tyrosine....g	0.339		0	A	1		0.096	0.288	
Valine....g	0.528		0	A	1		0.150	0.449	
Arginine....g	0.689		0	A	1		0.195	0.585	
Histidine....g	0.340		0	A	1		0.096	0.289	
Alanine....g	0.647		0	A	1		0.184	0.550	
Aspartic acid....g	0.970		0	A	1		0.275	0.825	
Glutamic acid....g	1.599		0	A	1		0.453	1.359	
Glycine....g	0.648		0	A	1		0.184	0.551	
Proline....g	0.508		0	A	1		0.144	0.432	
Serine....g	0.420		0	A	1		0.119	0.357	
Hydroxyproline....g	0.112		0	BFPN	4		0.032	0.095	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13020

Beef, retail cuts, separable fat, cooked

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13019
Beef, retail cuts, separable fat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	20.21	0.277	12	A	1		5.73	22.84	
Energy....kcal	674		0	NC	4		191	762	
Energy....kJ	2820		0		4		799	3187	
Protein (N x 6.25)....g	8.21	0.206	6	A	1		2.33	9.28	
Total lipid (fat)....g	70.89	0.415	12	A	1		20.10	80.11	
Ash....g	0.28	0.012	6	A	1		0.08	0.32	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	26	7.306	4	A	1		7	30	
Iron, Fe....mg	0.72	0.031	4	A	1		0.20	0.81	
Magnesium, Mg....mg	5	0.210	4	A	1		2	6	
Phosphorus, P....mg	61	4.555	4	A	1		17	68	
Potassium, K....mg	96	2.967	4	A	1		27	108	
Sodium, Na....mg	26	1.192	4	A	1		7	30	
Zinc, Zn....mg	0.82	0.030	4	A	1		0.23	0.92	
Copper, Cu....mg	0.028	0.003	4	A	1		0.008	0.032	
Manganese, Mn....mg	0.000		4	A	1		0.000	0.000	
Selenium, Se....mcg	6.6	1.819	4	A	1		1.9	7.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.030	0.001	4	A	1		0.009	0.034	
Riboflavin....mg	0.037	0.001	4	A	1		0.011	0.042	
Niacin....mg	1.437	0.079	4	A	1		0.407	1.624	
Pantothenic acid....mg	0.163		1	A	1		0.046	0.184	
Vitamin B-6....mg	0.108	0.008	4	A	1		0.031	0.122	
Folate, total....mcg	0		1	A	1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		1	A	1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.73	0.089	4	A	1		0.21	0.82	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		1	A	1		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.3		1	AS	1		0.1	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.3		1	A	1		0.1	0.3	
Vitamin D....IU	11		1	A	1		3	13	
Vitamin K (phylloquinone)....mcg	3.4		0	BFSN	4		1.0	3.8	
Lipids:									
Fatty acids, total saturated....g	29.450		0		1		8.349	33.279	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13019
Beef, retail cuts, separable fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.310		73		1		0.088	0.350	
12:0 g	0.210		86		1		0.060	0.237	
13:0 g									
14:0 g	2.390		500		1		0.678	2.701	
15:0 g									
16:0 g	17.730		513		1		5.026	20.035	
17:0 g									
18:0 g	8.810		517		1		2.498	9.955	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	30.940		0		1		8.771	34.962	
14:1 g									
15:1 g									
16:1 undifferentiated g	3.880		513		1		1.100	4.384	
17:1 g									
18:1 undifferentiated g	26.950		517		1		7.640	30.454	
20:1 g	0.110		11		1		0.031	0.124	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.560		0		1		0.726	2.893	
18:2 undifferentiated g	1.490		503		1		0.422	1.684	
18:3 undifferentiated g	1.070		169		1		0.303	1.209	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		19		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	99	3.923	13		1		28	112	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.054		0	NR	4		0.015	0.061	
Threonine g	0.328		0	NR	4		0.093	0.371	
Isoleucine g	0.374		0	NR	4		0.106	0.422	
Leucine g	0.653		0	NR	4		0.185	0.738	
Lysine g	0.694		0	NR	4		0.197	0.784	
Methionine g	0.214		0	NR	4		0.061	0.242	
Cystine g	0.106		0	NR	4		0.030	0.120	
Phenylalanine g	0.324		0	NR	4		0.092	0.366	
Tyrosine g	0.262		0	NR	4		0.074	0.296	
Valine g	0.407		0	NR	4		0.115	0.460	
Arginine g	0.531		0	NR	4		0.151	0.600	
Histidine g	0.262		0	NR	4		0.074	0.296	
Alanine g	0.499		0	NR	4		0.142	0.564	
Aspartic acid g	0.748		0	NR	4		0.212	0.845	
Glutamic acid g	1.233		0	NR	4		0.349	1.393	
Glycine g	0.500		0	NR	4		0.142	0.565	
Proline g	0.391		0	NR	4		0.111	0.442	
Serine g	0.323		0	NR	4		0.092	0.365	
Hydroxyproline g	0.086		0	BFPN	4		0.024	0.097	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13019

Beef, retail cuts, separable fat, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13952

Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

ribeye

Refuse: 8% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.52	0.591	20	PAK	1		134.02		
Energy....kcal	247		0	NC	4		575		
Energy....kJ	1033		0	NC	4		2408		
Protein (N x 6.25)....g	27.27	0.378	20	PAK	1		63.53		
Total lipid (fat)....g	14.74	0.788	20	PAK	1		34.34		
Ash....g	1.10	0.020	20	PAK	1		2.56		
Carbohydrate, by difference....g	0.00		0	NR	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	BFFN	4		47		
Iron, Fe....mg	1.75		0	BFFN	4		4.08		
Magnesium, Mg....mg	23		0	BFFN	4		53		
Phosphorus, P....mg	212		0	BFFN	4		493		
Potassium, K....mg	340		0	BFFN	4		793		
Sodium, Na....mg	56		0	BFFN	4		131		
Zinc, Zn....mg	4.93		0	BFFN	4		11.48		
Copper, Cu....mg	0.082		0	BFFN	4		0.191		
Manganese, Mn....mg	0.010		0	BFFN	4		0.022		
Selenium, Se....mcg	29.5		0	BFFN	4		68.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.074		0	BFPN	4		0.172		
Riboflavin....mg	0.131		0	BFPN	4		0.306		
Niacin....mg	7.257		0	BFPN	4		16.909		
Pantothenic acid....mg	0.538		0	BFPN	4		1.252		
Vitamin B-6....mg	0.571		0	BFPN	4		1.329		
Folate, total....mcg	8		0	BFPN	4		20		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	8		0	BFPN	4		20		
Folate, DFE....mcg_DFE	8		0	NC	4		20		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.60		0	BFPN	4		3.74		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.45		0	BFSN	4		1.05		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		3.8		
Lipids:									
Fatty acids, total saturated....g	5.720		0	NC	4		13.328		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13952

Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.022		0	BFFN	4		0.051		
12:0 g	0.026		0	BFFN	4		0.062		
13:0 g									
14:0 g	0.428		0	BFFN	4		0.997		
15:0 g									
16:0 g	3.399		0	BFFN	4		7.919		
17:0 g									
18:0 g	1.845		0	BFFN	4		4.299		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.034		0	NC	4		14.059		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.508		0	BFFN	4		1.183		
17:1 g									
18:1 undifferentiated g	5.509		0	BFFN	4		12.835		
20:1 g	0.018		0	BFFN	4		0.041		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.547		0	NC	4		1.275		
18:2 undifferentiated g	0.402		0	BFFN	4		0.936		
18:3 undifferentiated g	0.093		0	BFFN	4		0.216		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.053		0	BFFN	4		0.123		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	111		0	BFFN	4		258		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.179		0	PAK	1		0.418		
Threonine g	1.089		0	PAK	1		2.538		
Isoleucine g	1.241		0	PAK	1		2.890		
Leucine g	2.169		0	PAK	1		5.054		
Lysine g	2.304		0	PAK	1		5.369		
Methionine g	0.710		0	PAK	1		1.654		
Cystine g	0.352		0	PAK	1		0.820		
Phenylalanine g	1.077		0	PAK	1		2.509		
Tyrosine g	0.869		0	PAK	1		2.024		
Valine g	1.353		0	PAK	1		3.152		
Arginine g	1.763		0	PAK	1		4.108		
Histidine g	0.870		0	PAK	1		2.028		
Alanine g	1.658		0	PAK	1		3.862		
Aspartic acid g	2.484		0	PAK	1		5.787		
Glutamic acid g	4.093		0	PAK	1		9.538		
Glycine g	1.660		0	PAK	1		3.869		
Proline g	1.300		0	PAK	1		3.029		
Serine g	1.074		0	PAK	1		2.503		
Hydroxyproline g	0.286		0	PAK	1		0.667		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13952

Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 233g: 1 steak (yield from 295 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13951

Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled

ribeye

Refuse: 8% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.16	0.464	10	PAK	1		136.66		
Energy....kcal	230		0	NC	4		532		
Energy....kJ	964		0	NC	4		2227		
Protein (N x 6.25)....g	27.95	0.451	10	PAK	1		64.57		
Total lipid (fat)....g	12.71	0.528	10	PAK	1		29.37		
Ash....g	1.12	0.021	10	PAK	1		2.58		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0	BFFN	4		52		
Iron, Fe....mg	1.70		0	BFFN	4		3.93		
Magnesium, Mg....mg	24		0	BFFN	4		55		
Phosphorus, P....mg	223		0	BFFN	4		514		
Potassium, K....mg	355		0	BFFN	4		820		
Sodium, Na....mg	59		0	BFFN	4		136		
Zinc, Zn....mg	5.06		0	BFFN	4		11.69		
Copper, Cu....mg	0.076		0	BFFN	4		0.176		
Manganese, Mn....mg	0.010		0	BFFN	4		0.022		
Selenium, Se....mcg	30.1		0	BFFN	4		69.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.081		0	BFPN	4		0.188		
Riboflavin....mg	0.146		0	BFPN	4		0.338		
Niacin....mg	7.301		0	BFPN	4		16.866		
Pantothenic acid....mg	0.552		0	BFPN	4		1.274		
Vitamin B-6....mg	0.612		0	BFPN	4		1.415		
Folate, total....mcg	9		0	BFPN	4		20		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFPN	4		20		
Folate, DFE....mcg_DFE	9		0	NC	4		20		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.45		0	BFPN	4		3.35		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.44		0	BFSN	4		1.01		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		3.6		
Lipids:									
Fatty acids, total saturated....g	4.934		0	NC	4		11.398		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13951

Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.019		0	BFFN	4		0.044		
12:0 g	0.023		0	BFFN	4		0.053		
13:0 g									
14:0 g	0.369		0	BFFN	4		0.853		
15:0 g									
16:0 g	2.932		0	BFFN	4		6.772		
17:0 g									
18:0 g	1.592		0	BFFN	4		3.676		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.205		0	NC	4		12.023		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.438		0	BFFN	4		1.011		
17:1 g									
18:1 undifferentiated g	4.752		0	BFFN	4		10.976		
20:1 g	0.015		0	BFFN	4		0.035		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.472		0	NC	4		1.090		
18:2 undifferentiated g	0.346		0	BFFN	4		0.800		
18:3 undifferentiated g	0.080		0	BFFN	4		0.185		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.046		0	BFFN	4		0.105		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	96		0	BFFN	4		221		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.184		0	PAK	1		0.424		
Threonine g	1.117		0	PAK	1		2.579		
Isoleucine g	1.272		0	PAK	1		2.938		
Leucine g	2.224		0	PAK	1		5.136		
Lysine g	2.362		0	PAK	1		5.457		
Methionine g	0.728		0	PAK	1		1.681		
Cystine g	0.361		0	PAK	1		0.833		
Phenylalanine g	1.104		0	PAK	1		2.550		
Tyrosine g	0.891		0	PAK	1		2.058		
Valine g	1.387		0	PAK	1		3.203		
Arginine g	1.807		0	PAK	1		4.175		
Histidine g	0.892		0	PAK	1		2.061		
Alanine g	1.699		0	PAK	1		3.925		
Aspartic acid g	2.546		0	PAK	1		5.881		
Glutamic acid g	4.196		0	PAK	1		9.693		
Glycine g	1.702		0	PAK	1		3.932		
Proline g	1.333		0	PAK	1		3.078		
Serine g	1.101		0	PAK	1		2.543		
Hydroxyproline g	0.294		0	PAK	1		0.678		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13951

Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Common Measures:

Measure 1 = 231g: 1 steak (yield from 294 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13490

Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled

ribeye

Refuse: 18% Bone and connective tissue 8%, sep fat 10%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.87	0.585	10	A	1		147.55		
Energy....kcal	182		0	NC	4		421		
Energy....kJ	763		0	NC	4		1763		
Protein (N x 6.25)....g	29.93	0.391	10	A	1		69.15		
Total lipid (fat)....g	6.05	0.305	10	A	1		13.98		
Ash....g	1.19	0.023	10	A	1		2.76		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0	BFNN	4		50		
Iron, Fe....mg	1.84		0	BFNN	4		4.24		
Magnesium, Mg....mg	26		0	BFNN	4		60		
Phosphorus, P....mg	242		0	BFNN	4		560		
Potassium, K....mg	392		0	BFNN	4		906		
Sodium, Na....mg	63		0	BFNN	4		146		
Zinc, Zn....mg	5.46		0	BFNN	4		12.62		
Copper, Cu....mg	0.081		0	BFNN	4		0.188		
Manganese, Mn....mg	0.011		0	BFNN	4		0.025		
Selenium, Se....mcg	37.3		0	BFNN	4		86.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.085		0	BFPN	4		0.197		
Riboflavin....mg	0.159		0	BFPN	4		0.366		
Niacin....mg	8.748		0	BFPN	4		20.207		
Pantothenic acid....mg	0.590		0	BFPN	4		1.362		
Vitamin B-6....mg	0.661		0	BFPN	4		1.528		
Folate, total....mcg	10		0	BFPN	4		23		
Folic acid....mcg									
Folate, food....mcg	10		0	BFPN	4		23		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.43		0	BFPN	4		3.30		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.38		0	BFSN	4		0.89		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		3.2		
Lipids:									
Fatty acids, total saturated....g	2.305		0	NC	4		5.325		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13490

Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.002		0	BFFN	4		0.006		
12:0 g	0.007		0	BFFN	4		0.017		
13:0 g									
14:0 g	0.164		0	BFFN	4		0.379		
15:0 g									
16:0 g	1.343		0	BFFN	4		3.102		
17:0 g									
18:0 g	0.789		0	BFFN	4		1.822		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.416		0	NC	4		5.580		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.181		0	BFFN	4		0.419		
17:1 g									
18:1 undifferentiated g	2.232		0	BFFN	4		5.156		
20:1 g	0.002		0	BFFN	4		0.006		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.223		0	NC	4		0.515		
18:2 undifferentiated g	0.176		0	BFFN	4		0.407		
18:3 undifferentiated g	0.017		0	BFFN	4		0.040		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.029		0	BFFN	4		0.068		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	61		0	BFFN	4		141		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.197		0	A	1		0.454		
Threonine g	1.196		0	A	1		2.762		
Isoleucine g	1.362		0	A	1		3.146		
Leucine g	2.381		0	A	1		5.500		
Lysine g	2.530		0	A	1		5.844		
Methionine g	0.779		0	A	1		1.801		
Cystine g	0.386		0	A	1		0.892		
Phenylalanine g	1.182		0	A	1		2.731		
Tyrosine g	0.954		0	A	1		2.203		
Valine g	1.485		0	A	1		3.430		
Arginine g	1.936		0	A	1		4.471		
Histidine g	0.955		0	A	1		2.207		
Alanine g	1.820		0	A	1		4.204		
Aspartic acid g	2.726		0	A	1		6.298		
Glutamic acid g	4.494		0	A	1		10.380		
Glycine g	1.823		0	A	1		4.210		
Proline g	1.427		0	A	1		3.296		
Serine g	1.179		0	A	1		2.724		
Hydroxyproline g	0.314		0	A	1		0.726		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13490

Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled

Common Measures:

Measure 1 = 231g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13096

Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

ribeye

Refuse: 8% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.87	0.813	10	PAK	1		131.86		
Energy....kcal	265		0	NC	4		625		
Energy....kJ	1108		0	NC	4		2614		
Protein (N x 6.25)....g	26.58	0.544	10	PAK	1		62.73		
Total lipid (fat)....g	16.76	1.196	10	PAK	1		39.56		
Ash....g	1.08	0.034	10	PAK	1		2.54		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0	BFFN	4		42		
Iron, Fe....mg	1.80		0	BFFN	4		4.25		
Magnesium, Mg....mg	22		0	BFFN	4		51		
Phosphorus, P....mg	201		0	BFFN	4		473		
Potassium, K....mg	326		0	BFFN	4		769		
Sodium, Na....mg	53		0	BFFN	4		126		
Zinc, Zn....mg	4.79		0	BFFN	4		11.31		
Copper, Cu....mg	0.088		0	BFFN	4		0.207		
Manganese, Mn....mg	0.009		0	BFFN	4		0.022		
Selenium, Se....mcg	28.9		0	BFFN	4		68.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.066		0	BFPN	4		0.156		
Riboflavin....mg	0.117		0	BFPN	4		0.276		
Niacin....mg	7.209		0	BFPN	4		17.014		
Pantothenic acid....mg	0.523		0	BFPN	4		1.235		
Vitamin B-6....mg	0.530		0	BFPN	4		1.250		
Folate, total....mcg	8		0	BFPN	4		20		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	8		0	BFPN	4		20		
Folate, DFE....mcg_DFE	8		0	NC	4		20		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.75		0	BFPN	4		4.14		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.47		0	BFSN	4		1.11		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.7		0	BFSN	4		4.0		
Lipids:									
Fatty acids, total saturated....g	6.506		0	NC	4		15.355		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13096

Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.025		0	BFFN	4		0.059		
12:0 g	0.030		0	BFFN	4		0.071		
13:0 g									
14:0 g	0.487		0	BFFN	4		1.149		
15:0 g									
16:0 g	3.866		0	BFFN	4		9.123		
17:0 g									
18:0 g	2.099		0	BFFN	4		4.952		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.863		0	NC	4		16.196		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.577		0	BFFN	4		1.362		
17:1 g									
18:1 undifferentiated g	6.266		0	BFFN	4		14.787		
20:1 g	0.020		0	BFFN	4		0.047		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.622		0	NC	4		1.469		
18:2 undifferentiated g	0.457		0	BFFN	4		1.078		
18:3 undifferentiated g	0.105		0	BFFN	4		0.249		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.060		0	BFFN	4		0.142		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	126		0	BFFN	4		297		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.175		0	PAK	1		0.412		
Threonine g	1.062		0	PAK	1		2.506		
Isoleucine g	1.209		0	PAK	1		2.854		
Leucine g	2.115		0	PAK	1		4.990		
Lysine g	2.246		0	PAK	1		5.302		
Methionine g	0.692		0	PAK	1		1.634		
Cystine g	0.343		0	PAK	1		0.810		
Phenylalanine g	1.050		0	PAK	1		2.478		
Tyrosine g	0.847		0	PAK	1		1.999		
Valine g	1.319		0	PAK	1		3.112		
Arginine g	1.719		0	PAK	1		4.057		
Histidine g	0.848		0	PAK	1		2.002		
Alanine g	1.616		0	PAK	1		3.814		
Aspartic acid g	2.421		0	PAK	1		5.714		
Glutamic acid g	3.991		0	PAK	1		9.418		
Glycine g	1.619		0	PAK	1		3.820		
Proline g	1.267		0	PAK	1		2.991		
Serine g	1.047		0	PAK	1		2.471		
Hydroxyproline g	0.279		0	PAK	1		0.659		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13096

Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 236g: 1 steak (yield from 297 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13095

Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw

Delmonico, ribeye

Refuse: 4% Connective tissue

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.03		0		1		16.45	263.22	
Energy	kcal	274		0	NC	4		78	1243	
Energy	kJ	1146				4		325	5200	
Protein (N x 6.25)	g	17.51		0		1		4.96	79.43	
Total lipid (fat)	g	22.07		0		1		6.26	100.11	
Ash	g	0.85		0		1		0.24	3.86	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		3	45	
Iron, Fe	mg	1.87		0		1		0.53	8.48	
Magnesium, Mg	mg	18		0		1		5	82	
Phosphorus, P	mg	168		0		1		48	762	
Potassium, K	mg	305		0		1		86	1383	
Sodium, Na	mg	56		0		1		16	254	
Zinc, Zn	mg	3.85		0		1		1.09	17.46	
Copper, Cu	mg	0.060		0		1		0.017	0.272	
Manganese, Mn	mg	0.012		0		1		0.003	0.054	
Selenium, Se	mcg	16.5		0	PIE	4		4.7	74.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.080		0		1		0.023	0.363	
Riboflavin	mg	0.130		0		1		0.037	0.590	
Niacin	mg	3.230		0		1		0.916	14.651	
Pantothenic acid	mg	0.290		0		1		0.082	1.315	
Vitamin B-6	mg	0.360		0		1		0.102	1.633	
Folate, total	mcg	5		0		1		1	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		1		1	23	
Folate, DFE	mcg_DFE	5		0	NC	4		1	23	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	3.11		0		1		0.88	14.11	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	9.000		0		1		2.552	40.824	
4:0	g									
6:0	g									
8:0	g									

NDB No. 13095

Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.070		0		1		0.020	0.318	
12:0 ... g	0.050		0		1		0.014	0.227	
13:0 ... g									
14:0 ... g	0.710		0		1		0.201	3.221	
15:0 ... g									
16:0 ... g	5.410		0		1		1.534	24.540	
17:0 ... g									
18:0 ... g	2.760		0		1		0.782	12.519	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	9.580		0		1		2.716	43.455	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.080		0		1		0.306	4.899	
17:1 ... g									
18:1 undifferentiated ... g	8.470		0		1		2.401	38.420	
20:1 ... g	0.030		0		1		0.009	0.136	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.770		0		1		0.218	3.493	
18:2 undifferentiated ... g	0.510		0		1		0.145	2.313	
18:3 undifferentiated ... g	0.240		0		1		0.068	1.089	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.020		0		1		0.006	0.091	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	68		0		1		19	308	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.196		0		1		0.056	0.889	
Threonine ... g	0.765		0		1		0.217	3.470	
Isoleucine ... g	0.787		0		1		0.223	3.570	
Leucine ... g	1.384		0		1		0.392	6.278	
Lysine ... g	1.457		0		1		0.413	6.609	
Methionine ... g	0.448		0		1		0.127	2.032	
Cystine ... g	0.196		0		1		0.056	0.889	
Phenylalanine ... g	0.684		0		1		0.194	3.103	
Tyrosine ... g	0.588		0		1		0.167	2.667	
Valine ... g	0.852		0		1		0.242	3.865	
Arginine ... g	1.107		0		1		0.314	5.021	
Histidine ... g	0.600		0		1		0.170	2.722	
Alanine ... g	1.056		0		1		0.299	4.790	
Aspartic acid ... g	1.600		0		1		0.454	7.258	
Glutamic acid ... g	2.631		0		1		0.746	11.934	
Glycine ... g	0.955		0		1		0.271	4.332	
Proline ... g	0.773		0		1		0.219	3.506	
Serine ... g	0.670		0		1		0.190	3.039	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13095

Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13098

Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled

Delmonico, ribeye

Refuse: 19% Bone and connective tissue 7%, sep fat 12%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.30	0.609	10	A	1		144.67	52.11	
Energy....kcal	205		0	NC	4		483	174	
Energy....kJ	856		0	NC	4		2020	727	
Protein (N x 6.25)....g	28.88	0.453	10	A	1		68.16	24.55	
Total lipid (fat)....g	9.01	0.561	10	A	1		21.25	7.65	
Ash....g	1.17	0.033	10	A	1		2.75	0.99	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	BFNN	4		38	14	
Iron, Fe....mg	1.98		0	BFNN	4		4.68	1.68	
Magnesium, Mg....mg	25		0	BFNN	4		58	21	
Phosphorus, P....mg	227		0	BFNN	4		535	193	
Potassium, K....mg	363		0	BFNN	4		858	309	
Sodium, Na....mg	60		0	BFNN	4		143	51	
Zinc, Zn....mg	5.49		0	BFNN	4		12.96	4.67	
Copper, Cu....mg	0.092		0	BFNN	4		0.218	0.078	
Manganese, Mn....mg	0.011		0	BFNN	4		0.025	0.009	
Selenium, Se....mcg	33.6		0	BFNN	4		79.3	28.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.077		0	BFPN	4		0.181	0.065	
Riboflavin....mg	0.148		0	BFPN	4		0.349	0.126	
Niacin....mg	8.521		0	BFPN	4		20.108	7.242	
Pantothenic acid....mg	0.567		0	BFPN	4		1.339	0.482	
Vitamin B-6....mg	0.601		0	BFPN	4		1.419	0.511	
Folate, total....mcg	10		0	BFPN	4		23	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		23	8	
Folate, DFE....mcg_DFE	10		0	NC	4		23	8	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.80		0	BFPN	4		4.25	1.53	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.41		0	BFSN	4		0.97	0.35	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		3.5	1.2	
Lipids:									
Fatty acids, total saturated....g	3.430		0	NC	4		8.096	2.916	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13098

Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.004		0	BFFN	4		0.008	0.003	
12:0 g	0.011		0	BFFN	4		0.026	0.009	
13:0 g									
14:0 g	0.244		0	BFFN	4		0.576	0.208	
15:0 g									
16:0 g	1.998		0	BFFN	4		4.715	1.698	
17:0 g									
18:0 g	1.174		0	BFFN	4		2.770	0.998	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.595		0	NC	4		8.483	3.055	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.270		0	BFFN	4		0.636	0.229	
17:1 g									
18:1 undifferentiated g	3.321		0	BFFN	4		7.838	2.823	
20:1 g	0.004		0	BFFN	4		0.008	0.003	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.332		0	NC	4		0.783	0.282	
18:2 undifferentiated g	0.262		0	BFFN	4		0.619	0.223	
18:3 undifferentiated g	0.026		0	BFFN	4		0.060	0.022	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.044		0	BFFN	4		0.103	0.037	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	91		0	BFFN	4		214	77	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.190		0	A	1		0.448	0.161	
Threonine g	1.154		0	A	1		2.723	0.981	
Isoleucine g	1.314		0	A	1		3.101	1.117	
Leucine g	2.297		0	A	1		5.422	1.953	
Lysine g	2.441		0	A	1		5.760	2.075	
Methionine g	0.752		0	A	1		1.775	0.639	
Cystine g	0.373		0	A	1		0.880	0.317	
Phenylalanine g	1.141		0	A	1		2.692	0.970	
Tyrosine g	0.920		0	A	1		2.172	0.782	
Valine g	1.433		0	A	1		3.381	1.218	
Arginine g	1.867		0	A	1		4.407	1.587	
Histidine g	0.922		0	A	1		2.175	0.783	
Alanine g	1.756		0	A	1		4.144	1.492	
Aspartic acid g	2.631		0	A	1		6.208	2.236	
Glutamic acid g	4.336		0	A	1		10.232	3.685	
Glycine g	1.759		0	A	1		4.150	1.495	
Proline g	1.377		0	A	1		3.249	1.170	
Serine g	1.138		0	A	1		2.685	0.967	
Hydroxyproline g	0.303		0	A	1		0.716	0.258	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13098

Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 236g: 1 steak (yield from 297g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13097

Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw

Delmonico, ribeye

Refuse: 25% Connective tissue 4%, separable fat 21%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.70		0		1		19.48	311.62	
Energy....kcal	161		0	NC	4		46	730	
Energy....kJ	674				4		191	3056	
Protein (N x 6.25)....g	20.13		0		1		5.71	91.31	
Total lipid (fat)....g	8.30		0		1		2.35	37.65	
Ash....g	1.01		0		1		0.29	4.58	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0		1		3	45	
Iron, Fe....mg	2.18		0		1		0.62	9.89	
Magnesium, Mg....mg	22		0		1		6	100	
Phosphorus, P....mg	196		0		1		56	889	
Potassium, K....mg	373		0		1		106	1692	
Sodium, Na....mg	63		0		1		18	286	
Zinc, Zn....mg	4.66		0		1		1.32	21.14	
Copper, Cu....mg	0.067		0		1		0.019	0.304	
Manganese, Mn....mg	0.014		0		1		0.004	0.064	
Selenium, Se....mcg	17.1		0	BFZN	4		4.8	77.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.026	0.408	
Riboflavin....mg	0.150		0		1		0.043	0.680	
Niacin....mg	3.740		0		1		1.060	16.965	
Pantothenic acid....mg	0.340		0		1		0.096	1.542	
Vitamin B-6....mg	0.420		0		1		0.119	1.905	
Folate, total....mcg	6		0		1		2	27	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0		1		2	27	
Folate, DFE....mcg_DFE	6		0	NC	4		2	27	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.57		0		1		1.01	16.19	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.230		0		1		0.916	14.651	
4:0....g									
6:0....g									
8:0....g									

NDB No. 13097

Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.000		0		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.240		0		1		0.068	1.089	
15:0 ... g									
16:0 ... g	1.930		0		1		0.547	8.754	
17:0 ... g									
18:0 ... g	1.060		0		1		0.301	4.808	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.560		0		1		1.009	16.148	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.290		0		1		0.082	1.315	
17:1 ... g									
18:1 undifferentiated ... g	3.260		0		1		0.924	14.787	
20:1 ... g	0.010		0		1		0.003	0.045	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.270		0		1		0.077	1.225	
18:2 undifferentiated ... g	0.240		0		1		0.068	1.089	
18:3 undifferentiated ... g	0.010		0		1		0.003	0.045	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.020		0		1		0.006	0.091	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	59		0		1		17	268	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.225		0		1		0.064	1.021	
Threonine ... g	0.879		0		1		0.249	3.987	
Isoleucine ... g	0.905		0		1		0.257	4.105	
Leucine ... g	1.591		0		1		0.451	7.217	
Lysine ... g	1.675		0		1		0.475	7.598	
Methionine ... g	0.515		0		1		0.146	2.336	
Cystine ... g	0.225		0		1		0.064	1.021	
Phenylalanine ... g	0.786		0		1		0.223	3.565	
Tyrosine ... g	0.676		0		1		0.192	3.066	
Valine ... g	0.979		0		1		0.278	4.441	
Arginine ... g	1.272		0		1		0.361	5.770	
Histidine ... g	0.689		0		1		0.195	3.125	
Alanine ... g	1.214		0		1		0.344	5.507	
Aspartic acid ... g	1.839		0		1		0.521	8.342	
Glutamic acid ... g	3.025		0		1		0.858	13.721	
Glycine ... g	1.098		0		1		0.311	4.981	
Proline ... g	0.889		0		1		0.252	4.033	
Serine ... g	0.770		0		1		0.218	3.493	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13097

Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13386

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Refuse: 16% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.10		0		1		133.69	39.19	
Energy....kcal	372		0	NC	4		1079	316	
Energy....kJ	1556				4		4514	1323	
Protein (N x 6.25)....g	22.80		0		1		66.12	19.38	
Total lipid (fat)....g	30.49		0		1		88.42	25.92	
Ash....g	0.90		0		1		2.61	0.77	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0		1		29	9	
Iron, Fe....mg	2.33		0		1		6.76	1.98	
Magnesium, Mg....mg	20		0		1		58	17	
Phosphorus, P....mg	172		0		1		499	146	
Potassium, K....mg	290		0		1		841	247	
Sodium, Na....mg	64		0		1		186	54	
Zinc, Zn....mg	5.76		0		1		16.70	4.90	
Copper, Cu....mg	0.088		0		1		0.255	0.075	
Manganese, Mn....mg	0.013		0		1		0.038	0.011	
Selenium, Se....mcg	21.2		0	BFYN	4		61.5	18.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.203	0.060	
Riboflavin....mg	0.190		0		1		0.551	0.162	
Niacin....mg	3.640		0		1		10.556	3.094	
Pantothenic acid....mg	0.370		0		1		1.073	0.315	
Vitamin B-6....mg	0.230		0		1		0.667	0.196	
Folate, total....mcg	7		0		1		20	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0		1		20	6	
Folate, DFE....mcg_DFE	7		0	NC	4		20	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.33		0		1		6.76	1.98	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	12.290		0		1		35.641	10.447	
4:0....g									
6:0....g									
8:0....g									

NDB No. 13386

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.080		0		1		0.232	0.068	
12:0 ... g	0.080		0		1		0.232	0.068	
13:0 ... g									
14:0 ... g	0.990		0		1		2.871	0.842	
15:0 ... g									
16:0 ... g	7.510		0		1		21.779	6.384	
17:0 ... g									
18:0 ... g	3.630		0		1		10.527	3.086	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	13.040		0		1		37.816	11.084	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.260		0		1		3.654	1.071	
17:1 ... g									
18:1 undifferentiated ... g	11.730		0		1		34.017	9.971	
20:1 ... g	0.060		0		1		0.174	0.051	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.050		0		1		3.045	0.893	
18:2 undifferentiated ... g	0.710		0		1		2.059	0.604	
18:3 undifferentiated ... g	0.310		0		1		0.899	0.264	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.030		0		1		0.087	0.026	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	85		0		1		247	72	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.255		0		1		0.740	0.217	
Threonine ... g	0.996		0		1		2.888	0.847	
Isoleucine ... g	1.025		0		1		2.973	0.871	
Leucine ... g	1.802		0		1		5.226	1.532	
Lysine ... g	1.897		0		1		5.501	1.612	
Methionine ... g	0.584		0		1		1.694	0.496	
Cystine ... g	0.255		0		1		0.740	0.217	
Phenylalanine ... g	0.890		0		1		2.581	0.757	
Tyrosine ... g	0.766		0		1		2.221	0.651	
Valine ... g	1.109		0		1		3.216	0.943	
Arginine ... g	1.441		0		1		4.179	1.225	
Histidine ... g	0.781		0		1		2.265	0.664	
Alanine ... g	1.376		0		1		3.990	1.170	
Aspartic acid ... g	2.083		0		1		6.041	1.771	
Glutamic acid ... g	3.426		0		1		9.935	2.912	
Glycine ... g	1.244		0		1		3.608	1.057	
Proline ... g	1.007		0		1		2.920	0.856	
Serine ... g	0.872		0		1		2.529	0.741	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 290g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13386

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13387

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Refuse: 17% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	49.53		0		1		141.66	42.10	
Energy	kcal	331		0	NC	4		947	281	
Energy	kJ	1385				4		3961	1177	
Protein (N x 6.25)	g	23.48		0		1		67.15	19.96	
Total lipid (fat)	g	25.54		0		1		73.04	21.71	
Ash	g	0.93		0		1		2.66	0.79	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0		1		26	8	
Iron, Fe	mg	2.40		0		1		6.86	2.04	
Magnesium, Mg	mg	20		0		1		57	17	
Phosphorus, P	mg	177		0		1		506	150	
Potassium, K	mg	300		0		1		858	255	
Sodium, Na	mg	65		0		1		186	55	
Zinc, Zn	mg	6.01		0		1		17.19	5.11	
Copper, Cu	mg	0.091		0		1		0.260	0.077	
Manganese, Mn	mg	0.014		0		1		0.040	0.012	
Selenium, Se	mcg	21.5		0	BFYN	4		61.5	18.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.070		0		1		0.200	0.060	
Riboflavin	mg	0.190		0		1		0.543	0.162	
Niacin	mg	3.750		0		1		10.725	3.188	
Pantothenic acid	mg	0.380		0		1		1.087	0.323	
Vitamin B-6	mg	0.230		0		1		0.658	0.196	
Folate, total	mcg	8		0		1		23	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		23	7	
Folate, DFE	mcg_DFE	8		0	NC	4		23	7	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.37		0		1		6.78	2.01	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	10.300		0		1		29.458	8.755	
4:0	g									
6:0	g									
8:0	g									

NDB No. 13387

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.070		0		1		0.200	0.060	
12:0 ... g	0.070		0		1		0.200	0.060	
13:0 ... g									
14:0 ... g	0.830		0		1		2.374	0.706	
15:0 ... g									
16:0 ... g	6.300		0		1		18.018	5.355	
17:0 ... g									
18:0 ... g	3.030		0		1		8.666	2.576	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	10.930		0		1		31.260	9.291	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.060		0		1		3.032	0.901	
17:1 ... g									
18:1 undifferentiated ... g	9.830		0		1		28.114	8.356	
20:1 ... g	0.050		0		1		0.143	0.043	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.890		0		1		2.545	0.757	
18:2 undifferentiated ... g	0.590		0		1		1.687	0.502	
18:3 undifferentiated ... g	0.270		0		1		0.772	0.230	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.020		0		1		0.057	0.017	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	84		0		1		240	71	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.263		0		1		0.752	0.224	
Threonine ... g	1.026		0		1		2.934	0.872	
Isoleucine ... g	1.056		0		1		3.020	0.898	
Leucine ... g	1.856		0		1		5.308	1.578	
Lysine ... g	1.954		0		1		5.588	1.661	
Methionine ... g	0.601		0		1		1.719	0.511	
Cystine ... g	0.263		0		1		0.752	0.224	
Phenylalanine ... g	0.917		0		1		2.623	0.779	
Tyrosine ... g	0.789		0		1		2.257	0.671	
Valine ... g	1.142		0		1		3.266	0.971	
Arginine ... g	1.484		0		1		4.244	1.261	
Histidine ... g	0.804		0		1		2.299	0.683	
Alanine ... g	1.416		0		1		4.050	1.204	
Aspartic acid ... g	2.145		0		1		6.135	1.823	
Glutamic acid ... g	3.528		0		1		10.090	2.999	
Glycine ... g	1.281		0		1		3.664	1.089	
Proline ... g	1.037		0		1		2.966	0.881	
Serine ... g	0.898		0		1		2.568	0.763	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 286g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13387

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13839

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Refuse: 21% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	48.74		0	PAE	4		130.14	41.43	
Energy	kcal	338		0	NC	4		902	287	
Energy	kJ	1414				4		3776	1202	
Protein (N x 6.25)	g	21.55		0	PAE	4		57.54	18.32	
Total lipid (fat)	g	27.22		0	PAE	4		72.68	23.14	
Ash	g	1.04		0	PAE	4		2.78	0.88	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0	PAE	4		27	9	
Iron, Fe	mg	2.19		0	PAE	4		5.85	1.86	
Magnesium, Mg	mg	19		0	PAE	4		51	16	
Phosphorus, P	mg	182		0	PAE	4		486	155	
Potassium, K	mg	309		0	PAE	4		825	263	
Sodium, Na	mg	64		0	PAE	4		171	54	
Zinc, Zn	mg	5.07		0	PAE	4		13.54	4.31	
Copper, Cu	mg	0.079		0	PAE	4		0.211	0.067	
Manganese, Mn	mg	0.013		0	PAE	4		0.035	0.011	
Selenium, Se	mcg	21.0		0	BFYN	4		56.1	17.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.070		0	PAE	4		0.187	0.060	
Riboflavin	mg	0.160		0	PAE	4		0.427	0.136	
Niacin	mg	2.780		0	PAE	4		7.423	2.363	
Pantothenic acid	mg	0.350		0	PAE	4		0.935	0.298	
Vitamin B-6	mg	0.230		0	PAE	4		0.614	0.196	
Folate, total	mcg	6		0	PAE	4		16	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0	PAE	4		16	5	
Folate, DFE	mcg_DFE	6		0	NC	4		16	5	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.89		0	PAE	4		7.72	2.46	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol	mcg	0		0	PAE	4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	11.060		0	PAE	4		29.530	9.401	
4:0	g									
6:0	g									
8:0	g									

NDB No. 13839

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.080		0	PAE	4		0.214	0.068	
12:0 g	0.070		0	PAE	4		0.187	0.060	
13:0 g									
14:0 g	0.880		0	PAE	4		2.350	0.748	
15:0 g									
16:0 g	6.790		0	PAE	4		18.129	5.772	
17:0 g									
18:0 g	3.230		0	PAE	4		8.624	2.746	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.510		0	PAE	4		30.732	9.784	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.170		0	PAE	4		3.124	0.995	
17:1 g									
18:1 undifferentiated g	10.290		0	PAE	4		27.474	8.747	
20:1 g	0.050		0	PAE	4		0.134	0.043	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.030		0	PAE	4		2.750	0.876	
18:2 undifferentiated g	0.690		0	PAE	4		1.842	0.587	
18:3 undifferentiated g	0.300		0	PAE	4		0.801	0.255	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0	PAE	4		0.107	0.034	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	80		0	PAE	4		214	68	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.241		0	PAE	4		0.643	0.205	
Threonine g	0.941		0	PAE	4		2.512	0.800	
Isoleucine g	0.969		0	PAE	4		2.587	0.824	
Leucine g	1.704		0	PAE	4		4.550	1.448	
Lysine g	1.793		0	PAE	4		4.787	1.524	
Methionine g	0.552		0	PAE	4		1.474	0.469	
Cystine g	0.241		0	PAE	4		0.643	0.205	
Phenylalanine g	0.841		0	PAE	4		2.245	0.715	
Tyrosine g	0.724		0	PAE	4		1.933	0.615	
Valine g	1.048		0	PAE	4		2.798	0.891	
Arginine g	1.362		0	PAE	4		3.637	1.158	
Histidine g	0.738		0	PAE	4		1.970	0.627	
Alanine g	1.300		0	PAE	4		3.471	1.105	
Aspartic acid g	1.969		0	PAE	4		5.257	1.674	
Glutamic acid g	3.238		0	PAE	4		8.645	2.752	
Glycine g	1.176		0	PAE	4		3.140	1.000	
Proline g	0.952		0	PAE	4		2.542	0.809	
Serine g	0.824		0	PAE	4		2.200	0.700	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13839

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13840

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Refuse: 16% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.73		0	PAE	4		139.37	40.57	
Energy....kcal	355		0	NC	4		1037	302	
Energy....kJ	1485		0		4		4337	1263	
Protein (N x 6.25)....g	23.01		0	PAE	4		67.19	19.56	
Total lipid (fat)....g	28.51		0	PAE	4		83.25	24.23	
Ash....g	0.91		0	PAE	4		2.66	0.77	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0	PAE	4		29	9	
Iron, Fe....mg	2.35		0	PAE	4		6.86	2.00	
Magnesium, Mg....mg	20		0	PAE	4		58	17	
Phosphorus, P....mg	173		0	PAE	4		505	147	
Potassium, K....mg	293		0	PAE	4		856	249	
Sodium, Na....mg	64		0	PAE	4		187	54	
Zinc, Zn....mg	5.84		0	PAE	4		17.05	4.96	
Copper, Cu....mg	0.089		0	PAE	4		0.260	0.076	
Manganese, Mn....mg	0.014		0	PAE	4		0.041	0.012	
Selenium, Se....mcg	21.6		0	BFZN	4		63.1	18.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0	PAE	4		0.204	0.060	
Riboflavin....mg	0.190		0	PAE	4		0.555	0.162	
Niacin....mg	3.670		0	PAE	4		10.716	3.120	
Pantothenic acid....mg	0.370		0	PAE	4		1.080	0.315	
Vitamin B-6....mg	0.230		0	PAE	4		0.672	0.196	
Folate, total....mcg	7		0	PAE	4		20	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0	PAE	4		20	6	
Folate, DFE....mcg_DFE	7		0	NC	4		20	6	
Choline, total....mg	87.6		0	BFPN	4		255.9	74.5	
Betaine....mg	11.5		0	BFPN	4		33.6	9.8	
Vitamin B-12....mcg	2.34		0	PAE	4		6.83	1.99	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.23		0	BFNN	4		0.68	0.20	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		1.4	0.4	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		1.4	0.4	
Vitamin D....IU	19		0	BFFN	4		54	16	
Vitamin K (phylloquinone)....mcg	2.0		0	BFSN	4		5.8	1.7	
Lipids:									
Fatty acids, total saturated....g	11.500		0	PAE	4		33.580	9.775	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13840

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.080		0	PAE	4		0.234	0.068	
12:0 g	0.070		0	PAE	4		0.204	0.060	
13:0 g									
14:0 g	0.930		0	PAE	4		2.716	0.791	
15:0 g									
16:0 g	7.030		0	PAE	4		20.528	5.976	
17:0 g									
18:0 g	3.390		0	PAE	4		9.899	2.882	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.200		0	PAE	4		35.624	10.370	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.180		0	PAE	4		3.446	1.003	
17:1 g									
18:1 undifferentiated g	10.970		0	PAE	4		32.032	9.325	
20:1 g	0.050		0	PAE	4		0.146	0.043	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.990		0	PAE	4		2.891	0.842	
18:2 undifferentiated g	0.660		0	PAE	4		1.927	0.561	
18:3 undifferentiated g	0.300		0	PAE	4		0.876	0.255	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	PAE	4		0.088	0.026	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	85		0	PAE	4		248	72	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.258		0	PAE	4		0.753	0.219	
Threonine g	1.005		0	PAE	4		2.935	0.854	
Isoleucine g	1.034		0	PAE	4		3.019	0.879	
Leucine g	1.818		0	PAE	4		5.309	1.545	
Lysine g	1.914		0	PAE	4		5.589	1.627	
Methionine g	0.589		0	PAE	4		1.720	0.501	
Cystine g	0.258		0	PAE	4		0.753	0.219	
Phenylalanine g	0.898		0	PAE	4		2.622	0.763	
Tyrosine g	0.773		0	PAE	4		2.257	0.657	
Valine g	1.119		0	PAE	4		3.267	0.951	
Arginine g	1.454		0	PAE	4		4.246	1.236	
Histidine g	0.788		0	PAE	4		2.301	0.670	
Alanine g	1.388		0	PAE	4		4.053	1.180	
Aspartic acid g	2.102		0	PAE	4		6.138	1.787	
Glutamic acid g	3.457		0	PAE	4		10.094	2.938	
Glycine g	1.255		0	PAE	4		3.665	1.067	
Proline g	1.016		0	PAE	4		2.967	0.864	
Serine g	0.880		0	PAE	4		2.570	0.748	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13840

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Common Measures:

Measure 1 = 292g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13838

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 16% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	54.51		0	PAE	4		15.45	247.26	
Energy ... kcal	316		0	NC	4		90	1433	
Energy ... kJ	1322				4		375	5997	
Protein (N x 6.25) ... g	16.26		0	PAE	4		4.61	73.76	
Total lipid (fat) ... g	27.29		0	PAE	4		7.74	123.79	
Ash ... g	0.76		0	PAE	4		0.22	3.45	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	8		0	PAE	4		2	36	
Iron, Fe ... mg	1.71		0	PAE	4		0.48	7.76	
Magnesium, Mg ... mg	16		0	PAE	4		5	73	
Phosphorus, P ... mg	153		0	PAE	4		43	694	
Potassium, K ... mg	260		0	PAE	4		74	1179	
Sodium, Na ... mg	55		0	PAE	4		16	249	
Zinc, Zn ... mg	3.75		0	PAE	4		1.06	17.01	
Copper, Cu ... mg	0.059		0	PAE	4		0.017	0.268	
Manganese, Mn ... mg	0.012		0	PAE	4		0.003	0.054	
Selenium, Se ... mcg	15.8		0	BFYN	4		4.5	71.7	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.080		0	PAE	4		0.023	0.363	
Riboflavin ... mg	0.130		0	PAE	4		0.037	0.590	
Niacin ... mg	2.610		0	PAE	4		0.740	11.839	
Pantothenic acid ... mg	0.330		0	PAE	4		0.094	1.497	
Vitamin B-6 ... mg	0.290		0	PAE	4		0.082	1.315	
Folate, total ... mcg	5		0	PAE	4		1	23	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	5		0	PAE	4		1	23	
Folate, DFE ... mcg_DFE	5		0	NC	4		1	23	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	2.71		0	PAE	4		0.77	12.29	
Vitamin A, RAE ... mcg_RAE	0		0	PAE	4		0	0	
Retinol ... mcg	0		0	PAE	4		0	0	
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	0		0	PAE	4		0	0	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	11.290		0	PAE	4		3.201	51.211	
4:0 ... g									
6:0 ... g									
8:0 ... g									

NDB No. 13838

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.100		0	PAE	4		0.028	0.454	
12:0 g	0.070		0	PAE	4		0.020	0.318	
13:0 g									
14:0 g	0.900		0	PAE	4		0.255	4.082	
15:0 g									
16:0 g	6.780		0	PAE	4		1.922	30.754	
17:0 g									
18:0 g	3.440		0	PAE	4		0.975	15.604	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.690		0	PAE	4		3.314	53.026	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.390		0	PAE	4		0.394	6.305	
17:1 g									
18:1 undifferentiated g	10.260		0	PAE	4		2.909	46.539	
20:1 g	0.040		0	PAE	4		0.011	0.181	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.000		0	PAE	4		0.284	4.536	
18:2 undifferentiated g	0.630		0	PAE	4		0.179	2.858	
18:3 undifferentiated g	0.340		0	PAE	4		0.096	1.542	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	71		0	PAE	4		20	322	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.182		0	PAE	4		0.052	0.826	
Threonine g	0.710		0	PAE	4		0.201	3.221	
Isoleucine g	0.731		0	PAE	4		0.207	3.316	
Leucine g	1.285		0	PAE	4		0.364	5.829	
Lysine g	1.353		0	PAE	4		0.384	6.137	
Methionine g	0.416		0	PAE	4		0.118	1.887	
Cystine g	0.182		0	PAE	4		0.052	0.826	
Phenylalanine g	0.635		0	PAE	4		0.180	2.880	
Tyrosine g	0.546		0	PAE	4		0.155	2.477	
Valine g	0.791		0	PAE	4		0.224	3.588	
Arginine g	1.027		0	PAE	4		0.291	4.658	
Histidine g	0.557		0	PAE	4		0.158	2.527	
Alanine g	0.981		0	PAE	4		0.278	4.450	
Aspartic acid g	1.485		0	PAE	4		0.421	6.736	
Glutamic acid g	2.442		0	PAE	4		0.692	11.077	
Glycine g	0.887		0	PAE	4		0.251	4.023	
Proline g	0.718		0	PAE	4		0.204	3.257	
Serine g	0.622		0	PAE	4		0.176	2.821	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13838

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13842

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Refuse: 21% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.96		0	PAE	4		122.71	39.07	
Energy	kcal	370		0	NC	4		988	315	
Energy	kJ	1548				4		4133	1316	
Protein (N x 6.25)	g	20.86		0	PAE	4		55.70	17.73	
Total lipid (fat)	g	31.18		0	PAE	4		83.25	26.50	
Ash	g	1.00		0	PAE	4		2.67	0.85	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0	PAE	4		27	9	
Iron, Fe	mg	2.12		0	PAE	4		5.66	1.80	
Magnesium, Mg	mg	18		0	PAE	4		48	15	
Phosphorus, P	mg	175		0	PAE	4		467	149	
Potassium, K	mg	297		0	PAE	4		793	252	
Sodium, Na	mg	63		0	PAE	4		168	54	
Zinc, Zn	mg	4.83		0	PAE	4		12.90	4.11	
Copper, Cu	mg	0.076		0	PAE	4		0.203	0.065	
Manganese, Mn	mg	0.013		0	PAE	4		0.035	0.011	
Selenium, Se	mcg	21.0		0	BFYN	4		56.1	17.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.070		0	PAE	4		0.187	0.060	
Riboflavin	mg	0.160		0	PAE	4		0.427	0.136	
Niacin	mg	2.700		0	PAE	4		7.209	2.295	
Pantothenic acid	mg	0.340		0	PAE	4		0.908	0.289	
Vitamin B-6	mg	0.230		0	PAE	4		0.614	0.196	
Folate, total	mcg	5		0	PAE	4		13	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0	PAE	4		13	4	
Folate, DFE	mcg_DFE	5		0	NC	4		13	4	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.81		0	PAE	4		7.50	2.39	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol	mcg	0		0	PAE	4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	12.670		0	PAE	4		33.829	10.770	
4:0	g									
6:0	g									
8:0	g									

NDB No. 13842

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.090		0	PAE	4		0.240	0.077	
12:0 g	0.090		0	PAE	4		0.240	0.077	
13:0 g									
14:0 g	1.010		0	PAE	4		2.697	0.859	
15:0 g									
16:0 g	7.790		0	PAE	4		20.799	6.622	
17:0 g									
18:0 g	3.690		0	PAE	4		9.852	3.137	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	13.210		0	PAE	4		35.271	11.229	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.350		0	PAE	4		3.605	1.148	
17:1 g									
18:1 undifferentiated g	11.800		0	PAE	4		31.506	10.030	
20:1 g	0.060		0	PAE	4		0.160	0.051	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.180		0	PAE	4		3.151	1.003	
18:2 undifferentiated g	0.780		0	PAE	4		2.083	0.663	
18:3 undifferentiated g	0.350		0	PAE	4		0.935	0.298	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0	PAE	4		0.107	0.034	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	81		0	PAE	4		216	69	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.234		0	PAE	4		0.625	0.199	
Threonine g	0.911		0	PAE	4		2.432	0.774	
Isoleucine g	0.938		0	PAE	4		2.504	0.797	
Leucine g	1.648		0	PAE	4		4.400	1.401	
Lysine g	1.735		0	PAE	4		4.632	1.475	
Methionine g	0.534		0	PAE	4		1.426	0.454	
Cystine g	0.234		0	PAE	4		0.625	0.199	
Phenylalanine g	0.814		0	PAE	4		2.173	0.692	
Tyrosine g	0.701		0	PAE	4		1.872	0.596	
Valine g	1.014		0	PAE	4		2.707	0.862	
Arginine g	1.318		0	PAE	4		3.519	1.120	
Histidine g	0.714		0	PAE	4		1.906	0.607	
Alanine g	1.258		0	PAE	4		3.359	1.069	
Aspartic acid g	1.905		0	PAE	4		5.086	1.619	
Glutamic acid g	3.133		0	PAE	4		8.365	2.663	
Glycine g	1.138		0	PAE	4		3.038	0.967	
Proline g	0.921		0	PAE	4		2.459	0.783	
Serine g	0.798		0	PAE	4		2.131	0.678	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13842

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13843

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Refuse: 15% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.90		0	PAE	4		135.86	39.02	
Energy....kcal	378		0	NC	4		1119	321	
Energy....kJ	1582				4		4681	1344	
Protein (N x 6.25)....g	22.50		0	PAE	4		66.60	19.13	
Total lipid (fat)....g	31.28		0	PAE	4		92.59	26.59	
Ash....g	0.89		0	PAE	4		2.63	0.76	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0	PAE	4		30	9	
Iron, Fe....mg	2.30		0	PAE	4		6.81	1.96	
Magnesium, Mg....mg	19		0	PAE	4		56	16	
Phosphorus, P....mg	169		0	PAE	4		500	144	
Potassium, K....mg	286		0	PAE	4		847	243	
Sodium, Na....mg	63		0	PAE	4		186	54	
Zinc, Zn....mg	5.65		0	PAE	4		16.72	4.80	
Copper, Cu....mg	0.087		0	PAE	4		0.258	0.074	
Manganese, Mn....mg	0.013		0	PAE	4		0.038	0.011	
Selenium, Se....mcg	21.6		0	BFZN	4		63.9	18.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0	PAE	4		0.207	0.060	
Riboflavin....mg	0.180		0	PAE	4		0.533	0.153	
Niacin....mg	3.590		0	PAE	4		10.626	3.052	
Pantothenic acid....mg	0.360		0	PAE	4		1.066	0.306	
Vitamin B-6....mg	0.220		0	PAE	4		0.651	0.187	
Folate, total....mcg	7		0	PAE	4		21	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0	PAE	4		21	6	
Folate, DFE....mcg_DFE	7		0	NC	4		21	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.31		0	PAE	4		6.84	1.96	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	12.620		0	PAE	4		37.355	10.727	
4:0....g									
6:0....g									
8:0....g									

NDB No. 13843

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.090		0	PAE	4		0.266	0.077	
12:0 g	0.080		0	PAE	4		0.237	0.068	
13:0 g									
14:0 g	1.020		0	PAE	4		3.019	0.867	
15:0 g									
16:0 g	7.720		0	PAE	4		22.851	6.562	
17:0 g									
18:0 g	3.710		0	PAE	4		10.982	3.154	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	13.390		0	PAE	4		39.634	11.382	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.300		0	PAE	4		3.848	1.105	
17:1 g									
18:1 undifferentiated g	12.030		0	PAE	4		35.609	10.226	
20:1 g	0.060		0	PAE	4		0.178	0.051	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.090		0	PAE	4		3.226	0.927	
18:2 undifferentiated g	0.730		0	PAE	4		2.161	0.621	
18:3 undifferentiated g	0.330		0	PAE	4		0.977	0.281	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	PAE	4		0.089	0.026	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	85		0	PAE	4		252	72	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.252		0	PAE	4		0.746	0.214	
Threonine g	0.983		0	PAE	4		2.910	0.836	
Isoleucine g	1.012		0	PAE	4		2.996	0.860	
Leucine g	1.778		0	PAE	4		5.263	1.511	
Lysine g	1.872		0	PAE	4		5.541	1.591	
Methionine g	0.576		0	PAE	4		1.705	0.490	
Cystine g	0.252		0	PAE	4		0.746	0.214	
Phenylalanine g	0.878		0	PAE	4		2.599	0.746	
Tyrosine g	0.756		0	PAE	4		2.238	0.643	
Valine g	1.094		0	PAE	4		3.238	0.930	
Arginine g	1.422		0	PAE	4		4.209	1.209	
Histidine g	0.770		0	PAE	4		2.279	0.655	
Alanine g	1.357		0	PAE	4		4.017	1.153	
Aspartic acid g	2.056		0	PAE	4		6.086	1.748	
Glutamic acid g	3.380		0	PAE	4		10.005	2.873	
Glycine g	1.228		0	PAE	4		3.635	1.044	
Proline g	0.994		0	PAE	4		2.942	0.845	
Serine g	0.860		0	PAE	4		2.546	0.731	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 296g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13843

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13841

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 16% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	53.00		0	PAE	4		15.03	240.41	
Energy ... kcal	333		0	NC	4		94	1510	
Energy ... kJ	1393				4		395	6320	
Protein (N x 6.25) ... g	16.03		0	PAE	4		4.54	72.71	
Total lipid (fat) ... g	29.34		0	PAE	4		8.32	133.09	
Ash ... g	0.75		0	PAE	4		0.21	3.40	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	8		0	PAE	4		2	36	
Iron, Fe ... mg	1.68		0	PAE	4		0.48	7.62	
Magnesium, Mg ... mg	15		0	PAE	4		4	68	
Phosphorus, P ... mg	150		0	PAE	4		43	680	
Potassium, K ... mg	254		0	PAE	4		72	1152	
Sodium, Na ... mg	54		0	PAE	4		15	245	
Zinc, Zn ... mg	3.67		0	PAE	4		1.04	16.65	
Copper, Cu ... mg	0.058		0	PAE	4		0.016	0.263	
Manganese, Mn ... mg	0.011		0	PAE	4		0.003	0.050	
Selenium, Se ... mcg	15.7		0	BFYN	4		4.5	71.2	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.080		0	PAE	4		0.023	0.363	
Riboflavin ... mg	0.130		0	PAE	4		0.037	0.590	
Niacin ... mg	2.570		0	PAE	4		0.729	11.658	
Pantothenic acid ... mg	0.320		0	PAE	4		0.091	1.452	
Vitamin B-6 ... mg	0.290		0	PAE	4		0.082	1.315	
Folate, total ... mcg	5		0	PAE	4		1	23	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	5		0	PAE	4		1	23	
Folate, DFE ... mcg_DFE	5		0	NC	4		1	23	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	2.67		0	PAE	4		0.76	12.11	
Vitamin A, RAE ... mcg_RAE	0		0	PAE	4		0	0	
Retinol ... mcg	0		0	PAE	4		0	0	
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	0		0	PAE	4		0	0	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	12.130		0	PAE	4		3.439	55.022	
4:0 ... g									
6:0 ... g									
8:0 ... g									

NDB No. 13841

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.110		0	PAE	4		0.031	0.499	
12:0 ... g	0.070		0	PAE	4		0.020	0.318	
13:0 ... g									
14:0 ... g	0.970		0	PAE	4		0.275	4.400	
15:0 ... g									
16:0 ... g	7.290		0	PAE	4		2.067	33.067	
17:0 ... g									
18:0 ... g	3.700		0	PAE	4		1.049	16.783	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	12.560		0	PAE	4		3.561	56.972	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.490		0	PAE	4		0.422	6.759	
17:1 ... g									
18:1 undifferentiated ... g	11.020		0	PAE	4		3.124	49.987	
20:1 ... g	0.040		0	PAE	4		0.011	0.181	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.070		0	PAE	4		0.303	4.854	
18:2 undifferentiated ... g	0.680		0	PAE	4		0.193	3.084	
18:3 undifferentiated ... g	0.360		0	PAE	4		0.102	1.633	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	72		0	PAE	4		20	327	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.180		0	PAE	4		0.051	0.816	
Threonine ... g	0.700		0	PAE	4		0.198	3.175	
Isoleucine ... g	0.721		0	PAE	4		0.204	3.270	
Leucine ... g	1.267		0	PAE	4		0.359	5.747	
Lysine ... g	1.334		0	PAE	4		0.378	6.051	
Methionine ... g	0.410		0	PAE	4		0.116	1.860	
Cystine ... g	0.180		0	PAE	4		0.051	0.816	
Phenylalanine ... g	0.626		0	PAE	4		0.177	2.840	
Tyrosine ... g	0.539		0	PAE	4		0.153	2.445	
Valine ... g	0.780		0	PAE	4		0.221	3.538	
Arginine ... g	1.013		0	PAE	4		0.287	4.595	
Histidine ... g	0.549		0	PAE	4		0.156	2.490	
Alanine ... g	0.967		0	PAE	4		0.274	4.386	
Aspartic acid ... g	1.464		0	PAE	4		0.415	6.641	
Glutamic acid ... g	2.408		0	PAE	4		0.683	10.923	
Glycine ... g	0.875		0	PAE	4		0.248	3.969	
Proline ... g	0.708		0	PAE	4		0.201	3.211	
Serine ... g	0.613		0	PAE	4		0.174	2.781	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13841

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13848

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

URMIS #2037

Refuse: 18% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	43.48		0	PAE	4		120.87	36.96	
Energy	kcal	404		0	NC	4		1123	343	
Energy	kJ	1690				4		4699	1437	
Protein (N x 6.25)	g	20.65		0	PAE	4		57.41	17.55	
Total lipid (fat)	g	34.97		0	PAE	4		97.22	29.72	
Ash	g	0.90		0	PAE	4		2.50	0.77	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0	PAE	4		28	9	
Iron, Fe	mg	2.08		0	PAE	4		5.78	1.77	
Magnesium, Mg	mg	19		0	PAE	4		53	16	
Phosphorus, P	mg	164		0	PAE	4		456	139	
Potassium, K	mg	298		0	PAE	4		828	253	
Sodium, Na	mg	62		0	PAE	4		172	53	
Zinc, Zn	mg	4.87		0	PAE	4		13.54	4.14	
Copper, Cu	mg	0.076		0	PAE	4		0.211	0.065	
Manganese, Mn	mg	0.013		0	PAE	4		0.036	0.011	
Selenium, Se	mcg	21.6		0	BFYN	4		60.0	18.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.070		0	PAE	4		0.195	0.060	
Riboflavin	mg	0.170		0	PAE	4		0.473	0.145	
Niacin	mg	2.640		0	PAE	4		7.339	2.244	
Pantothenic acid	mg	0.330		0	PAE	4		0.917	0.281	
Vitamin B-6	mg	0.270		0	PAE	4		0.751	0.230	
Folate, total	mcg	6		0	PAE	4		17	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0	PAE	4		17	5	
Folate, DFE	mcg_DFE	6		0	NC	4		17	5	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.79		0	PAE	4		7.76	2.37	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol	mcg	0		0	PAE	4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	14.510		0	PAE	4		40.338	12.334	
4:0	g									
6:0	g									
8:0	g									

NDB No. 13848

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.080		0	PAE	4		0.222	0.068	
12:0 ... g	0.090		0	PAE	4		0.250	0.077	
13:0 ... g									
14:0 ... g	1.140		0	PAE	4		3.169	0.969	
15:0 ... g									
16:0 ... g	8.640		0	PAE	4		24.019	7.344	
17:0 ... g									
18:0 ... g	4.260		0	PAE	4		11.843	3.621	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	15.290		0	PAE	4		42.506	12.997	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.420		0	PAE	4		3.948	1.207	
17:1 ... g									
18:1 undifferentiated ... g	13.560		0	PAE	4		37.697	11.526	
20:1 ... g	0.060		0	PAE	4		0.167	0.051	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.210		0	PAE	4		3.364	1.029	
18:2 undifferentiated ... g	0.820		0	PAE	4		2.280	0.697	
18:3 undifferentiated ... g	0.330		0	PAE	4		0.917	0.281	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.040		0	PAE	4		0.111	0.034	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	86		0	PAE	4		239	73	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.231		0	PAE	4		0.642	0.196	
Threonine ... g	0.902		0	PAE	4		2.508	0.767	
Isoleucine ... g	0.929		0	PAE	4		2.583	0.790	
Leucine ... g	1.632		0	PAE	4		4.537	1.387	
Lysine ... g	1.718		0	PAE	4		4.776	1.460	
Methionine ... g	0.529		0	PAE	4		1.471	0.450	
Cystine ... g	0.231		0	PAE	4		0.642	0.196	
Phenylalanine ... g	0.806		0	PAE	4		2.241	0.685	
Tyrosine ... g	0.694		0	PAE	4		1.929	0.590	
Valine ... g	1.005		0	PAE	4		2.794	0.854	
Arginine ... g	1.305		0	PAE	4		3.628	1.109	
Histidine ... g	0.707		0	PAE	4		1.965	0.601	
Alanine ... g	1.246		0	PAE	4		3.464	1.059	
Aspartic acid ... g	1.887		0	PAE	4		5.246	1.604	
Glutamic acid ... g	3.103		0	PAE	4		8.626	2.638	
Glycine ... g	1.127		0	PAE	4		3.133	0.958	
Proline ... g	0.912		0	PAE	4		2.535	0.775	
Serine ... g	0.790		0	PAE	4		2.196	0.672	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 278g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13848

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13849

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

URMIS #2037

Refuse: 19% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	44.49		0	PAE	4		125.02	37.82	
Energy	kcal	393		0	NC	4		1104	334	
Energy	kJ	1644				4		4621	1398	
Protein (N x 6.25)	g	22.86		0	PAE	4		64.24	19.43	
Total lipid (fat)	g	32.74		0	PAE	4		92.00	27.83	
Ash	g	0.91		0	PAE	4		2.56	0.77	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0	PAE	4		28	9	
Iron, Fe	mg	2.33		0	PAE	4		6.55	1.98	
Magnesium, Mg	mg	20		0	PAE	4		56	17	
Phosphorus, P	mg	172		0	PAE	4		483	146	
Potassium, K	mg	291		0	PAE	4		818	247	
Sodium, Na	mg	64		0	PAE	4		180	54	
Zinc, Zn	mg	5.78		0	PAE	4		16.24	4.91	
Copper, Cu	mg	0.088		0	PAE	4		0.247	0.075	
Manganese, Mn	mg	0.014		0	PAE	4		0.039	0.012	
Selenium, Se	mcg	22.1		0	BFYN	4		62.1	18.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.070		0	PAE	4		0.197	0.060	
Riboflavin	mg	0.190		0	PAE	4		0.534	0.162	
Niacin	mg	3.650		0	PAE	4		10.257	3.103	
Pantothenic acid	mg	0.370		0	PAE	4		1.040	0.315	
Vitamin B-6	mg	0.230		0	PAE	4		0.646	0.196	
Folate, total	mcg	7		0	PAE	4		20	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0	PAE	4		20	6	
Folate, DFE	mcg_DFE	7		0	NC	4		20	6	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.34		0	PAE	4		6.58	1.99	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol	mcg	0		0	PAE	4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	13.590		0	PAE	4		38.188	11.552	
4:0	g									
6:0	g									
8:0	g									

NDB No. 13849

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.080		0	PAE	4		0.225	0.068	
12:0 g	0.080		0	PAE	4		0.225	0.068	
13:0 g									
14:0 g	1.070		0	PAE	4		3.007	0.910	
15:0 g									
16:0 g	8.090		0	PAE	4		22.733	6.877	
17:0 g									
18:0 g	3.960		0	PAE	4		11.128	3.366	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	14.290		0	PAE	4		40.155	12.147	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.340		0	PAE	4		3.765	1.139	
17:1 g									
18:1 undifferentiated g	12.680		0	PAE	4		35.631	10.778	
20:1 g	0.050		0	PAE	4		0.141	0.043	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.130		0	PAE	4		3.175	0.961	
18:2 undifferentiated g	0.770		0	PAE	4		2.164	0.655	
18:3 undifferentiated g	0.320		0	PAE	4		0.899	0.272	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0	PAE	4		0.112	0.034	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	85		0	PAE	4		239	72	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.256		0	PAE	4		0.719	0.218	
Threonine g	0.998		0	PAE	4		2.804	0.848	
Isoleucine g	1.028		0	PAE	4		2.889	0.874	
Leucine g	1.806		0	PAE	4		5.075	1.535	
Lysine g	1.902		0	PAE	4		5.345	1.617	
Methionine g	0.585		0	PAE	4		1.644	0.497	
Cystine g	0.256		0	PAE	4		0.719	0.218	
Phenylalanine g	0.892		0	PAE	4		2.507	0.758	
Tyrosine g	0.768		0	PAE	4		2.158	0.653	
Valine g	1.112		0	PAE	4		3.125	0.945	
Arginine g	1.444		0	PAE	4		4.058	1.227	
Histidine g	0.783		0	PAE	4		2.200	0.666	
Alanine g	1.379		0	PAE	4		3.875	1.172	
Aspartic acid g	2.088		0	PAE	4		5.867	1.775	
Glutamic acid g	3.434		0	PAE	4		9.650	2.919	
Glycine g	1.247		0	PAE	4		3.504	1.060	
Proline g	1.009		0	PAE	4		2.835	0.858	
Serine g	0.874		0	PAE	4		2.456	0.743	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 281g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13849

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13847

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw

URMIS #2037

Refuse: 14% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.40		0	PAE	4		14.29	228.61	
Energy	kcal	367		0	NC	4		104	1665	
Energy	kJ	1536				4		435	6965	
Protein (N x 6.25)	g	15.77		0	PAE	4		4.47	71.53	
Total lipid (fat)	g	33.26		0	PAE	4		9.43	150.87	
Ash	g	0.73		0	PAE	4		0.21	3.31	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	PAE	4		2	36	
Iron, Fe	mg	1.65		0	PAE	4		0.47	7.48	
Magnesium, Mg	mg	15		0	PAE	4		4	68	
Phosphorus, P	mg	147		0	PAE	4		42	667	
Potassium, K	mg	248		0	PAE	4		70	1125	
Sodium, Na	mg	53		0	PAE	4		15	240	
Zinc, Zn	mg	3.58		0	PAE	4		1.01	16.24	
Copper, Cu	mg	0.057		0	PAE	4		0.016	0.259	
Manganese, Mn	mg	0.011		0	PAE	4		0.003	0.050	
Selenium, Se	mcg	16.2		0	BFNN	4		4.6	73.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.080		0	PAE	4		0.023	0.363	
Riboflavin	mg	0.130		0	PAE	4		0.037	0.590	
Niacin	mg	2.530		0	PAE	4		0.717	11.476	
Pantothenic acid	mg	0.310		0	PAE	4		0.088	1.406	
Vitamin B-6	mg	0.280		0	PAE	4		0.079	1.270	
Folate, total	mcg	5		0	PAE	4		1	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0	PAE	4		1	23	
Folate, DFE	mcg_DFE	5		0	NC	4		1	23	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.63		0	PAE	4		0.75	11.93	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol	mcg	0		0	PAE	4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	13.960		0	PAE	4		3.958	63.323	
4:0	g									
6:0	g									
8:0	g									

NDB No. 13847

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.110		0	PAE	4		0.031	0.499	
12:0 g	0.080		0	PAE	4		0.023	0.363	
13:0 g									
14:0 g	1.090		0	PAE	4		0.309	4.944	
15:0 g									
16:0 g	8.250		0	PAE	4		2.339	37.422	
17:0 g									
18:0 g	4.210		0	PAE	4		1.194	19.097	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	14.370		0	PAE	4		4.074	65.182	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.670		0	PAE	4		0.473	7.575	
17:1 g									
18:1 undifferentiated g	12.470		0	PAE	4		3.535	56.564	
20:1 g	0.050		0	PAE	4		0.014	0.227	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.230		0	PAE	4		0.349	5.579	
18:2 undifferentiated g	0.790		0	PAE	4		0.224	3.583	
18:3 undifferentiated g	0.390		0	PAE	4		0.111	1.769	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	73		0	PAE	4		21	331	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.177		0	PAE	4		0.050	0.803	
Threonine g	0.689		0	PAE	4		0.195	3.125	
Isoleucine g	0.709		0	PAE	4		0.201	3.216	
Leucine g	1.246		0	PAE	4		0.353	5.652	
Lysine g	1.312		0	PAE	4		0.372	5.951	
Methionine g	0.404		0	PAE	4		0.115	1.833	
Cystine g	0.177		0	PAE	4		0.050	0.803	
Phenylalanine g	0.616		0	PAE	4		0.175	2.794	
Tyrosine g	0.530		0	PAE	4		0.150	2.404	
Valine g	0.767		0	PAE	4		0.217	3.479	
Arginine g	0.997		0	PAE	4		0.283	4.522	
Histidine g	0.540		0	PAE	4		0.153	2.449	
Alanine g	0.951		0	PAE	4		0.270	4.314	
Aspartic acid g	1.441		0	PAE	4		0.409	6.536	
Glutamic acid g	2.369		0	PAE	4		0.672	10.746	
Glycine g	0.860		0	PAE	4		0.244	3.901	
Proline g	0.696		0	PAE	4		0.197	3.157	
Serine g	0.603		0	PAE	4		0.171	2.735	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13847

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13845

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Refuse: 21% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.25		0	PAE	4		134.17	42.71	
Energy	kcal	324		0	NC	4		865	275	
Energy	kJ	1356				4		3619	1152	
Protein (N x 6.25)	g	21.55		0	PAE	4		57.54	18.32	
Total lipid (fat)	g	25.71		0	PAE	4		68.65	21.85	
Ash	g	1.04		0	PAE	4		2.78	0.88	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0	PAE	4		27	9	
Iron, Fe	mg	2.19		0	PAE	4		5.85	1.86	
Magnesium, Mg	mg	19		0	PAE	4		51	16	
Phosphorus, P	mg	182		0	PAE	4		486	155	
Potassium, K	mg	309		0	PAE	4		825	263	
Sodium, Na	mg	64		0	PAE	4		171	54	
Zinc, Zn	mg	5.07		0	PAE	4		13.54	4.31	
Copper, Cu	mg	0.079		0	PAE	4		0.211	0.067	
Manganese, Mn	mg	0.013		0	PAE	4		0.035	0.011	
Selenium, Se	mcg	21.2		0	BFYN	4		56.6	18.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.070		0	PAE	4		0.187	0.060	
Riboflavin	mg	0.160		0	PAE	4		0.427	0.136	
Niacin	mg	2.780		0	PAE	4		7.423	2.363	
Pantothenic acid	mg	0.350		0	PAE	4		0.935	0.298	
Vitamin B-6	mg	0.230		0	PAE	4		0.614	0.196	
Folate, total	mcg	6		0	PAE	4		16	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0	PAE	4		16	5	
Folate, DFE	mcg_DFE	6		0	NC	4		16	5	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.89		0	PAE	4		7.72	2.46	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol	mcg	0		0	PAE	4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	10.430		0	PAE	4		27.848	8.866	
4:0	g									
6:0	g									
8:0	g									

NDB No. 13845

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.070		0	PAE	4		0.187	0.060	
12:0 g	0.070		0	PAE	4		0.187	0.060	
13:0 g									
14:0 g	0.830		0	PAE	4		2.216	0.706	
15:0 g									
16:0 g	6.410		0	PAE	4		17.115	5.449	
17:0 g									
18:0 g	3.040		0	PAE	4		8.117	2.584	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.850		0	PAE	4		28.970	9.223	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.090		0	PAE	4		2.910	0.927	
17:1 g									
18:1 undifferentiated g	9.710		0	PAE	4		25.926	8.254	
20:1 g	0.050		0	PAE	4		0.134	0.043	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.970		0	PAE	4		2.590	0.825	
18:2 undifferentiated g	0.660		0	PAE	4		1.762	0.561	
18:3 undifferentiated g	0.280		0	PAE	4		0.748	0.238	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0	PAE	4		0.107	0.034	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	80		0	PAE	4		214	68	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.241		0	PAE	4		0.643	0.205	
Threonine g	0.941		0	PAE	4		2.512	0.800	
Isoleucine g	0.969		0	PAE	4		2.587	0.824	
Leucine g	1.704		0	PAE	4		4.550	1.448	
Lysine g	1.793		0	PAE	4		4.787	1.524	
Methionine g	0.552		0	PAE	4		1.474	0.469	
Cystine g	0.241		0	PAE	4		0.643	0.205	
Phenylalanine g	0.841		0	PAE	4		2.245	0.715	
Tyrosine g	0.724		0	PAE	4		1.933	0.615	
Valine g	1.048		0	PAE	4		2.798	0.891	
Arginine g	1.362		0	PAE	4		3.637	1.158	
Histidine g	0.738		0	PAE	4		1.970	0.627	
Alanine g	1.300		0	PAE	4		3.471	1.105	
Aspartic acid g	1.969		0	PAE	4		5.257	1.674	
Glutamic acid g	3.238		0	PAE	4		8.645	2.752	
Glycine g	1.176		0	PAE	4		3.140	1.000	
Proline g	0.952		0	PAE	4		2.542	0.809	
Serine g	0.824		0	PAE	4		2.200	0.700	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13845

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13846

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Refuse: 16% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.40		0	PAE	4		144.25	41.99	
Energy....kcal	333		0	NC	4		972	283	
Energy....kJ	1393				4		4068	1184	
Protein (N x 6.25)....g	23.40		0	PAE	4		68.33	19.89	
Total lipid (fat)....g	25.84		0	PAE	4		75.45	21.96	
Ash....g	0.93		0	PAE	4		2.72	0.79	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	PAE	4		26	8	
Iron, Fe....mg	2.39		0	PAE	4		6.98	2.03	
Magnesium, Mg....mg	20		0	PAE	4		58	17	
Phosphorus, P....mg	176		0	PAE	4		514	150	
Potassium, K....mg	299		0	PAE	4		873	254	
Sodium, Na....mg	65		0	PAE	4		190	55	
Zinc, Zn....mg	5.98		0	PAE	4		17.46	5.08	
Copper, Cu....mg	0.090		0	PAE	4		0.263	0.077	
Manganese, Mn....mg	0.014		0	PAE	4		0.041	0.012	
Selenium, Se....mcg	21.7		0	BFZN	4		63.4	18.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0	PAE	4		0.204	0.060	
Riboflavin....mg	0.190		0	PAE	4		0.555	0.162	
Niacin....mg	3.740		0	PAE	4		10.921	3.179	
Pantothenic acid....mg	0.380		0	PAE	4		1.110	0.323	
Vitamin B-6....mg	0.230		0	PAE	4		0.672	0.196	
Folate, total....mcg	8		0	PAE	4		23	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0	PAE	4		23	7	
Folate, DFE....mcg_DFE	8		0	NC	4		23	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.37		0	PAE	4		6.92	2.01	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	10.420		0	PAE	4		30.426	8.857	
4:0....g									
6:0....g									
8:0....g									

NDB No. 13846

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.070		0	PAE	4		0.204	0.060	
12:0 g	0.070		0	PAE	4		0.204	0.060	
13:0 g									
14:0 g	0.840		0	PAE	4		2.453	0.714	
15:0 g									
16:0 g	6.370		0	PAE	4		18.600	5.415	
17:0 g									
18:0 g	3.070		0	PAE	4		8.964	2.610	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.060		0	PAE	4		32.295	9.401	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.070		0	PAE	4		3.124	0.910	
17:1 g									
18:1 undifferentiated g	9.940		0	PAE	4		29.025	8.449	
20:1 g	0.050		0	PAE	4		0.146	0.043	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.900		0	PAE	4		2.628	0.765	
18:2 undifferentiated g	0.600		0	PAE	4		1.752	0.510	
18:3 undifferentiated g	0.270		0	PAE	4		0.788	0.230	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		0	PAE	4		0.058	0.017	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	84		0	PAE	4		245	71	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.262		0	PAE	4		0.765	0.223	
Threonine g	1.022		0	PAE	4		2.984	0.869	
Isoleucine g	1.052		0	PAE	4		3.072	0.894	
Leucine g	1.849		0	PAE	4		5.399	1.572	
Lysine g	1.946		0	PAE	4		5.682	1.654	
Methionine g	0.599		0	PAE	4		1.749	0.509	
Cystine g	0.262		0	PAE	4		0.765	0.223	
Phenylalanine g	0.913		0	PAE	4		2.666	0.776	
Tyrosine g	0.786		0	PAE	4		2.295	0.668	
Valine g	1.138		0	PAE	4		3.323	0.967	
Arginine g	1.479		0	PAE	4		4.319	1.257	
Histidine g	0.801		0	PAE	4		2.339	0.681	
Alanine g	1.411		0	PAE	4		4.120	1.199	
Aspartic acid g	2.137		0	PAE	4		6.240	1.816	
Glutamic acid g	3.515		0	PAE	4		10.264	2.988	
Glycine g	1.276		0	PAE	4		3.726	1.085	
Proline g	1.033		0	PAE	4		3.016	0.878	
Serine g	0.895		0	PAE	4		2.613	0.761	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 292g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13846

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13844

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw

Refuse: 17% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.35		0	PAE	4		15.98	255.60	
Energy	kcal	295		0	NC	4		84	1338	
Energy	kJ	1234				4		350	5599	
Protein (N x 6.25)	g	16.52		0	PAE	4		4.68	74.93	
Total lipid (fat)	g	24.85		0	PAE	4		7.04	112.72	
Ash	g	0.77		0	PAE	4		0.22	3.49	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	PAE	4		2	36	
Iron, Fe	mg	1.74		0	PAE	4		0.49	7.89	
Magnesium, Mg	mg	16		0	PAE	4		5	73	
Phosphorus, P	mg	155		0	PAE	4		44	703	
Potassium, K	mg	266		0	PAE	4		75	1207	
Sodium, Na	mg	56		0	PAE	4		16	254	
Zinc, Zn	mg	3.84		0	PAE	4		1.09	17.42	
Copper, Cu	mg	0.060		0	PAE	4		0.017	0.272	
Manganese, Mn	mg	0.012		0	PAE	4		0.003	0.054	
Selenium, Se	mcg	15.9		0	BFYN	4		4.5	72.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.080		0	PAE	4		0.023	0.363	
Riboflavin	mg	0.140		0	PAE	4		0.040	0.635	
Niacin	mg	2.640		0	PAE	4		0.748	11.975	
Pantothenic acid	mg	0.330		0	PAE	4		0.094	1.497	
Vitamin B-6	mg	0.290		0	PAE	4		0.082	1.315	
Folate, total	mcg	5		0	PAE	4		1	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0	PAE	4		1	23	
Folate, DFE	mcg_DFE	5		0	NC	4		1	23	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.75		0	PAE	4		0.78	12.47	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol	mcg	0		0	PAE	4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	10.280		0	PAE	4		2.914	46.630	
4:0	g									
6:0	g									
8:0	g									

NDB No. 13844

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.090		0	PAE	4		0.026	0.408	
12:0 g	0.060		0	PAE	4		0.017	0.272	
13:0 g									
14:0 g	0.820		0	PAE	4		0.232	3.720	
15:0 g									
16:0 g	6.180		0	PAE	4		1.752	28.032	
17:0 g									
18:0 g	3.130		0	PAE	4		0.887	14.198	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.650		0	PAE	4		3.019	48.308	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.270		0	PAE	4		0.360	5.761	
17:1 g									
18:1 undifferentiated g	9.340		0	PAE	4		2.648	42.366	
20:1 g	0.040		0	PAE	4		0.011	0.181	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.910		0	PAE	4		0.258	4.128	
18:2 undifferentiated g	0.570		0	PAE	4		0.162	2.586	
18:3 undifferentiated g	0.310		0	PAE	4		0.088	1.406	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	70		0	PAE	4		20	318	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.185		0	PAE	4		0.052	0.839	
Threonine g	0.722		0	PAE	4		0.205	3.275	
Isoleucine g	0.743		0	PAE	4		0.211	3.370	
Leucine g	1.306		0	PAE	4		0.370	5.924	
Lysine g	1.374		0	PAE	4		0.390	6.232	
Methionine g	0.423		0	PAE	4		0.120	1.919	
Cystine g	0.185		0	PAE	4		0.052	0.839	
Phenylalanine g	0.645		0	PAE	4		0.183	2.926	
Tyrosine g	0.555		0	PAE	4		0.157	2.517	
Valine g	0.803		0	PAE	4		0.228	3.642	
Arginine g	1.044		0	PAE	4		0.296	4.736	
Histidine g	0.566		0	PAE	4		0.160	2.567	
Alanine g	0.996		0	PAE	4		0.282	4.518	
Aspartic acid g	1.509		0	PAE	4		0.428	6.845	
Glutamic acid g	2.482		0	PAE	4		0.704	11.258	
Glycine g	0.901		0	PAE	4		0.255	4.087	
Proline g	0.729		0	PAE	4		0.207	3.307	
Serine g	0.632		0	PAE	4		0.179	2.867	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13844

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13388

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Refuse: 38% 16% bone, 22% separable fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.90		1		1		123.91	49.22	
Energy....kcal	238		0	NC	4		509	202	
Energy....kJ	996		0		4		2131	846	
Protein (N x 6.25)....g	27.53	0.638	13		1		58.91	23.40	
Total lipid (fat)....g	13.40		1		1		28.68	11.39	
Ash....g	1.08	0.019	15		1		2.31	0.92	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.750	11		1		17	7	
Iron, Fe....mg	2.82	0.150	11		1		6.03	2.40	
Magnesium, Mg....mg	25	0.324	11		1		54	21	
Phosphorus, P....mg	209		1		1		447	178	
Potassium, K....mg	357	6.757	11		1		764	303	
Sodium, Na....mg	73	7.193	11		1		156	62	
Zinc, Zn....mg	7.46	0.491	8		1		15.96	6.34	
Copper, Cu....mg	0.105	0.006	8		1		0.225	0.089	
Manganese, Mn....mg	0.016		1		1		0.034	0.014	
Selenium, Se....mcg	22.8		0	BFYN	4		48.8	19.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090	0.009	15		1		0.193	0.077	
Riboflavin....mg	0.220	0.008	13		1		0.471	0.187	
Niacin....mg	4.450	0.263	13		1		9.523	3.783	
Pantothenic acid....mg	0.450	0.042	4		1		0.963	0.383	
Vitamin B-6....mg	0.260	0.016	4		1		0.556	0.221	
Folate, total....mcg	9	0.435	14		1		19	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9	0.435	14		1		19	8	
Folate, DFE....mcg_DFE	9		0	NC	4		19	8	
Choline, total....mg	104.9		0	BFPN	4		224.4	89.1	
Betaine....mg	13.8		0	BFPN	4		29.5	11.7	
Vitamin B-12....mcg	2.61	0.454	15		1		5.59	2.22	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.14		0	NR	4		0.30	0.12	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.5	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		0.5	0.2	
Vitamin D....IU	9		0	BFFN	4		19	7	
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		3.4	1.4	
Lipids:									
Fatty acids, total saturated....g	5.350		0		1		11.449	4.548	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13388

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		8		1		0.021	0.009	
12:0....g	0.010		8		1		0.021	0.009	
13:0....g									
14:0....g	0.410		8		1		0.877	0.349	
15:0....g									
16:0....g	3.150		8		1		6.741	2.678	
17:0....g									
18:0....g	1.770		8		1		3.788	1.505	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.600		0		1		11.984	4.760	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.470		8		1		1.006	0.400	
17:1....g									
18:1 undifferentiated....g	5.120		8		1		10.957	4.352	
20:1....g	0.010		8		1		0.021	0.009	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.380		0		1		0.813	0.323	
18:2 undifferentiated....g	0.320		8		1		0.685	0.272	
18:3 undifferentiated....g	0.030		8		1		0.064	0.026	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		8		1		0.086	0.034	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	81	2.403	8		1		173	69	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.181		0	A	1		0.387	0.154	
Threonine....g	1.100		0	A	1		2.354	0.935	
Isoleucine....g	1.253		0	A	1		2.680	1.065	
Leucine....g	2.190		0	A	1		4.687	1.861	
Lysine....g	2.327		0	A	1		4.979	1.978	
Methionine....g	0.717		0	A	1		1.534	0.609	
Cystine....g	0.355		0	A	1		0.760	0.302	
Phenylalanine....g	1.087		0	A	1		2.327	0.924	
Tyrosine....g	0.877		0	A	1		1.877	0.746	
Valine....g	1.366		0	A	1		2.923	1.161	
Arginine....g	1.780		0	A	1		3.810	1.513	
Histidine....g	0.879		0	A	1		1.880	0.747	
Alanine....g	1.674		0	A	1		3.582	1.423	
Aspartic acid....g	2.508		0	A	1		5.366	2.131	
Glutamic acid....g	4.133		0	A	1		8.844	3.513	
Glycine....g	1.676		0	A	1		3.587	1.425	
Proline....g	1.312		0	A	1		2.809	1.116	
Serine....g	1.084		0	A	1		2.321	0.922	
Hydroxyproline....g	0.289		0	BFPN	4		0.619	0.246	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13388

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Common Measures:

Measure 1 = 214g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13389

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted

Refuse: 40% Bone, 16%, separable fat, 24%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.80		0		1		117.58	48.28	
Energy	kcal	253		0	NC	4		524	215	
Energy	kJ	1059				4		2191	900	
Protein (N x 6.25)	g	27.53		0		1		56.99	23.40	
Total lipid (fat)	g	15.00		0		1		31.05	12.75	
Ash	g	1.08		0		1		2.24	0.92	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0		1		17	7	
Iron, Fe	mg	2.82		0		1		5.84	2.40	
Magnesium, Mg	mg	25		0		1		52	21	
Phosphorus, P	mg	209		0		1		433	178	
Potassium, K	mg	357		0		1		739	303	
Sodium, Na	mg	73		0		1		151	62	
Zinc, Zn	mg	7.46		0		1		15.44	6.34	
Copper, Cu	mg	0.105		0		1		0.217	0.089	
Manganese, Mn	mg	0.016		0		1		0.033	0.014	
Selenium, Se	mcg	22.8		0	BFYN	4		47.2	19.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.090		0		1		0.186	0.077	
Riboflavin	mg	0.220		0		1		0.455	0.187	
Niacin	mg	4.450		0		1		9.212	3.783	
Pantothenic acid	mg	0.450		0		1		0.932	0.383	
Vitamin B-6	mg	0.260		0		1		0.538	0.221	
Folate, total	mcg	9		0		1		19	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		19	8	
Folate, DFE	mcg_DFE	9		0	NC	4		19	8	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.61		0		1		5.40	2.22	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.990		0		1		12.399	5.092	
4:0	g									
6:0	g									
8:0	g									

NDB No. 13389

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		0		1		0.021	0.009	
12:0 g	0.010		0		1		0.021	0.009	
13:0 g									
14:0 g	0.460		0		1		0.952	0.391	
15:0 g									
16:0 g	3.520		0		1		7.286	2.992	
17:0 g									
18:0 g	1.990		0		1		4.119	1.692	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.270		0		1		12.979	5.330	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.530		0		1		1.097	0.451	
17:1 g									
18:1 undifferentiated g	5.730		0		1		11.861	4.871	
20:1 g	0.010		0		1		0.021	0.009	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.430		0		1		0.890	0.366	
18:2 undifferentiated g	0.350		0		1		0.725	0.298	
18:3 undifferentiated g	0.030		0		1		0.062	0.026	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0		1		0.083	0.034	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	81		0		1		168	69	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.308		0		1		0.638	0.262	
Threonine g	1.203		0		1		2.490	1.023	
Isoleucine g	1.238		0		1		2.563	1.052	
Leucine g	2.176		0		1		4.504	1.850	
Lysine g	2.291		0		1		4.742	1.947	
Methionine g	0.705		0		1		1.459	0.599	
Cystine g	0.308		0		1		0.638	0.262	
Phenylalanine g	1.075		0		1		2.225	0.914	
Tyrosine g	0.925		0		1		1.915	0.786	
Valine g	1.339		0		1		2.772	1.138	
Arginine g	1.740		0		1		3.602	1.479	
Histidine g	0.943		0		1		1.952	0.802	
Alanine g	1.661		0		1		3.438	1.412	
Aspartic acid g	2.515		0		1		5.206	2.138	
Glutamic acid g	4.136		0		1		8.562	3.516	
Glycine g	1.502		0		1		3.109	1.277	
Proline g	1.216		0		1		2.517	1.034	
Serine g	1.053		0		1		2.180	0.895	
Hydroxyproline g									
Others:									
Alcohol, ethyl g									
Caffeine mg	0			Z	7		0	0	
Theobromine mg	0			Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13389

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 207g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13390

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted

Refuse: 37% Bone, 17%, separable fat, 20%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.30		0		1		128.68	50.41	
Energy....kcal	220		0	NC	4		477	187	
Energy....kJ	920				4		1997	782	
Protein (N x 6.25)....g	27.53		0		1		59.74	23.40	
Total lipid (fat)....g	11.40		0		1		24.74	9.69	
Ash....g	1.08		0		1		2.34	0.92	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0		1		17	7	
Iron, Fe....mg	2.82		0		1		6.12	2.40	
Magnesium, Mg....mg	25		0		1		54	21	
Phosphorus, P....mg	209		0		1		454	178	
Potassium, K....mg	357		0		1		775	303	
Sodium, Na....mg	73		0		1		158	62	
Zinc, Zn....mg	7.46		0		1		16.19	6.34	
Copper, Cu....mg	0.105		0		1		0.228	0.089	
Manganese, Mn....mg	0.016		0		1		0.035	0.014	
Selenium, Se....mcg	22.8		0	BFYN	4		49.5	19.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.195	0.077	
Riboflavin....mg	0.220		0		1		0.477	0.187	
Niacin....mg	4.450		0		1		9.657	3.783	
Pantothenic acid....mg	0.450		0		1		0.977	0.383	
Vitamin B-6....mg	0.260		0		1		0.564	0.221	
Folate, total....mcg	9		0		1		20	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0		1		20	8	
Folate, DFE....mcg_DFE	9		0	NC	4		20	8	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.61		0		1		5.66	2.22	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.550		0		1		9.874	3.868	
4:0....g									
6:0....g									
8:0....g									

NDB No. 13390

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010		0		1		0.022	0.009	
12:0 ... g	0.010		0		1		0.022	0.009	
13:0 ... g									
14:0 ... g	0.350		0		1		0.760	0.298	
15:0 ... g									
16:0 ... g	2.680		0		1		5.816	2.278	
17:0 ... g									
18:0 ... g	1.510		0		1		3.277	1.284	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.770		0		1		10.351	4.055	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.400		0		1		0.868	0.340	
17:1 ... g									
18:1 undifferentiated ... g	4.360		0		1		9.461	3.706	
20:1 ... g	0.010		0		1		0.022	0.009	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.330		0		1		0.716	0.281	
18:2 undifferentiated ... g	0.270		0		1		0.586	0.230	
18:3 undifferentiated ... g	0.020		0		1		0.043	0.017	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.030		0		1		0.065	0.026	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	81		0		1		176	69	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.308		0		1		0.668	0.262	
Threonine ... g	1.203		0		1		2.611	1.023	
Isoleucine ... g	1.238		0		1		2.686	1.052	
Leucine ... g	2.176		0		1		4.722	1.850	
Lysine ... g	2.291		0		1		4.971	1.947	
Methionine ... g	0.705		0		1		1.530	0.599	
Cystine ... g	0.308		0		1		0.668	0.262	
Phenylalanine ... g	1.075		0		1		2.333	0.914	
Tyrosine ... g	0.925		0		1		2.007	0.786	
Valine ... g	1.339		0		1		2.906	1.138	
Arginine ... g	1.740		0		1		3.776	1.479	
Histidine ... g	0.943		0		1		2.046	0.802	
Alanine ... g	1.661		0		1		3.604	1.412	
Aspartic acid ... g	2.515		0		1		5.458	2.138	
Glutamic acid ... g	4.136		0		1		8.975	3.516	
Glycine ... g	1.502		0		1		3.259	1.277	
Proline ... g	1.216		0		1		2.639	1.034	
Serine ... g	1.053		0		1		2.285	0.895	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 217g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13390

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13148

Beef, rib, shortribs, separable lean and fat, choice, cooked, braised

URMIS #2074

Refuse: 29% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	35.72		0		1		80.37	30.36	
Energy....kcal	471		0	NC	4		1060	400	
Energy....kJ	1971		0		4		4434	1675	
Protein (N x 6.25)....g	21.57		0		1		48.53	18.33	
Total lipid (fat)....g	41.98		0		1		94.46	35.68	
Ash....g	0.74		0		1		1.67	0.63	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0		1		27	10	
Iron, Fe....mg	2.31		0		1		5.20	1.96	
Magnesium, Mg....mg	15		0		1		34	13	
Phosphorus, P....mg	162		0		1		365	138	
Potassium, K....mg	224		0		1		504	190	
Sodium, Na....mg	50		0		1		113	43	
Zinc, Zn....mg	4.88		0		1		10.98	4.15	
Copper, Cu....mg	0.099		0		1		0.223	0.084	
Manganese, Mn....mg	0.013		0		1		0.029	0.011	
Selenium, Se....mcg	20.8		0	BFYN	4		46.8	17.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.050		0		1		0.113	0.043	
Riboflavin....mg	0.150		0		1		0.338	0.128	
Niacin....mg	2.452		0		1		5.517	2.084	
Pantothenic acid....mg	0.252		0		1		0.567	0.214	
Vitamin B-6....mg	0.220		0		1		0.495	0.187	
Folate, total....mcg	5		0		1		11	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		11	4	
Folate, DFE....mcg_DFE	5		0	NC	4		11	4	
Choline, total....mg	82.2		0	BFPN	4		184.8	69.8	
Betaine....mg	10.8		0	BFPN	4		24.3	9.2	
Vitamin B-12....mcg	2.62		0		1		5.90	2.23	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		0	NR	4		0.65	0.25	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.7		0	AS	1		1.5	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	BFFN	4		1.5	0.6	
Vitamin D....IU	27		0	BFFN	4		62	23	
Vitamin K (phylloquinone)....mcg	2.4		0	BFSN	4		5.5	2.1	
Lipids:									
Fatty acids, total saturated....g	17.800		0		1		40.050	15.130	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13148

Beef, rib, shortribs, separable lean and fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.130		0		1		0.293	0.111	
12:0 g	0.120		0		1		0.270	0.102	
13:0 g									
14:0 g	1.380		0		1		3.105	1.173	
15:0 g									
16:0 g	10.480		0		1		23.580	8.908	
17:0 g									
18:0 g	4.920		0		1		11.070	4.182	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	18.880		0		1		42.480	16.048	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.780		0		1		4.005	1.513	
17:1 g									
18:1 undifferentiated g	16.230		0		1		36.518	13.796	
20:1 g	0.080		0		1		0.180	0.068	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.530		0		1		3.443	1.301	
18:2 undifferentiated g	0.980		0		1		2.205	0.833	
18:3 undifferentiated g	0.500		0		1		1.125	0.425	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0		1		0.068	0.026	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	94		0		1		212	80	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.142		0	NR	4		0.319	0.120	
Threonine g	0.862		0	NR	4		1.939	0.732	
Isoleucine g	0.981		0	NR	4		2.208	0.834	
Leucine g	1.716		0	NR	4		3.861	1.458	
Lysine g	1.823		0	NR	4		4.102	1.549	
Methionine g	0.562		0	NR	4		1.264	0.477	
Cystine g	0.278		0	NR	4		0.626	0.237	
Phenylalanine g	0.852		0	NR	4		1.917	0.724	
Tyrosine g	0.687		0	NR	4		1.547	0.584	
Valine g	1.070		0	NR	4		2.408	0.910	
Arginine g	1.395		0	NR	4		3.138	1.186	
Histidine g	0.688		0	NR	4		1.549	0.585	
Alanine g	1.311		0	NR	4		2.951	1.115	
Aspartic acid g	1.965		0	NR	4		4.421	1.670	
Glutamic acid g	3.238		0	NR	4		7.286	2.752	
Glycine g	1.313		0	NR	4		2.955	1.116	
Proline g	1.028		0	NR	4		2.314	0.874	
Serine g	0.850		0	NR	4		1.912	0.722	
Hydroxyproline g	0.227		0	BFPN	4		0.510	0.193	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13148

Beef, rib, shortribs, separable lean and fat, choice, cooked, braised

Common Measures:

Measure 1 = 225g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13147
Beef, rib, shortribs, separable lean and fat, choice, raw

URMIS #2074
Refuse: 27% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.29		0		1		13.69	219.04	
Energy....kcal	388		0	NC	4		110	1760	
Energy....kJ	1623				4		460	7364	
Protein (N x 6.25)....g	14.40		0		1		4.08	65.32	
Total lipid (fat)....g	36.23		0		1		10.27	164.34	
Ash....g	0.68		0		1		0.19	3.08	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0		1		3	41	
Iron, Fe....mg	1.55		0		1		0.44	7.03	
Magnesium, Mg....mg	14		0		1		4	64	
Phosphorus, P....mg	137		0		1		39	621	
Potassium, K....mg	232		0		1		66	1052	
Sodium, Na....mg	49		0		1		14	222	
Zinc, Zn....mg	3.16		0		1		0.90	14.33	
Copper, Cu....mg	0.053		0		1		0.015	0.240	
Manganese, Mn....mg	0.011		0		1		0.003	0.050	
Selenium, Se....mcg	14.2		0	PIE	4		4.0	64.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.071		0		1		0.020	0.322	
Riboflavin....mg	0.118		0		1		0.033	0.535	
Niacin....mg	2.556		0		1		0.725	11.594	
Pantothenic acid....mg	0.241		0		1		0.068	1.093	
Vitamin B-6....mg	0.300		0		1		0.085	1.361	
Folate, total....mcg	5		0		1		1	23	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		1	23	
Folate, DFE....mcg_DFE	5		0	NC	4		1	23	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.56		0		1		0.73	11.61	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	15.760		0		1		4.468	71.487	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 13147

Beef, rib, shortribs, separable lean and fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.140		0		1		0.040	0.635	
12:0 ... g	0.090		0		1		0.026	0.408	
13:0 ... g									
14:0 ... g	1.200		0		1		0.340	5.443	
15:0 ... g									
16:0 ... g	9.000		0		1		2.552	40.824	
17:0 ... g									
18:0 ... g	4.540		0		1		1.287	20.593	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	16.390		0		1		4.647	74.345	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.880		0		1		0.533	8.528	
17:1 ... g									
18:1 undifferentiated ... g	13.730		0		1		3.892	62.279	
20:1 ... g	0.050		0		1		0.014	0.227	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.320		0		1		0.374	5.988	
18:2 undifferentiated ... g	0.810		0		1		0.230	3.674	
18:3 undifferentiated ... g	0.480		0		1		0.136	2.177	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.020		0		1		0.006	0.091	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	76		0		1		22	345	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.161		0		1		0.046	0.730	
Threonine ... g	0.629		0		1		0.178	2.853	
Isoleucine ... g	0.647		0		1		0.183	2.935	
Leucine ... g	1.138		0		1		0.323	5.162	
Lysine ... g	1.198		0		1		0.340	5.434	
Methionine ... g	0.368		0		1		0.104	1.669	
Cystine ... g	0.161		0		1		0.046	0.730	
Phenylalanine ... g	0.562		0		1		0.159	2.549	
Tyrosine ... g	0.484		0		1		0.137	2.195	
Valine ... g	0.700		0		1		0.198	3.175	
Arginine ... g	0.910		0		1		0.258	4.128	
Histidine ... g	0.493		0		1		0.140	2.236	
Alanine ... g	0.868		0		1		0.246	3.937	
Aspartic acid ... g	1.315		0		1		0.373	5.965	
Glutamic acid ... g	2.163		0		1		0.613	9.811	
Glycine ... g	0.785		0		1		0.223	3.561	
Proline ... g	0.636		0		1		0.180	2.885	
Serine ... g	0.550		0		1		0.156	2.495	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13147
Beef, rib, shortribs, separable lean and fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13150

Beef, rib, shortribs, separable lean only, choice, cooked, braised

URMIS #2074

Refuse: 62% Bone, 29%, separable fat, 33%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	50.15	0.895	4		1		60.68	42.63	
Energy ... kcal	295		0	NC	4		357	251	
Energy ... kJ	1234		0		4		1493	1049	
Protein (N x 6.25) ... g	30.76	0.951	4		1		37.22	26.15	
Total lipid (fat) ... g	18.13	1.787	4		1		21.94	15.41	
Ash ... g	0.98		0		1		1.19	0.83	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	11		0		1		13	9	
Iron, Fe ... mg	3.36		0		1		4.07	2.86	
Magnesium, Mg ... mg	22		0		1		27	19	
Phosphorus, P ... mg	235		0		1		284	200	
Potassium, K ... mg	313		0		1		379	266	
Sodium, Na ... mg	58		0		1		70	49	
Zinc, Zn ... mg	7.80		0		1		9.44	6.63	
Copper, Cu ... mg	0.107		0		1		0.129	0.091	
Manganese, Mn ... mg	0.018		0		1		0.022	0.015	
Selenium, Se ... mcg	22.1		0	BFYN	4		26.7	18.8	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.065		0		1		0.079	0.055	
Riboflavin ... mg	0.202		0		1		0.244	0.172	
Niacin ... mg	3.208		0		1		3.882	2.727	
Pantothenic acid ... mg	0.337		0		1		0.408	0.286	
Vitamin B-6 ... mg	0.280		0		1		0.339	0.238	
Folate, total ... mcg	7		0		1		8	6	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	7		0		1		8	6	
Folate, DFE ... mcg_DFE	7		0	NC	4		8	6	
Choline, total ... mg	117.2		0	BFPN	4		141.8	99.6	
Betaine ... mg	15.4		0	BFPN	4		18.6	13.1	
Vitamin B-12 ... mcg	3.46		0		1		4.19	2.94	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	AS	1		0	0	
Retinol ... mcg	0		0	NR	4		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0		4		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.14		0	NR	4		0.17	0.12	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.3		0	AS	1		0.4	0.3	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.3		0	BFFN	4		0.4	0.3	
Vitamin D ... IU	12		0	BFFN	4		14	10	
Vitamin K (phylloquinone) ... mcg	1.9		0	BFSN	4		2.3	1.6	
Lipids:									
Fatty acids, total saturated ... g	7.740		0		1		9.365	6.579	
4:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 13150

Beef, rib, shortribs, separable lean only, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.010		0		1		0.012	0.009	
12:0 g	0.010		0		1		0.012	0.009	
13:0 g									
14:0 g	0.570		0		1		0.690	0.485	
15:0 g									
16:0 g	4.350		0		1		5.264	3.698	
17:0 g									
18:0 g	2.440		0		1		2.952	2.074	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.980		0		1		9.656	6.783	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.630		0		1		0.762	0.536	
17:1 g									
18:1 undifferentiated g	7.040		0		1		8.518	5.984	
20:1 g	0.010		0		1		0.012	0.009	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.550		0		1		0.666	0.468	
18:2 undifferentiated g	0.430		0		1		0.520	0.366	
18:3 undifferentiated g	0.050		0		1		0.061	0.043	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		0		1		0.061	0.043	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	93		0		1		113	79	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.202		0	NR	4		0.245	0.172	
Threonine g	1.229		0	NR	4		1.487	1.044	
Isoleucine g	1.399		0	NR	4		1.693	1.190	
Leucine g	2.447		0	NR	4		2.961	2.080	
Lysine g	2.600		0	NR	4		3.146	2.210	
Methionine g	0.801		0	NR	4		0.969	0.681	
Cystine g	0.397		0	NR	4		0.480	0.337	
Phenylalanine g	1.215		0	NR	4		1.470	1.033	
Tyrosine g	0.980		0	NR	4		1.186	0.833	
Valine g	1.526		0	NR	4		1.846	1.297	
Arginine g	1.989		0	NR	4		2.407	1.691	
Histidine g	0.982		0	NR	4		1.188	0.834	
Alanine g	1.870		0	NR	4		2.263	1.590	
Aspartic acid g	2.802		0	NR	4		3.390	2.382	
Glutamic acid g	4.618		0	NR	4		5.588	3.925	
Glycine g	1.873		0	NR	4		2.266	1.592	
Proline g	1.466		0	NR	4		1.774	1.246	
Serine g	1.212		0	NR	4		1.466	1.030	
Hydroxyproline g	0.323		0	BFPN	4		0.391	0.275	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13150

Beef, rib, shortribs, separable lean only, choice, cooked, braised

Common Measures:

Measure 1 = 121g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13149
Beef, rib, shortribs, separable lean only, choice, raw

URMIS #2074
Refuse:59% Bone 27%, separable fat 32%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.38	1.133	4		1		19.67	314.71	
Energy....kcal	173		0	NC	4		49	785	
Energy....kJ	724				4		205	3283	
Protein (N x 6.25)....g	19.05	0.299	4		1		5.40	86.41	
Total lipid (fat)....g	10.19	1.425	4		1		2.89	46.22	
Ash....g	0.98		0		1		0.28	4.45	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0		1		2	36	
Iron, Fe....mg	2.16		0		1		0.61	9.80	
Magnesium, Mg....mg	22		0		1		6	100	
Phosphorus, P....mg	190		0		1		54	862	
Potassium, K....mg	357		0		1		101	1619	
Sodium, Na....mg	65		0		1		18	295	
Zinc, Zn....mg	4.78		0		1		1.36	21.68	
Copper, Cu....mg	0.069		0		1		0.020	0.313	
Manganese, Mn....mg	0.014		0		1		0.004	0.064	
Selenium, Se....mcg	14.4		0	BFNN	4		4.1	65.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.094		0		1		0.027	0.426	
Riboflavin....mg	0.154		0		1		0.044	0.699	
Niacin....mg	3.412		0		1		0.967	15.477	
Pantothenic acid....mg	0.320		0		1		0.091	1.452	
Vitamin B-6....mg	0.390		0		1		0.111	1.769	
Folate, total....mcg	6		0		1		2	27	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0		1		2	27	
Folate, DFE....mcg_DFE	6		0	NC	4		2	27	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.39		0		1		0.96	15.38	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.330		0		1		1.228	19.641	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 13149
Beef, rib, shortribs, separable lean only, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		0		1		0.003	0.045	
12:0 g	0.010		0		1		0.003	0.045	
13:0 g									
14:0 g	0.310		0		1		0.088	1.406	
15:0 g									
16:0 g	2.450		0		1		0.695	11.113	
17:0 g									
18:0 g	1.340		0		1		0.380	6.078	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.380		0		1		1.242	19.868	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.380		0		1		0.108	1.724	
17:1 g									
18:1 undifferentiated g	3.790		0		1		1.074	17.191	
20:1 g	0.010		0		1		0.003	0.045	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.380		0		1		0.108	1.724	
18:2 undifferentiated g	0.300		0		1		0.085	1.361	
18:3 undifferentiated g	0.030		0		1		0.009	0.136	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0		1		0.011	0.181	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	59		0		1		17	268	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.213		0		1		0.060	0.966	
Threonine g	0.832		0		1		0.236	3.774	
Isoleucine g	0.856		0		1		0.243	3.883	
Leucine g	1.506		0		1		0.427	6.831	
Lysine g	1.585		0		1		0.449	7.190	
Methionine g	0.488		0		1		0.138	2.214	
Cystine g	0.213		0		1		0.060	0.966	
Phenylalanine g	0.744		0		1		0.211	3.375	
Tyrosine g	0.640		0		1		0.181	2.903	
Valine g	0.927		0		1		0.263	4.205	
Arginine g	1.204		0		1		0.341	5.461	
Histidine g	0.652		0		1		0.185	2.957	
Alanine g	1.149		0		1		0.326	5.212	
Aspartic acid g	1.740		0		1		0.493	7.893	
Glutamic acid g	2.862		0		1		0.811	12.982	
Glycine g	1.039		0		1		0.295	4.713	
Proline g	0.841		0		1		0.238	3.815	
Serine g	0.728		0		1		0.206	3.302	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13149
Beef, rib, shortribs, separable lean only, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13391

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 23% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.52	0.591	20	PAK	1		134.02	48.89	
Energy....kcal	249		0	NC	4		581	212	
Energy....kJ	1043		0	NC	4		2431	887	
Protein (N x 6.25)....g	27.27	0.378	20	PAK	1		63.53	23.18	
Total lipid (fat)....g	14.74	0.788	20	PAK	1		34.34	12.53	
Ash....g	1.10	0.020	20	PAK	1		2.56	0.93	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	BFFN	4		47	17	
Iron, Fe....mg	1.75		0	BFFN	4		4.08	1.49	
Magnesium, Mg....mg	23		0	BFFN	4		53	19	
Phosphorus, P....mg	212		0	BFFN	4		493	180	
Potassium, K....mg	340		0	BFFN	4		793	289	
Sodium, Na....mg	56		0	BFFN	4		131	48	
Zinc, Zn....mg	4.93		0	BFFN	4		11.48	4.19	
Copper, Cu....mg	0.082		0	BFFN	4		0.191	0.070	
Manganese, Mn....mg	0.010		0	BFFN	4		0.022	0.008	
Selenium, Se....mcg	29.5		0	BFFN	4		68.8	25.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.074		0	BFPN	4		0.172	0.063	
Riboflavin....mg	0.131		0	BFPN	4		0.306	0.112	
Niacin....mg	7.257		0	BFPN	4		16.909	6.169	
Pantothenic acid....mg	0.538		0	BFPN	4		1.252	0.457	
Vitamin B-6....mg	0.571		0	BFPN	4		1.329	0.485	
Folate, total....mcg	8		0	BFPN	4		20	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0	BFPN	4		20	7	
Folate, DFE....mcg_DFE	8		0	NC	4		20	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.60		0	BFPN	4		3.74	1.36	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.45		0	BFSN	4		1.05	0.38	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.4	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	PAK	1		0.4	0.2	
Vitamin D....IU	7		0	PAK	1		17	6	
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		3.8	1.4	
Lipids:									
Fatty acids, total saturated....g	5.720		0	NC	4		13.328	4.862	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13391

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.022		0	BFFN	4		0.051	0.019	
12:0 g	0.026		0	BFFN	4		0.062	0.022	
13:0 g									
14:0 g	0.428		0	BFFN	4		0.997	0.364	
15:0 g									
16:0 g	3.399		0	BFFN	4		7.919	2.889	
17:0 g									
18:0 g	1.845		0	BFFN	4		4.299	1.568	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.034		0	NC	4		14.059	5.129	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.508		0	BFFN	4		1.183	0.431	
17:1 g									
18:1 undifferentiated g	5.509		0	BFFN	4		12.835	4.682	
20:1 g	0.018		0	BFFN	4		0.041	0.015	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.547		0	NC	4		1.275	0.465	
18:2 undifferentiated g	0.402		0	BFFN	4		0.936	0.341	
18:3 undifferentiated g	0.093		0	BFFN	4		0.216	0.079	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.053		0	BFFN	4		0.123	0.045	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	111		0	BFFN	4		258	94	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.179		0	PAK	1		0.418	0.152	
Threonine g	1.089		0	PAK	1		2.538	0.926	
Isoleucine g	1.241		0	PAK	1		2.890	1.054	
Leucine g	2.169		0	PAK	1		5.054	1.844	
Lysine g	2.304		0	PAK	1		5.369	1.959	
Methionine g	0.710		0	PAK	1		1.654	0.604	
Cystine g	0.352		0	PAK	1		0.820	0.299	
Phenylalanine g	1.077		0	PAK	1		2.509	0.915	
Tyrosine g	0.869		0	PAK	1		2.024	0.739	
Valine g	1.353		0	PAK	1		3.152	1.150	
Arginine g	1.763		0	PAK	1		4.108	1.499	
Histidine g	0.870		0	PAK	1		2.028	0.740	
Alanine g	1.658		0	PAK	1		3.862	1.409	
Aspartic acid g	2.484		0	PAK	1		5.787	2.111	
Glutamic acid g	4.093		0	PAK	1		9.538	3.479	
Glycine g	1.660		0	PAK	1		3.869	1.411	
Proline g	1.300		0	PAK	1		3.029	1.105	
Serine g	1.074		0	PAK	1		2.503	0.913	
Hydroxyproline g	0.286		0	BFPN	4		0.667	0.243	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13391

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 233g: 1 steak (yield from 233 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13392

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Refuse: 22% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.08		0		1		138.94	43.42	
Energy....kcal	312		0	NC	4		849	265	
Energy....kJ	1305				4		3551	1110	
Protein (N x 6.25)....g	24.73		0		1		67.27	21.02	
Total lipid (fat)....g	22.84		0		1		62.12	19.41	
Ash....g	1.08		0		1		2.94	0.92	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0		1		35	11	
Iron, Fe....mg	2.28		0		1		6.20	1.94	
Magnesium, Mg....mg	23		0		1		63	20	
Phosphorus, P....mg	183		0		1		498	156	
Potassium, K....mg	342		0		1		930	291	
Sodium, Na....mg	64		0		1		174	54	
Zinc, Zn....mg	5.93		0		1		16.13	5.04	
Copper, Cu....mg	0.090		0		1		0.245	0.077	
Manganese, Mn....mg	0.014		0		1		0.038	0.012	
Selenium, Se....mcg	21.0		0	BFYN	4		57.1	17.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.245	0.077	
Riboflavin....mg	0.190		0		1		0.517	0.162	
Niacin....mg	4.180		0		1		11.370	3.553	
Pantothenic acid....mg	0.300		0		1		0.816	0.255	
Vitamin B-6....mg	0.350		0		1		0.952	0.298	
Folate, total....mcg	7		0		1		19	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0		1		19	6	
Folate, DFE....mcg_DFE	7		0	NC	4		19	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.00		0		1		8.16	2.55	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.240		0		1		25.133	7.854	
4:0....g									
6:0....g									
8:0....g									

NDB No. 13392

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.060		0		1		0.163	0.051	
12:0 ... g	0.060		0		1		0.163	0.051	
13:0 ... g									
14:0 ... g	0.740		0		1		2.013	0.629	
15:0 ... g									
16:0 ... g	5.640		0		1		15.341	4.794	
17:0 ... g									
18:0 ... g	2.740		0		1		7.453	2.329	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	9.780		0		1		26.602	8.313	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.920		0		1		2.502	0.782	
17:1 ... g									
18:1 undifferentiated ... g	8.830		0		1		24.018	7.506	
20:1 ... g	0.030		0		1		0.082	0.026	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.780		0		1		2.122	0.663	
18:2 undifferentiated ... g	0.540		0		1		1.469	0.459	
18:3 undifferentiated ... g	0.210		0		1		0.571	0.179	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.030		0		1		0.082	0.026	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	83		0		1		226	71	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.277		0		1		0.753	0.235	
Threonine ... g	1.080		0		1		2.938	0.918	
Isoleucine ... g	1.112		0		1		3.025	0.945	
Leucine ... g	1.955		0		1		5.318	1.662	
Lysine ... g	2.058		0		1		5.598	1.749	
Methionine ... g	0.633		0		1		1.722	0.538	
Cystine ... g	0.277		0		1		0.753	0.235	
Phenylalanine ... g	0.966		0		1		2.628	0.821	
Tyrosine ... g	0.831		0		1		2.260	0.706	
Valine ... g	1.203		0		1		3.272	1.023	
Arginine ... g	1.563		0		1		4.251	1.329	
Histidine ... g	0.847		0		1		2.304	0.720	
Alanine ... g	1.492		0		1		4.058	1.268	
Aspartic acid ... g	2.260		0		1		6.147	1.921	
Glutamic acid ... g	3.716		0		1		10.108	3.159	
Glycine ... g	1.349		0		1		3.669	1.147	
Proline ... g	1.092		0		1		2.970	0.928	
Serine ... g	0.946		0		1		2.573	0.804	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 272g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13392

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13393

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Refuse: 24% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.79		0		1		139.89	44.87	
Energy....kcal	285		0	NC	4		755	242	
Energy....kJ	1192				4		3160	1014	
Protein (N x 6.25)....g	24.91		0		1		66.01	21.17	
Total lipid (fat)....g	19.79		0		1		52.44	16.82	
Ash....g	1.09		0		1		2.89	0.93	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0		1		34	11	
Iron, Fe....mg	2.30		0		1		6.10	1.96	
Magnesium, Mg....mg	23		0		1		61	20	
Phosphorus, P....mg	184		0		1		488	156	
Potassium, K....mg	344		0		1		912	292	
Sodium, Na....mg	64		0		1		170	54	
Zinc, Zn....mg	5.98		0		1		15.85	5.08	
Copper, Cu....mg	0.090		0		1		0.239	0.077	
Manganese, Mn....mg	0.014		0		1		0.037	0.012	
Selenium, Se....mcg	21.1		0	BFYN	4		55.9	17.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.239	0.077	
Riboflavin....mg	0.190		0		1		0.504	0.162	
Niacin....mg	4.220		0		1		11.183	3.587	
Pantothenic acid....mg	0.310		0		1		0.822	0.264	
Vitamin B-6....mg	0.350		0		1		0.928	0.298	
Folate, total....mcg	7		0		1		19	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0		1		19	6	
Folate, DFE....mcg_DFE	7		0	NC	4		19	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.01		0		1		7.98	2.56	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.010		0		1		21.227	6.809	
4:0....g									
6:0....g									
8:0....g									

NDB No. 13393

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.050		0		1		0.133	0.043	
12:0 ... g	0.050		0		1		0.133	0.043	
13:0 ... g									
14:0 ... g	0.650		0		1		1.723	0.553	
15:0 ... g									
16:0 ... g	4.900		0		1		12.985	4.165	
17:0 ... g									
18:0 ... g	2.360		0		1		6.254	2.006	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.490		0		1		22.499	7.217	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.810		0		1		2.147	0.689	
17:1 ... g									
18:1 undifferentiated ... g	7.650		0		1		20.273	6.503	
20:1 ... g	0.030		0		1		0.080	0.026	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.680		0		1		1.802	0.578	
18:2 undifferentiated ... g	0.460		0		1		1.219	0.391	
18:3 undifferentiated ... g	0.200		0		1		0.530	0.170	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.020		0		1		0.053	0.017	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	83		0		1		220	71	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.279		0		1		0.739	0.237	
Threonine ... g	1.088		0		1		2.883	0.925	
Isoleucine ... g	1.120		0		1		2.968	0.952	
Leucine ... g	1.969		0		1		5.218	1.674	
Lysine ... g	2.072		0		1		5.491	1.761	
Methionine ... g	0.638		0		1		1.691	0.542	
Cystine ... g	0.279		0		1		0.739	0.237	
Phenylalanine ... g	0.972		0		1		2.576	0.826	
Tyrosine ... g	0.837		0		1		2.218	0.711	
Valine ... g	1.212		0		1		3.212	1.030	
Arginine ... g	1.574		0		1		4.171	1.338	
Histidine ... g	0.853		0		1		2.260	0.725	
Alanine ... g	1.502		0		1		3.980	1.277	
Aspartic acid ... g	2.276		0		1		6.031	1.935	
Glutamic acid ... g	3.742		0		1		9.916	3.181	
Glycine ... g	1.359		0		1		3.601	1.155	
Proline ... g	1.100		0		1		2.915	0.935	
Serine ... g	0.952		0		1		2.523	0.809	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 265g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13393

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13851

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Prime Rib

Refuse: 7% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.65	0.570	20	PAK	1		143.78	45.60	
Energy....kcal	291		0	NC	4		780	248	
Energy....kJ	1218		0	NC	4		3265	1036	
Protein (N x 6.25)....g	25.85	0.466	20	PAK	1		69.29	21.97	
Total lipid (fat)....g	20.04	0.792	20	PAK	1		53.72	17.04	
Ash....g	1.05	0.026	20	PAK	1		2.81	0.89	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0	BFNN	4		51	16	
Iron, Fe....mg	1.66		0	BFNN	4		4.45	1.41	
Magnesium, Mg....mg	22		0	BFNN	4		58	18	
Phosphorus, P....mg	201		0	BFNN	4		538	171	
Potassium, K....mg	323		0	BFNN	4		865	274	
Sodium, Na....mg	53		0	BFNN	4		143	45	
Zinc, Zn....mg	4.67		0	BFNN	4		12.52	3.97	
Copper, Cu....mg	0.078		0	BFNN	4		0.208	0.066	
Manganese, Mn....mg	0.009		0	BFNN	4		0.024	0.008	
Selenium, Se....mcg	28.0		0	BFNN	4		75.0	23.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0	BFPN	4		0.187	0.059	
Riboflavin....mg	0.125		0	BFPN	4		0.334	0.106	
Niacin....mg	6.881		0	BFPN	4		18.440	5.849	
Pantothenic acid....mg	0.510		0	BFPN	4		1.366	0.433	
Vitamin B-6....mg	0.541		0	BFPN	4		1.450	0.460	
Folate, total....mcg	8		0	BFPN	4		22	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0	BFPN	4		22	7	
Folate, DFE....mcg_DFE	8		0	NC	4		22	7	
Choline, total....mg	98.5		0	BFPN	4		263.9	83.7	
Betaine....mg	12.9		0	BFPN	4		34.7	11.0	
Vitamin B-12....mcg	1.52		0	BFPN	4		4.08	1.29	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.49		0	BFSN	4		1.32	0.42	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.3		0	AS	1		0.9	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.3		0	BFFN	4		0.9	0.3	
Vitamin D....IU	13		0	BFFN	4		35	11	
Vitamin K (phylloquinone)....mcg	1.8		0	BFSN	4		4.7	1.5	
Lipids:									
Fatty acids, total saturated....g	7.894		0	NC	4		21.156	6.710	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13851

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.050		0	BFFN	4		0.133	0.042	
12:0 g	0.046		0	BFFN	4		0.122	0.039	
13:0 g									
14:0 g	0.610		0	BFFN	4		1.634	0.518	
15:0 g									
16:0 g	4.766		0	BFFN	4		12.774	4.051	
17:0 g									
18:0 g	2.423		0	BFFN	4		6.493	2.059	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.355		0	NC	4		22.391	7.102	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.755		0	BFFN	4		2.023	0.642	
17:1 g									
18:1 undifferentiated g	7.571		0	BFFN	4		20.290	6.435	
20:1 g	0.029		0	BFFN	4		0.078	0.025	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.742		0	NC	4		1.990	0.631	
18:2 undifferentiated g	0.519		0	BFFN	4		1.390	0.441	
18:3 undifferentiated g	0.178		0	BFFN	4		0.478	0.152	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.046		0	BFFN	4		0.122	0.039	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	105		0	BFFN	4		282	90	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.170		0	PAK	1		0.455	0.144	
Threonine g	1.033		0	PAK	1		2.768	0.878	
Isoleucine g	1.176		0	PAK	1		3.152	1.000	
Leucine g	2.057		0	PAK	1		5.511	1.748	
Lysine g	2.185		0	PAK	1		5.855	1.857	
Methionine g	0.673		0	PAK	1		1.804	0.572	
Cystine g	0.334		0	PAK	1		0.894	0.284	
Phenylalanine g	1.021		0	PAK	1		2.737	0.868	
Tyrosine g	0.824		0	PAK	1		2.208	0.700	
Valine g	1.283		0	PAK	1		3.437	1.090	
Arginine g	1.672		0	PAK	1		4.480	1.421	
Histidine g	0.825		0	PAK	1		2.211	0.701	
Alanine g	1.572		0	PAK	1		4.212	1.336	
Aspartic acid g	2.355		0	PAK	1		6.311	2.002	
Glutamic acid g	3.881		0	PAK	1		10.401	3.299	
Glycine g	1.574		0	PAK	1		4.219	1.338	
Proline g	1.232		0	PAK	1		3.303	1.048	
Serine g	1.018		0	PAK	1		2.729	0.866	
Hydroxyproline g	0.272		0	BFPN	4		0.728	0.231	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13851

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 268g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13852

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Prime Rib

Refuse: 19% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.97		0	PAE	4		138.10	41.62	
Energy....kcal	341		0	NC	4		962	290	
Energy....kJ	1427				4		4023	1213	
Protein (N x 6.25)....g	22.54		0	PAE	4		63.56	19.16	
Total lipid (fat)....g	27.14		0	PAE	4		76.53	23.07	
Ash....g	1.11		0	PAE	4		3.13	0.94	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0	PAE	4		37	11	
Iron, Fe....mg	2.42		0	PAE	4		6.82	2.06	
Magnesium, Mg....mg	20		0	PAE	4		56	17	
Phosphorus, P....mg	183		0	PAE	4		516	156	
Potassium, K....mg	324		0	PAE	4		914	275	
Sodium, Na....mg	63		0	PAE	4		178	54	
Zinc, Zn....mg	4.93		0	PAE	4		13.90	4.19	
Copper, Cu....mg	0.078		0	PAE	4		0.220	0.066	
Manganese, Mn....mg	0.014		0	PAE	4		0.039	0.012	
Selenium, Se....mcg	21.9		0	BFYN	4		61.8	18.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0	PAE	4		0.169	0.051	
Riboflavin....mg	0.160		0	PAE	4		0.451	0.136	
Niacin....mg	3.160		0	PAE	4		8.911	2.686	
Pantothenic acid....mg	0.240		0	PAE	4		0.677	0.204	
Vitamin B-6....mg	0.240		0	PAE	4		0.677	0.204	
Folate, total....mcg	6		0	PAE	4		17	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0	PAE	4		17	5	
Folate, DFE....mcg_DFE	6		0	NC	4		17	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.88		0	PAE	4		8.12	2.45	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	10.920		0	PAE	4		30.794	9.282	
4:0....g									
6:0....g									
8:0....g									

NDB No. 13852

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.080		0	PAE	4		0.226	0.068	
12:0 g	0.070		0	PAE	4		0.197	0.060	
13:0 g									
14:0 g	0.880		0	PAE	4		2.482	0.748	
15:0 g									
16:0 g	6.730		0	PAE	4		18.979	5.721	
17:0 g									
18:0 g	3.160		0	PAE	4		8.911	2.686	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.730		0	PAE	4		33.079	9.971	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.180		0	PAE	4		3.328	1.003	
17:1 g									
18:1 undifferentiated g	10.500		0	PAE	4		29.610	8.925	
20:1 g	0.060		0	PAE	4		0.169	0.051	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.990		0	PAE	4		2.792	0.842	
18:2 undifferentiated g	0.650		0	PAE	4		1.833	0.553	
18:3 undifferentiated g	0.320		0	PAE	4		0.902	0.272	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		0	PAE	4		0.056	0.017	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	83		0	PAE	4		234	71	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.252		0	PAE	4		0.711	0.214	
Threonine g	0.984		0	PAE	4		2.775	0.836	
Isoleucine g	1.013		0	PAE	4		2.857	0.861	
Leucine g	1.781		0	PAE	4		5.022	1.514	
Lysine g	1.875		0	PAE	4		5.288	1.594	
Methionine g	0.577		0	PAE	4		1.627	0.490	
Cystine g	0.252		0	PAE	4		0.711	0.214	
Phenylalanine g	0.880		0	PAE	4		2.482	0.748	
Tyrosine g	0.757		0	PAE	4		2.135	0.643	
Valine g	1.096		0	PAE	4		3.091	0.932	
Arginine g	1.424		0	PAE	4		4.016	1.210	
Histidine g	0.772		0	PAE	4		2.177	0.656	
Alanine g	1.359		0	PAE	4		3.832	1.155	
Aspartic acid g	2.059		0	PAE	4		5.806	1.750	
Glutamic acid g	3.386		0	PAE	4		9.549	2.878	
Glycine g	1.230		0	PAE	4		3.469	1.046	
Proline g	0.995		0	PAE	4		2.806	0.846	
Serine g	0.862		0	PAE	4		2.431	0.733	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 282g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13852

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13850

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Prime Rib

Refuse: 5% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.05	0.578	20	PAK	1		17.31	276.93	
Energy....kcal	254		0	NC	4		72	1154	
Energy....kJ	1065		0	NC	4		302	4830	
Protein (N x 6.25)....g	19.33	0.223	20	PAK	1		5.48	87.67	
Total lipid (fat)....g	19.06	0.709	20	PAK	1		5.40	86.47	
Ash....g	0.90	0.017	20	PAK	1		0.25	4.08	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	23		0	BFNN	4		6	104	
Iron, Fe....mg	1.39		0	BFNN	4		0.39	6.31	
Magnesium, Mg....mg	20		0	BFNN	4		6	89	
Phosphorus, P....mg	176		0	BFNN	4		50	797	
Potassium, K....mg	295		0	BFNN	4		84	1339	
Sodium, Na....mg	49		0	BFNN	4		14	221	
Zinc, Zn....mg	3.33		0	BFNN	4		0.94	15.10	
Copper, Cu....mg	0.065		0	BFNN	4		0.018	0.295	
Manganese, Mn....mg	0.010		0	BFNN	4		0.003	0.047	
Selenium, Se....mcg	21.5		0	BFNN	4		6.1	97.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0	BFPN	4		0.017	0.273	
Riboflavin....mg	0.093		0	BFPN	4		0.026	0.423	
Niacin....mg	5.699		0	BFPN	4		1.616	25.851	
Pantothenic acid....mg	0.556		0	BFPN	4		0.158	2.521	
Vitamin B-6....mg	0.527		0	BFPN	4		0.149	2.391	
Folate, total....mcg	10		0	BFPN	4		3	47	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		3	47	
Folate, DFE....mcg_DFE	10		0	NC	4		3	47	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.00		0	BFPN	4		0.28	4.52	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.42		0	BFSN	4		0.12	1.88	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.7		0	BFSN	4		0.5	7.5	
Lipids:									
Fatty acids, total saturated....g	7.692		0	NC	4		2.181	34.892	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13850

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.061		0	BFFN	4		0.017	0.278	
12:0 g	0.041		0	BFFN	4		0.012	0.185	
13:0 g									
14:0 g	0.603		0	BFFN	4		0.171	2.734	
15:0 g									
16:0 g	4.631		0	BFFN	4		1.313	21.007	
17:0 g									
18:0 g	2.356		0	BFFN	4		0.668	10.689	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.162		0	NC	4		2.314	37.024	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.930		0	BFFN	4		0.264	4.217	
17:1 g									
18:1 undifferentiated g	7.206		0	BFFN	4		2.043	32.684	
20:1 g	0.027		0	BFFN	4		0.008	0.123	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.725		0	NC	4		0.206	3.290	
18:2 undifferentiated g	0.467		0	BFFN	4		0.132	2.116	
18:3 undifferentiated g	0.228		0	BFFN	4		0.065	1.035	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.031		0	BFFN	4		0.009	0.139	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	70		0	BFFN	4		20	317	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.127		0	PAK	1		0.036	0.576	
Threonine g	0.772		0	PAK	1		0.219	3.502	
Isoleucine g	0.879		0	PAK	1		0.249	3.988	
Leucine g	1.537		0	PAK	1		0.436	6.974	
Lysine g	1.633		0	PAK	1		0.463	7.409	
Methionine g	0.503		0	PAK	1		0.143	2.283	
Cystine g	0.249		0	PAK	1		0.071	1.131	
Phenylalanine g	0.763		0	PAK	1		0.216	3.463	
Tyrosine g	0.616		0	PAK	1		0.175	2.794	
Valine g	0.959		0	PAK	1		0.272	4.349	
Arginine g	1.250		0	PAK	1		0.354	5.669	
Histidine g	0.617		0	PAK	1		0.175	2.798	
Alanine g	1.175		0	PAK	1		0.333	5.330	
Aspartic acid g	1.760		0	PAK	1		0.499	7.985	
Glutamic acid g	2.901		0	PAK	1		0.823	13.161	
Glycine g	1.177		0	PAK	1		0.334	5.338	
Proline g	0.921		0	PAK	1		0.261	4.179	
Serine g	0.761		0	PAK	1		0.216	3.453	
Hydroxyproline g	0.203		0	PAK	1		0.058	0.921	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13850

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13854

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Prime Rib

Refuse: 7% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.93	0.890	10	PAK	1		135.50	44.99	
Energy....kcal	304		0	NC	4		778	258	
Energy....kJ	1272		0	NC	4		3256	1081	
Protein (N x 6.25)....g	24.53	0.451	10	PAK	1		62.80	20.85	
Total lipid (fat)....g	22.09	1.053	10	PAK	1		56.55	18.78	
Ash....g	1.04	0.037	10	PAK	1		2.66	0.88	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	BFNN	4		41	14	
Iron, Fe....mg	1.64		0	BFNN	4		4.21	1.40	
Magnesium, Mg....mg	20		0	BFNN	4		51	17	
Phosphorus, P....mg	183		0	BFNN	4		469	156	
Potassium, K....mg	298		0	BFNN	4		762	253	
Sodium, Na....mg	49		0	BFNN	4		125	41	
Zinc, Zn....mg	4.37		0	BFNN	4		11.20	3.72	
Copper, Cu....mg	0.080		0	BFNN	4		0.205	0.068	
Manganese, Mn....mg	0.009		0	BFNN	4		0.022	0.007	
Selenium, Se....mcg	26.4		0	BFNN	4		67.6	22.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.061		0	BFPN	4		0.156	0.052	
Riboflavin....mg	0.108		0	BFPN	4		0.276	0.092	
Niacin....mg	6.653		0	BFPN	4		17.032	5.655	
Pantothenic acid....mg	0.483		0	BFPN	4		1.236	0.411	
Vitamin B-6....mg	0.489		0	BFPN	4		1.251	0.415	
Folate, total....mcg	8		0	BFPN	4		20	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0	BFPN	4		20	6	
Folate, DFE....mcg_DFE	8		0	NC	4		20	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.62		0	BFPN	4		4.14	1.38	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.50		0	BFSN	4		1.28	0.43	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.8		0	BFSN	4		4.6	1.5	
Lipids:									
Fatty acids, total saturated....g	8.700		0	NC	4		22.272	7.395	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13854

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.055		0	BFFN	4		0.140	0.047	
12:0 g	0.050		0	BFFN	4		0.129	0.043	
13:0 g									
14:0 g	0.672		0	BFFN	4		1.720	0.571	
15:0 g									
16:0 g	5.253		0	BFFN	4		13.448	4.465	
17:0 g									
18:0 g	2.670		0	BFFN	4		6.835	2.269	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.208		0	NC	4		23.571	7.826	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.832		0	BFFN	4		2.130	0.707	
17:1 g									
18:1 undifferentiated g	8.344		0	BFFN	4		21.360	7.092	
20:1 g	0.032		0	BFFN	4		0.082	0.027	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.818		0	NC	4		2.094	0.695	
18:2 undifferentiated g	0.571		0	BFFN	4		1.463	0.486	
18:3 undifferentiated g	0.197		0	BFFN	4		0.503	0.167	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		0	BFFN	4		0.129	0.043	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	116		0	BFFN	4		297	99	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.161		0	PAK	1		0.413	0.137	
Threonine g	0.980		0	PAK	1		2.509	0.833	
Isoleucine g	1.116		0	PAK	1		2.857	0.949	
Leucine g	1.951		0	PAK	1		4.996	1.659	
Lysine g	2.073		0	PAK	1		5.307	1.762	
Methionine g	0.639		0	PAK	1		1.635	0.543	
Cystine g	0.317		0	PAK	1		0.810	0.269	
Phenylalanine g	0.969		0	PAK	1		2.481	0.824	
Tyrosine g	0.782		0	PAK	1		2.001	0.664	
Valine g	1.217		0	PAK	1		3.116	1.034	
Arginine g	1.586		0	PAK	1		4.061	1.348	
Histidine g	0.783		0	PAK	1		2.004	0.665	
Alanine g	1.491		0	PAK	1		3.818	1.268	
Aspartic acid g	2.234		0	PAK	1		5.720	1.899	
Glutamic acid g	3.683		0	PAK	1		9.428	3.130	
Glycine g	1.494		0	PAK	1		3.824	1.270	
Proline g	1.169		0	PAK	1		2.994	0.994	
Serine g	0.966		0	PAK	1		2.474	0.821	
Hydroxyproline g	0.258		0	PAK	1		0.660	0.219	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13854

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 256g: 1 steak (yield from 320 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13855

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Prime Rib

Refuse: 20% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.18		0	PAE	4		131.16	40.10	
Energy....kcal	359		0	NC	4		998	305	
Energy....kJ	1502				4		4176	1277	
Protein (N x 6.25)....g	22.28		0	PAE	4		61.94	18.94	
Total lipid (fat)....g	29.21		0	PAE	4		81.20	24.83	
Ash....g	1.09		0	PAE	4		3.03	0.93	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0	PAE	4		36	11	
Iron, Fe....mg	2.39		0	PAE	4		6.64	2.03	
Magnesium, Mg....mg	20		0	PAE	4		56	17	
Phosphorus, P....mg	181		0	PAE	4		503	154	
Potassium, K....mg	319		0	PAE	4		887	271	
Sodium, Na....mg	63		0	PAE	4		175	54	
Zinc, Zn....mg	4.86		0	PAE	4		13.51	4.13	
Copper, Cu....mg	0.077		0	PAE	4		0.214	0.065	
Manganese, Mn....mg	0.013		0	PAE	4		0.036	0.011	
Selenium, Se....mcg	21.9		0	BFYN	4		60.9	18.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0	PAE	4		0.167	0.051	
Riboflavin....mg	0.160		0	PAE	4		0.445	0.136	
Niacin....mg	3.130		0	PAE	4		8.701	2.661	
Pantothenic acid....mg	0.240		0	PAE	4		0.667	0.204	
Vitamin B-6....mg	0.240		0	PAE	4		0.667	0.204	
Folate, total....mcg	6		0	PAE	4		17	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0	PAE	4		17	5	
Folate, DFE....mcg_DFE	6		0	NC	4		17	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.85		0	PAE	4		7.92	2.42	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.780		0	PAE	4		32.748	10.013	
4:0....g									
6:0....g									
8:0....g									

NDB No. 13855

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.090		0	PAE	4		0.250	0.077	
12:0 ... g	0.080		0	PAE	4		0.222	0.068	
13:0 ... g									
14:0 ... g	0.950		0	PAE	4		2.641	0.808	
15:0 ... g									
16:0 ... g	7.250		0	PAE	4		20.155	6.163	
17:0 ... g									
18:0 ... g	3.400		0	PAE	4		9.452	2.890	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	12.630		0	PAE	4		35.111	10.736	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.280		0	PAE	4		3.558	1.088	
17:1 ... g									
18:1 undifferentiated ... g	11.290		0	PAE	4		31.386	9.597	
20:1 ... g	0.060		0	PAE	4		0.167	0.051	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.070		0	PAE	4		2.975	0.910	
18:2 undifferentiated ... g	0.700		0	PAE	4		1.946	0.595	
18:3 undifferentiated ... g	0.350		0	PAE	4		0.973	0.298	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.010		0	PAE	4		0.028	0.009	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	83		0	PAE	4		231	71	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.249		0	PAE	4		0.692	0.212	
Threonine ... g	0.973		0	PAE	4		2.705	0.827	
Isoleucine ... g	1.002		0	PAE	4		2.786	0.852	
Leucine ... g	1.761		0	PAE	4		4.896	1.497	
Lysine ... g	1.853		0	PAE	4		5.151	1.575	
Methionine ... g	0.570		0	PAE	4		1.585	0.485	
Cystine ... g	0.249		0	PAE	4		0.692	0.212	
Phenylalanine ... g	0.870		0	PAE	4		2.419	0.740	
Tyrosine ... g	0.748		0	PAE	4		2.079	0.636	
Valine ... g	1.083		0	PAE	4		3.011	0.921	
Arginine ... g	1.408		0	PAE	4		3.914	1.197	
Histidine ... g	0.763		0	PAE	4		2.121	0.649	
Alanine ... g	1.344		0	PAE	4		3.736	1.142	
Aspartic acid ... g	2.035		0	PAE	4		5.657	1.730	
Glutamic acid ... g	3.347		0	PAE	4		9.305	2.845	
Glycine ... g	1.215		0	PAE	4		3.378	1.033	
Proline ... g	0.984		0	PAE	4		2.736	0.836	
Serine ... g	0.852		0	PAE	4		2.369	0.724	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 278g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13855

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13853

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw

Prime Rib

Refuse: 5% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.11	0.828	10	PAK	1		17.04	272.64	
Energy....kcal	263		0	NC	4		75	1193	
Energy....kJ	1101		0	NC	4		312	4992	
Protein (N x 6.25)....g	19.09	0.361	10	PAK	1		5.41	86.60	
Total lipid (fat)....g	20.13	1.057	10	PAK	1		5.71	91.29	
Ash....g	0.90	0.026	10	PAK	1		0.26	4.09	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0	BFNN	4		7	108	
Iron, Fe....mg	1.38		0	BFNN	4		0.39	6.26	
Magnesium, Mg....mg	19		0	BFNN	4		5	88	
Phosphorus, P....mg	172		0	BFNN	4		49	778	
Potassium, K....mg	293		0	BFNN	4		83	1330	
Sodium, Na....mg	48		0	BFNN	4		14	218	
Zinc, Zn....mg	3.38		0	BFNN	4		0.96	15.34	
Copper, Cu....mg	0.063		0	BFNN	4		0.018	0.284	
Manganese, Mn....mg	0.012		0	BFNN	4		0.003	0.054	
Selenium, Se....mcg	20.7		0	BFNN	4		5.9	93.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.051		0	BFPN	4		0.014	0.229	
Riboflavin....mg	0.081		0	BFPN	4		0.023	0.366	
Niacin....mg	6.157		0	BFPN	4		1.745	27.927	
Pantothenic acid....mg	0.557		0	BFPN	4		0.158	2.527	
Vitamin B-6....mg	0.514		0	BFPN	4		0.146	2.332	
Folate, total....mcg	10		0	BFPN	4		3	47	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		3	47	
Folate, DFE....mcg_DFE	10		0	NC	4		3	47	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.06		0	BFPN	4		0.30	4.82	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.43		0	BFSN	4		0.12	1.93	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.7		0	BFSN	4		0.5	7.7	
Lipids:									
Fatty acids, total saturated....g	8.121		0	NC	4		2.302	36.837	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13853

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.065		0	BFFN	4		0.018	0.293	
12:0 g	0.043		0	BFFN	4		0.012	0.196	
13:0 g									
14:0 g	0.636		0	BFFN	4		0.180	2.886	
15:0 g									
16:0 g	4.889		0	BFFN	4		1.386	22.177	
17:0 g									
18:0 g	2.488		0	BFFN	4		0.705	11.284	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.617		0	NC	4		2.443	39.087	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.981		0	BFFN	4		0.278	4.452	
17:1 g									
18:1 undifferentiated g	7.607		0	BFFN	4		2.157	34.505	
20:1 g	0.029		0	BFFN	4		0.008	0.130	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.766		0	NC	4		0.217	3.473	
18:2 undifferentiated g	0.493		0	BFFN	4		0.140	2.234	
18:3 undifferentiated g	0.241		0	BFFN	4		0.068	1.092	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.032		0	BFFN	4		0.009	0.147	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	74		0	BFFN	4		21	334	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.125		0	PAK	1		0.036	0.569	
Threonine g	0.763		0	PAK	1		0.216	3.459	
Isoleucine g	0.869		0	PAK	1		0.246	3.940	
Leucine g	1.519		0	PAK	1		0.431	6.888	
Lysine g	1.613		0	PAK	1		0.457	7.318	
Methionine g	0.497		0	PAK	1		0.141	2.255	
Cystine g	0.246		0	PAK	1		0.070	1.118	
Phenylalanine g	0.754		0	PAK	1		0.214	3.420	
Tyrosine g	0.608		0	PAK	1		0.172	2.759	
Valine g	0.947		0	PAK	1		0.269	4.296	
Arginine g	1.234		0	PAK	1		0.350	5.600	
Histidine g	0.609		0	PAK	1		0.173	2.764	
Alanine g	1.161		0	PAK	1		0.329	5.265	
Aspartic acid g	1.739		0	PAK	1		0.493	7.888	
Glutamic acid g	2.866		0	PAK	1		0.812	13.000	
Glycine g	1.162		0	PAK	1		0.330	5.273	
Proline g	0.910		0	PAK	1		0.258	4.128	
Serine g	0.752		0	PAK	1		0.213	3.411	
Hydroxyproline g	0.201		0	PAK	1		0.057	0.910	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13853

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13860

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Prime Rib, URMIS #2054

Refuse: 21% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.36		0	PAE	4		126.92	40.26	
Energy....kcal	354		0	NC	4		949	301	
Energy....kJ	1481				4		3969	1259	
Protein (N x 6.25)....g	24.13		0	PAE	4		64.67	20.51	
Total lipid (fat)....g	27.86		0	PAE	4		74.66	23.68	
Ash....g	1.05		0	PAE	4		2.81	0.89	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0	PAE	4		35	11	
Iron, Fe....mg	2.23		0	PAE	4		5.98	1.90	
Magnesium, Mg....mg	22		0	PAE	4		59	19	
Phosphorus, P....mg	178		0	PAE	4		477	151	
Potassium, K....mg	332		0	PAE	4		890	282	
Sodium, Na....mg	63		0	PAE	4		169	54	
Zinc, Zn....mg	5.73		0	PAE	4		15.36	4.87	
Copper, Cu....mg	0.088		0	PAE	4		0.236	0.075	
Manganese, Mn....mg	0.014		0	PAE	4		0.038	0.012	
Selenium, Se....mcg	21.7		0	BFYN	4		58.2	18.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0	PAE	4		0.241	0.077	
Riboflavin....mg	0.190		0	PAE	4		0.509	0.162	
Niacin....mg	4.070		0	PAE	4		10.908	3.460	
Pantothenic acid....mg	0.300		0	PAE	4		0.804	0.255	
Vitamin B-6....mg	0.340		0	PAE	4		0.911	0.289	
Folate, total....mcg	7		0	PAE	4		19	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0	PAE	4		19	6	
Folate, DFE....mcg_DFE	7		0	NC	4		19	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.94		0	PAE	4		7.88	2.50	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.510		0	PAE	4		30.847	9.784	
4:0....g									
6:0....g									
8:0....g									

NDB No. 13860

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.070		0	PAE	4		0.188	0.060	
12:0 g	0.060		0	PAE	4		0.161	0.051	
13:0 g									
14:0 g	0.910		0	PAE	4		2.439	0.774	
15:0 g									
16:0 g	6.880		0	PAE	4		18.438	5.848	
17:0 g									
18:0 g	3.370		0	PAE	4		9.032	2.865	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.120		0	PAE	4		32.482	10.302	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.120		0	PAE	4		3.002	0.952	
17:1 g									
18:1 undifferentiated g	10.780		0	PAE	4		28.890	9.163	
20:1 g	0.050		0	PAE	4		0.134	0.043	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.960		0	PAE	4		2.573	0.816	
18:2 undifferentiated g	0.650		0	PAE	4		1.742	0.553	
18:3 undifferentiated g	0.260		0	PAE	4		0.697	0.221	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0	PAE	4		0.107	0.034	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	83		0	PAE	4		222	71	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.270		0	PAE	4		0.724	0.230	
Threonine g	1.054		0	PAE	4		2.825	0.896	
Isoleucine g	1.085		0	PAE	4		2.908	0.922	
Leucine g	1.907		0	PAE	4		5.111	1.621	
Lysine g	2.007		0	PAE	4		5.379	1.706	
Methionine g	0.618		0	PAE	4		1.656	0.525	
Cystine g	0.270		0	PAE	4		0.724	0.230	
Phenylalanine g	0.942		0	PAE	4		2.525	0.801	
Tyrosine g	0.811		0	PAE	4		2.173	0.689	
Valine g	1.173		0	PAE	4		3.144	0.997	
Arginine g	1.525		0	PAE	4		4.087	1.296	
Histidine g	0.826		0	PAE	4		2.214	0.702	
Alanine g	1.455		0	PAE	4		3.899	1.237	
Aspartic acid g	2.204		0	PAE	4		5.907	1.873	
Glutamic acid g	3.625		0	PAE	4		9.715	3.081	
Glycine g	1.316		0	PAE	4		3.527	1.119	
Proline g	1.065		0	PAE	4		2.854	0.905	
Serine g	0.923		0	PAE	4		2.474	0.785	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 268g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13860

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13861

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Prime Rib, URMIS #2054

Refuse: 21% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.82		0	PAE	4		115.42	35.55	
Energy....kcal	411		0	NC	4		1134	349	
Energy....kJ	1720				4		4746	1462	
Protein (N x 6.25)....g	22.15		0	PAE	4		61.13	18.83	
Total lipid (fat)....g	35.12		0	PAE	4		96.93	29.85	
Ash....g	0.91		0	PAE	4		2.51	0.77	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0	PAE	4		36	11	
Iron, Fe....mg	1.95		0	PAE	4		5.38	1.66	
Magnesium, Mg....mg	20		0	PAE	4		55	17	
Phosphorus, P....mg	178		0	PAE	4		491	151	
Potassium, K....mg	323		0	PAE	4		891	275	
Sodium, Na....mg	65		0	PAE	4		179	55	
Zinc, Zn....mg	4.82		0	PAE	4		13.30	4.10	
Copper, Cu....mg	0.076		0	PAE	4		0.210	0.065	
Manganese, Mn....mg	0.013		0	PAE	4		0.036	0.011	
Selenium, Se....mcg	22.3		0	BFYN	4		61.5	19.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0	PAE	4		0.166	0.051	
Riboflavin....mg	0.170		0	PAE	4		0.469	0.145	
Niacin....mg	3.040		0	PAE	4		8.390	2.584	
Pantothenic acid....mg	0.360		0	PAE	4		0.994	0.306	
Vitamin B-6....mg	0.300		0	PAE	4		0.828	0.255	
Folate, total....mcg	7		0	PAE	4		19	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0	PAE	4		19	6	
Folate, DFE....mcg_DFE	7		0	NC	4		19	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.87		0	PAE	4		7.92	2.44	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	14.510		0	PAE	4		40.048	12.334	
4:0....g									
6:0....g									
8:0....g									

NDB No. 13861

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.080		0	PAE	4		0.221	0.068	
12:0 g	0.080		0	PAE	4		0.221	0.068	
13:0 g									
14:0 g	1.140		0	PAE	4		3.146	0.969	
15:0 g									
16:0 g	8.680		0	PAE	4		23.957	7.378	
17:0 g									
18:0 g	4.230		0	PAE	4		11.675	3.596	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	15.280		0	PAE	4		42.173	12.988	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.410		0	PAE	4		3.892	1.199	
17:1 g									
18:1 undifferentiated g	13.580		0	PAE	4		37.481	11.543	
20:1 g	0.060		0	PAE	4		0.166	0.051	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.220		0	PAE	4		3.367	1.037	
18:2 undifferentiated g	0.820		0	PAE	4		2.263	0.697	
18:3 undifferentiated g	0.330		0	PAE	4		0.911	0.281	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0	PAE	4		0.110	0.034	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	84		0	PAE	4		232	71	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.248		0	PAE	4		0.684	0.211	
Threonine g	0.968		0	PAE	4		2.672	0.823	
Isoleucine g	0.996		0	PAE	4		2.749	0.847	
Leucine g	1.751		0	PAE	4		4.833	1.488	
Lysine g	1.843		0	PAE	4		5.087	1.567	
Methionine g	0.567		0	PAE	4		1.565	0.482	
Cystine g	0.248		0	PAE	4		0.684	0.211	
Phenylalanine g	0.865		0	PAE	4		2.387	0.735	
Tyrosine g	0.744		0	PAE	4		2.053	0.632	
Valine g	1.077		0	PAE	4		2.973	0.915	
Arginine g	1.400		0	PAE	4		3.864	1.190	
Histidine g	0.759		0	PAE	4		2.095	0.645	
Alanine g	1.336		0	PAE	4		3.687	1.136	
Aspartic acid g	2.024		0	PAE	4		5.586	1.720	
Glutamic acid g	3.328		0	PAE	4		9.185	2.829	
Glycine g	1.209		0	PAE	4		3.337	1.028	
Proline g	0.978		0	PAE	4		2.699	0.831	
Serine g	0.847		0	PAE	4		2.338	0.720	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 276g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13861

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13859

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw

Prime Rib, URMIS #2054

Refuse: 18% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.22		0	PAE	4		15.09	241.41	
Energy....kcal	335		0	NC	4		95	1520	
Energy....kJ	1402				4		397	6358	
Protein (N x 6.25)....g	16.74		0	PAE	4		4.75	75.93	
Total lipid (fat)....g	29.18		0	PAE	4		8.27	132.36	
Ash....g	0.80		0	PAE	4		0.23	3.63	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0	PAE	4		3	45	
Iron, Fe....mg	1.77		0	PAE	4		0.50	8.03	
Magnesium, Mg....mg	17		0	PAE	4		5	77	
Phosphorus, P....mg	160		0	PAE	4		45	726	
Potassium, K....mg	286		0	PAE	4		81	1297	
Sodium, Na....mg	53		0	PAE	4		15	240	
Zinc, Zn....mg	3.62		0	PAE	4		1.03	16.42	
Copper, Cu....mg	0.057		0	PAE	4		0.016	0.259	
Manganese, Mn....mg	0.012		0	PAE	4		0.003	0.054	
Selenium, Se....mcg	16.3		0	BFNN	4		4.6	73.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0	PAE	4		0.023	0.363	
Riboflavin....mg	0.130		0	PAE	4		0.037	0.590	
Niacin....mg	3.080		0	PAE	4		0.873	13.971	
Pantothenic acid....mg	0.280		0	PAE	4		0.079	1.270	
Vitamin B-6....mg	0.350		0	PAE	4		0.099	1.588	
Folate, total....mcg	5		0	PAE	4		1	23	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0	PAE	4		1	23	
Folate, DFE....mcg_DFE	5		0	NC	4		1	23	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.97		0	PAE	4		0.84	13.47	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	12.070		0	PAE	4		3.422	54.750	
4:0....g									
6:0....g									
8:0....g									

NDB No. 13859

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.100		0	PAE	4		0.028	0.454	
12:0 g	0.070		0	PAE	4		0.020	0.318	
13:0 g									
14:0 g	0.940		0	PAE	4		0.266	4.264	
15:0 g									
16:0 g	7.140		0	PAE	4		2.024	32.387	
17:0 g									
18:0 g	3.660		0	PAE	4		1.038	16.602	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.840		0	PAE	4		3.640	58.242	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.420		0	PAE	4		0.403	6.441	
17:1 g									
18:1 undifferentiated g	11.210		0	PAE	4		3.178	50.849	
20:1 g	0.040		0	PAE	4		0.011	0.181	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.040		0	PAE	4		0.295	4.717	
18:2 undifferentiated g	0.680		0	PAE	4		0.193	3.084	
18:3 undifferentiated g	0.320		0	PAE	4		0.091	1.452	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	70		0	PAE	4		20	318	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.187		0	PAE	4		0.053	0.848	
Threonine g	0.731		0	PAE	4		0.207	3.316	
Isoleucine g	0.753		0	PAE	4		0.213	3.416	
Leucine g	1.323		0	PAE	4		0.375	6.001	
Lysine g	1.393		0	PAE	4		0.395	6.319	
Methionine g	0.429		0	PAE	4		0.122	1.946	
Cystine g	0.187		0	PAE	4		0.053	0.848	
Phenylalanine g	0.653		0	PAE	4		0.185	2.962	
Tyrosine g	0.562		0	PAE	4		0.159	2.549	
Valine g	0.814		0	PAE	4		0.231	3.692	
Arginine g	1.058		0	PAE	4		0.300	4.799	
Histidine g	0.573		0	PAE	4		0.162	2.599	
Alanine g	1.010		0	PAE	4		0.286	4.581	
Aspartic acid g	1.529		0	PAE	4		0.433	6.936	
Glutamic acid g	2.515		0	PAE	4		0.713	11.408	
Glycine g	0.913		0	PAE	4		0.259	4.141	
Proline g	0.739		0	PAE	4		0.210	3.352	
Serine g	0.640		0	PAE	4		0.181	2.903	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13859

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13857

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Prime Rib

Refuse: 7% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.36	0.681	10	PAK	1		133.19	46.21	
Energy....kcal	278		0	NC	4		682	237	
Energy....kJ	1165		0	NC	4		2854	990	
Protein (N x 6.25)....g	27.17	0.569	10	PAK	1		66.58	23.10	
Total lipid (fat)....g	18.00	0.779	10	PAK	1		44.10	15.30	
Ash....g	1.06	0.040	10	PAK	1		2.59	0.90	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0	BFNN	4		54	19	
Iron, Fe....mg	1.67		0	BFNN	4		4.10	1.42	
Magnesium, Mg....mg	23		0	BFNN	4		57	20	
Phosphorus, P....mg	219		0	BFNN	4		536	186	
Potassium, K....mg	349		0	BFNN	4		854	296	
Sodium, Na....mg	58		0	BFNN	4		142	49	
Zinc, Zn....mg	4.97		0	BFNN	4		12.18	4.23	
Copper, Cu....mg	0.075		0	BFNN	4		0.184	0.064	
Manganese, Mn....mg	0.009		0	BFNN	4		0.023	0.008	
Selenium, Se....mcg	29.6		0	BFNN	4		72.5	25.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.079		0	BFPN	4		0.194	0.067	
Riboflavin....mg	0.142		0	BFPN	4		0.349	0.121	
Niacin....mg	7.098		0	BFPN	4		17.390	6.033	
Pantothenic acid....mg	0.536		0	BFPN	4		1.314	0.456	
Vitamin B-6....mg	0.595		0	BFPN	4		1.458	0.506	
Folate, total....mcg	8		0	BFPN	4		21	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0	BFPN	4		21	7	
Folate, DFE....mcg_DFE	8		0	NC	4		21	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.41		0	BFPN	4		3.45	1.20	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.49		0	BFSN	4		1.19	0.41	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.7		0	BFSN	4		4.2	1.5	
Lipids:									
Fatty acids, total saturated....g	7.088		0	NC	4		17.366	6.025	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13857

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.045		0	BFFN	4		0.109	0.038	
12:0 g	0.041		0	BFFN	4		0.100	0.035	
13:0 g									
14:0 g	0.548		0	BFFN	4		1.341	0.465	
15:0 g									
16:0 g	4.280		0	BFFN	4		10.486	3.638	
17:0 g									
18:0 g	2.175		0	BFFN	4		5.329	1.849	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.502		0	NC	4		18.379	6.377	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.678		0	BFFN	4		1.661	0.576	
17:1 g									
18:1 undifferentiated g	6.798		0	BFFN	4		16.655	5.778	
20:1 g	0.026		0	BFFN	4		0.064	0.022	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.667		0	NC	4		1.633	0.567	
18:2 undifferentiated g	0.466		0	BFFN	4		1.141	0.396	
18:3 undifferentiated g	0.160		0	BFFN	4		0.392	0.136	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.041		0	BFFN	4		0.100	0.035	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	95		0	BFFN	4		232	80	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.179		0	PAK	1		0.438	0.152	
Threonine g	1.086		0	PAK	1		2.660	0.923	
Isoleucine g	1.236		0	PAK	1		3.029	1.051	
Leucine g	2.162		0	PAK	1		5.296	1.837	
Lysine g	2.297		0	PAK	1		5.626	1.952	
Methionine g	0.708		0	PAK	1		1.734	0.601	
Cystine g	0.351		0	PAK	1		0.859	0.298	
Phenylalanine g	1.073		0	PAK	1		2.630	0.912	
Tyrosine g	0.866		0	PAK	1		2.121	0.736	
Valine g	1.348		0	PAK	1		3.303	1.146	
Arginine g	1.757		0	PAK	1		4.305	1.494	
Histidine g	0.867		0	PAK	1		2.125	0.737	
Alanine g	1.652		0	PAK	1		4.047	1.404	
Aspartic acid g	2.475		0	PAK	1		6.064	2.104	
Glutamic acid g	4.079		0	PAK	1		9.995	3.468	
Glycine g	1.655		0	PAK	1		4.054	1.406	
Proline g	1.295		0	PAK	1		3.174	1.101	
Serine g	1.070		0	PAK	1		2.623	0.910	
Hydroxyproline g	0.285		0	PAK	1		0.699	0.243	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13857

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Common Measures:

Measure 1 = 245g: 1 steak (yield from 1 raw steak weighing 321g)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13858

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Prime Rib

Refuse: 18% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.84		0	PAE	4		144.89	43.21	
Energy	kcal	323		0	NC	4		921	275	
Energy	kJ	1351				4		3852	1149	
Protein (N x 6.25)	g	22.76		0	PAE	4		64.87	19.35	
Total lipid (fat)	g	25.02		0	PAE	4		71.31	21.27	
Ash	g	1.12		0	PAE	4		3.19	0.95	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0	PAE	4		37	11	
Iron, Fe	mg	2.44		0	PAE	4		6.95	2.07	
Magnesium, Mg	mg	20		0	PAE	4		57	17	
Phosphorus, P	mg	185		0	PAE	4		527	157	
Potassium, K	mg	328		0	PAE	4		935	279	
Sodium, Na	mg	64		0	PAE	4		182	54	
Zinc, Zn	mg	5.00		0	PAE	4		14.25	4.25	
Copper, Cu	mg	0.078		0	PAE	4		0.222	0.066	
Manganese, Mn	mg	0.014		0	PAE	4		0.040	0.012	
Selenium, Se	mcg	22.0		0	BFYN	4		62.7	18.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.060		0	PAE	4		0.171	0.051	
Riboflavin	mg	0.160		0	PAE	4		0.456	0.136	
Niacin	mg	3.190		0	PAE	4		9.092	2.712	
Pantothenic acid	mg	0.240		0	PAE	4		0.684	0.204	
Vitamin B-6	mg	0.240		0	PAE	4		0.684	0.204	
Folate, total	mcg	6		0	PAE	4		17	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0	PAE	4		17	5	
Folate, DFE	mcg_DFE	6		0	NC	4		17	5	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.90		0	PAE	4		8.27	2.47	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol	mcg	0		0	PAE	4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	10.050		0	PAE	4		28.643	8.543	
4:0	g									
6:0	g									
8:0	g									

NDB No. 13858

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.070		0	PAE	4		0.200	0.060	
12:0 g	0.070		0	PAE	4		0.200	0.060	
13:0 g									
14:0 g	0.810		0	PAE	4		2.309	0.689	
15:0 g									
16:0 g	6.200		0	PAE	4		17.670	5.270	
17:0 g									
18:0 g	2.910		0	PAE	4		8.294	2.474	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.810		0	PAE	4		30.809	9.189	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.070		0	PAE	4		3.050	0.910	
17:1 g									
18:1 undifferentiated g	9.690		0	PAE	4		27.617	8.237	
20:1 g	0.050		0	PAE	4		0.143	0.043	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.910		0	PAE	4		2.594	0.774	
18:2 undifferentiated g	0.610		0	PAE	4		1.739	0.519	
18:3 undifferentiated g	0.290		0	PAE	4		0.827	0.247	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		0	PAE	4		0.057	0.017	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	83		0	PAE	4		237	71	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.255		0	PAE	4		0.727	0.217	
Threonine g	0.994		0	PAE	4		2.833	0.845	
Isoleucine g	1.023		0	PAE	4		2.916	0.870	
Leucine g	1.799		0	PAE	4		5.127	1.529	
Lysine g	1.894		0	PAE	4		5.398	1.610	
Methionine g	0.583		0	PAE	4		1.662	0.496	
Cystine g	0.255		0	PAE	4		0.727	0.217	
Phenylalanine g	0.889		0	PAE	4		2.534	0.756	
Tyrosine g	0.765		0	PAE	4		2.180	0.650	
Valine g	1.107		0	PAE	4		3.155	0.941	
Arginine g	1.439		0	PAE	4		4.101	1.223	
Histidine g	0.779		0	PAE	4		2.220	0.662	
Alanine g	1.373		0	PAE	4		3.913	1.167	
Aspartic acid g	2.079		0	PAE	4		5.925	1.767	
Glutamic acid g	3.420		0	PAE	4		9.747	2.907	
Glycine g	1.242		0	PAE	4		3.540	1.056	
Proline g	1.005		0	PAE	4		2.864	0.854	
Serine g	0.870		0	PAE	4		2.480	0.740	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 285g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13858

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13856

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw

Prime Rib

Refuse: 5% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	62.00	0.725	10	PAK	1		207.69	17.58	281.21
Energy ... kcal	246		0	NC	4		824	70	1115
Energy ... kJ	1029		0	NC	4		3447	292	4667
Protein (N x 6.25) ... g	19.56	0.261	10	PAK	1		65.54	5.55	88.74
Total lipid (fat) ... g	18.00	0.870	10	PAK	1		60.30	5.10	81.65
Ash ... g	0.89	0.023	10	PAK	1		3.00	0.25	4.06
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	0.00
Starch ... g									
Minerals:									
Calcium, Ca ... mg	22		0	BFNN	4		73	6	99
Iron, Fe ... mg	1.40		0	BFNN	4		4.69	0.40	6.36
Magnesium, Mg ... mg	20		0	BFNN	4		66	6	90
Phosphorus, P ... mg	180		0	BFNN	4		602	51	815
Potassium, K ... mg	297		0	BFNN	4		997	84	1349
Sodium, Na ... mg	49		0	BFNN	4		165	14	224
Zinc, Zn ... mg	3.28		0	BFNN	4		11.00	0.93	14.89
Copper, Cu ... mg	0.067		0	BFNN	4		0.225	0.019	0.305
Manganese, Mn ... mg	0.009		0	BFNN	4		0.030	0.003	0.041
Selenium, Se ... mcg	22.4		0	BFNN	4		74.9	6.3	101.4
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin ... mg	0.070		0	BFPN	4		0.234	0.020	0.317
Riboflavin ... mg	0.106		0	BFPN	4		0.355	0.030	0.481
Niacin ... mg	5.228		0	BFPN	4		17.512	1.482	23.712
Pantothenic acid ... mg	0.554		0	BFPN	4		1.857	0.157	2.514
Vitamin B-6 ... mg	0.540		0	BFPN	4		1.810	0.153	2.451
Folate, total ... mcg	10		0	BFPN	4		35	3	47
Folic acid ... mcg	0		0	Z	7		0	0	0
Folate, food ... mcg	10		0	BFPN	4		35	3	47
Folate, DFE ... mcg_DFE	10		0	NC	4		35	3	47
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.93		0	BFPN	4		3.11	0.26	4.21
Vitamin A, RAE ... mcg_RAE	0		0	AS	1		0	0	0
Retinol ... mcg	0		0	Z	7		0	0	0
Carotene, beta ... mcg	0		0	Z	7		0	0	0
Carotene, alpha ... mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	0
Vitamin A, IU ... IU	0		0	AS	1		0	0	0
Lycopene ... mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) ... mg	0.40		0	BFSN	4		1.36	0.11	1.84
Tocopherol, beta ... mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma ... mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta ... mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	1.6		0	BFSN	4		5.4	0.5	7.3
Lipids:									
Fatty acids, total saturated ... g	7.264		0	NC	4		24.333	2.059	32.948
4:0 ... g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0 ... g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0 ... g	0.000		0	BFFN	4		0.000	0.000	0.000

NDB No. 13856

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.058		0	BFFN	4		0.194	0.016	0.262
12:0 g	0.039		0	BFFN	4		0.129	0.011	0.175
13:0 g									
14:0 g	0.569		0	BFFN	4		1.906	0.161	2.581
15:0 g									
16:0 g	4.373		0	BFFN	4		14.650	1.240	19.836
17:0 g									
18:0 g	2.225		0	BFFN	4		7.454	0.631	10.093
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.708		0	NC	4		25.820	2.185	34.961
14:1 g									
15:1 g									
16:1 undifferentiated g	0.878		0	BFFN	4		2.941	0.249	3.982
17:1 g									
18:1 undifferentiated g	6.804		0	BFFN	4		22.793	1.929	30.863
20:1 g	0.026		0	BFFN	4		0.086	0.007	0.117
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.685		0	NC	4		2.294	0.194	3.106
18:2 undifferentiated g	0.441		0	BFFN	4		1.476	0.125	1.998
18:3 undifferentiated g	0.215		0	BFFN	4		0.722	0.061	0.977
18:4 g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.029		0	BFFN	4		0.097	0.008	0.131
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	66		0	BFFN	4		221	19	299
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.129		0	PAK	1		0.431	0.036	0.583
Threonine g	0.782		0	PAK	1		2.618	0.222	3.545
Isoleucine g	0.890		0	PAK	1		2.982	0.252	4.037
Leucine g	1.556		0	PAK	1		5.213	0.441	7.059
Lysine g	1.653		0	PAK	1		5.539	0.469	7.499
Methionine g	0.509		0	PAK	1		1.707	0.144	2.311
Cystine g	0.252		0	PAK	1		0.846	0.072	1.145
Phenylalanine g	0.773		0	PAK	1		2.589	0.219	3.505
Tyrosine g	0.623		0	PAK	1		2.088	0.177	2.828
Valine g	0.971		0	PAK	1		3.251	0.275	4.402
Arginine g	1.265		0	PAK	1		4.238	0.359	5.738
Histidine g	0.624		0	PAK	1		2.092	0.177	2.832
Alanine g	1.189		0	PAK	1		3.984	0.337	5.395
Aspartic acid g	1.782		0	PAK	1		5.970	0.505	8.083
Glutamic acid g	2.937		0	PAK	1		9.839	0.833	13.322
Glycine g	1.191		0	PAK	1		3.991	0.338	5.403
Proline g	0.933		0	PAK	1		3.124	0.264	4.230
Serine g	0.771		0	PAK	1		2.582	0.218	3.496
Hydroxyproline g	0.206		0	PAK	1		0.689	0.058	0.932
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13856

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 335g: 1 steak

Measure 2 = 28.35g: 1 oz

Measure 3 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13394

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 37% Bone and connective tissue, 7.8%, separable fat, 10.6%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.59	0.506	20	A	1		145.83	53.20	
Energy....kcal	193		0	NC	4		451	164	
Energy....kJ	809		0	NC	4		1886	688	
Protein (N x 6.25)....g	29.41	0.315	20	A	1		68.52	25.00	
Total lipid (fat)....g	7.53	0.460	20	A	1		17.54	6.40	
Ash....g	1.18	0.020	20	A	1		2.75	1.00	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0	BFNN	4		45	16	
Iron, Fe....mg	1.87		0	BFNN	4		4.36	1.59	
Magnesium, Mg....mg	25		0	BFNN	4		59	21	
Phosphorus, P....mg	233		0	BFNN	4		544	198	
Potassium, K....mg	376		0	BFNN	4		876	320	
Sodium, Na....mg	61		0	BFNN	4		143	52	
Zinc, Zn....mg	5.46		0	BFNN	4		12.73	4.64	
Copper, Cu....mg	0.087		0	BFNN	4		0.203	0.074	
Manganese, Mn....mg	0.011		0	BFNN	4		0.025	0.009	
Selenium, Se....mcg	34.3		0	BFNN	4		79.8	29.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0	BFPN	4		0.187	0.068	
Riboflavin....mg	0.149		0	BFPN	4		0.347	0.127	
Niacin....mg	8.415		0	BFPN	4		19.607	7.153	
Pantothenic acid....mg	0.579		0	BFPN	4		1.348	0.492	
Vitamin B-6....mg	0.631		0	BFPN	4		1.470	0.536	
Folate, total....mcg	10		0	BFPN	4		23	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		23	8	
Folate, DFE....mcg_DFE	10		0	NC	4		23	8	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.64		0	BFPN	4		3.83	1.40	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFSN	4		0.93	0.34	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.3	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.3	0.1	
Vitamin D....IU	5		0	BFFN	4		11	4	
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		3.3	1.2	
Lipids:									
Fatty acids, total saturated....g	2.868		0	NC	4		6.682	2.438	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13394

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.003		0	BFFN	4		0.007	0.003	
12:0 g	0.009		0	BFFN	4		0.021	0.008	
13:0 g									
14:0 g	0.204		0	BFFN	4		0.476	0.174	
15:0 g									
16:0 g	1.670		0	BFFN	4		3.892	1.420	
17:0 g									
18:0 g	0.981		0	BFFN	4		2.287	0.834	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.005		0	NC	4		7.002	2.554	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.226		0	BFFN	4		0.525	0.192	
17:1 g									
18:1 undifferentiated g	2.777		0	BFFN	4		6.470	2.360	
20:1 g	0.003		0	BFFN	4		0.007	0.003	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.277		0	NC	4		0.646	0.236	
18:2 undifferentiated g	0.219		0	BFFN	4		0.511	0.186	
18:3 undifferentiated g	0.021		0	BFFN	4		0.050	0.018	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.037		0	BFFN	4		0.085	0.031	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	76		0	BFFN	4		177	65	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.193		0	A	1		0.450	0.164	
Threonine g	1.175		0	A	1		2.737	0.999	
Isoleucine g	1.338		0	A	1		3.117	1.137	
Leucine g	2.339		0	A	1		5.450	1.988	
Lysine g	2.485		0	A	1		5.790	2.112	
Methionine g	0.766		0	A	1		1.784	0.651	
Cystine g	0.379		0	A	1		0.884	0.323	
Phenylalanine g	1.162		0	A	1		2.706	0.987	
Tyrosine g	0.937		0	A	1		2.183	0.796	
Valine g	1.459		0	A	1		3.399	1.240	
Arginine g	1.901		0	A	1		4.430	1.616	
Histidine g	0.938		0	A	1		2.187	0.798	
Alanine g	1.788		0	A	1		4.165	1.520	
Aspartic acid g	2.679		0	A	1		6.241	2.277	
Glutamic acid g	4.415		0	A	1		10.286	3.752	
Glycine g	1.791		0	A	1		4.172	1.522	
Proline g	1.402		0	A	1		3.266	1.192	
Serine g	1.158		0	A	1		2.699	0.985	
Hydroxyproline g	0.295		0	BFPN	4		0.686	0.250	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13394

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 233g: 1 steak (yield from 296 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13395

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled

Refuse: 37% Bone, 22%, separable fat, 15%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.70		0		1		129.14	49.90	
Energy....kcal	225		0	NC	4		495	191	
Energy....kJ	941				4		2071	800	
Protein (N x 6.25)....g	28.04		0		1		61.69	23.83	
Total lipid (fat)....g	11.70		0		1		25.74	9.95	
Ash....g	1.23		0		1		2.71	1.05	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0		1		29	11	
Iron, Fe....mg	2.57		0		1		5.65	2.18	
Magnesium, Mg....mg	27		0		1		59	23	
Phosphorus, P....mg	208		0		1		458	177	
Potassium, K....mg	394		0		1		867	335	
Sodium, Na....mg	69		0		1		152	59	
Zinc, Zn....mg	6.99		0		1		15.38	5.94	
Copper, Cu....mg	0.100		0		1		0.220	0.085	
Manganese, Mn....mg	0.016		0		1		0.035	0.014	
Selenium, Se....mcg	21.9		0	BFYN	4		48.2	18.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0		1		0.220	0.085	
Riboflavin....mg	0.220		0		1		0.484	0.187	
Niacin....mg	4.800		0		1		10.560	4.080	
Pantothenic acid....mg	0.340		0		1		0.748	0.289	
Vitamin B-6....mg	0.400		0		1		0.880	0.340	
Folate, total....mcg	8		0		1		18	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0		1		18	7	
Folate, DFE....mcg_DFE	8		0	NC	4		18	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.32		0		1		7.30	2.82	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.730		0		1		10.406	4.021	
4:0....g									
6:0....g									
8:0....g									

NDB No. 13395

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010		0		1		0.022	0.009	
12:0 ... g	0.010		0		1		0.022	0.009	
13:0 ... g									
14:0 ... g	0.370		0		1		0.814	0.315	
15:0 ... g									
16:0 ... g	2.800		0		1		6.160	2.380	
17:0 ... g									
18:0 ... g	1.540		0		1		3.388	1.309	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.940		0		1		10.868	4.199	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.400		0		1		0.880	0.340	
17:1 ... g									
18:1 undifferentiated ... g	4.540		0		1		9.988	3.859	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.330		0		1		0.726	0.281	
18:2 undifferentiated ... g	0.280		0		1		0.616	0.238	
18:3 undifferentiated ... g	0.020		0		1		0.044	0.017	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.030		0		1		0.066	0.026	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	80		0		1		176	68	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.314		0		1		0.691	0.267	
Threonine ... g	1.225		0		1		2.695	1.041	
Isoleucine ... g	1.261		0		1		2.774	1.072	
Leucine ... g	2.216		0		1		4.875	1.884	
Lysine ... g	2.333		0		1		5.133	1.983	
Methionine ... g	0.718		0		1		1.580	0.610	
Cystine ... g	0.314		0		1		0.691	0.267	
Phenylalanine ... g	1.095		0		1		2.409	0.931	
Tyrosine ... g	0.942		0		1		2.072	0.801	
Valine ... g	1.364		0		1		3.001	1.159	
Arginine ... g	1.772		0		1		3.898	1.506	
Histidine ... g	0.960		0		1		2.112	0.816	
Alanine ... g	1.691		0		1		3.720	1.437	
Aspartic acid ... g	2.562		0		1		5.636	2.178	
Glutamic acid ... g	4.212		0		1		9.266	3.580	
Glycine ... g	1.530		0		1		3.366	1.301	
Proline ... g	1.238		0		1		2.724	1.052	
Serine ... g	1.072		0		1		2.358	0.911	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 220g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13395

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13396

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled

Refuse: 37% Bone, 24%, separable fat, 13%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.30		0		1		132.66	51.26	
Energy....kcal	198		0	NC	4		436	168	
Energy....kJ	828				4		1823	704	
Protein (N x 6.25)....g	28.04		0		1		61.69	23.83	
Total lipid (fat)....g	8.70		0		1		19.14	7.40	
Ash....g	1.23		0		1		2.71	1.05	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0		1		29	11	
Iron, Fe....mg	2.57		0		1		5.65	2.18	
Magnesium, Mg....mg	27		0		1		59	23	
Phosphorus, P....mg	208		0		1		458	177	
Potassium, K....mg	394		0		1		867	335	
Sodium, Na....mg	69		0		1		152	59	
Zinc, Zn....mg	6.99		0		1		15.38	5.94	
Copper, Cu....mg	0.100		0		1		0.220	0.085	
Manganese, Mn....mg	0.016		0		1		0.035	0.014	
Selenium, Se....mcg	21.9		0	BFYN	4		48.2	18.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0		1		0.220	0.085	
Riboflavin....mg	0.220		0		1		0.484	0.187	
Niacin....mg	4.800		0		1		10.560	4.080	
Pantothenic acid....mg	0.340		0		1		0.748	0.289	
Vitamin B-6....mg	0.400		0		1		0.880	0.340	
Folate, total....mcg	8		0		1		18	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0		1		18	7	
Folate, DFE....mcg_DFE	8		0	NC	4		18	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.32		0		1		7.30	2.82	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.510		0		1		7.722	2.984	
4:0....g									
6:0....g									
8:0....g									

NDB No. 13396

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010		0		1		0.022	0.009	
12:0 ... g	0.010		0		1		0.022	0.009	
13:0 ... g									
14:0 ... g	0.270		0		1		0.594	0.230	
15:0 ... g									
16:0 ... g	2.080		0		1		4.576	1.768	
17:0 ... g									
18:0 ... g	1.150		0		1		2.530	0.978	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.670		0		1		8.074	3.120	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.290		0		1		0.638	0.247	
17:1 ... g									
18:1 undifferentiated ... g	3.380		0		1		7.436	2.873	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.250		0		1		0.550	0.213	
18:2 undifferentiated ... g	0.210		0		1		0.462	0.179	
18:3 undifferentiated ... g	0.020		0		1		0.044	0.017	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.020		0		1		0.044	0.017	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	80		0		1		176	68	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.314		0		1		0.691	0.267	
Threonine ... g	1.225		0		1		2.695	1.041	
Isoleucine ... g	1.261		0		1		2.774	1.072	
Leucine ... g	2.216		0		1		4.875	1.884	
Lysine ... g	2.333		0		1		5.133	1.983	
Methionine ... g	0.718		0		1		1.580	0.610	
Cystine ... g	0.314		0		1		0.691	0.267	
Phenylalanine ... g	1.095		0		1		2.409	0.931	
Tyrosine ... g	0.942		0		1		2.072	0.801	
Valine ... g	1.364		0		1		3.001	1.159	
Arginine ... g	1.772		0		1		3.898	1.506	
Histidine ... g	0.960		0		1		2.112	0.816	
Alanine ... g	1.691		0		1		3.720	1.437	
Aspartic acid ... g	2.562		0		1		5.636	2.178	
Glutamic acid ... g	4.212		0		1		9.266	3.580	
Glycine ... g	1.530		0		1		3.366	1.301	
Proline ... g	1.238		0		1		2.724	1.052	
Serine ... g	1.072		0		1		2.358	0.911	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 220g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13396

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23638

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Refuse: 25% Bone and connective tissue, 7.11%, separable fat, 18.25%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.27	0.504	20	A	1		18.22	291.53	
Energy....kcal	195		0	NC	4		55	885	
Energy....kJ	817		0	NC	4		231	3704	
Protein (N x 6.25)....g	29.58	0.451	20	A	1		8.39	134.17	
Total lipid (fat)....g	7.63	0.447	20	A	1		2.16	34.63	
Ash....g	1.15	0.032	20	A	1		0.32	5.20	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0	BFNN	4		5	87	
Iron, Fe....mg	1.88		0	BFNN	4		0.53	8.54	
Magnesium, Mg....mg	25		0	BFNN	4		7	115	
Phosphorus, P....mg	235		0	BFNN	4		67	1064	
Potassium, K....mg	378		0	BFNN	4		107	1715	
Sodium, Na....mg	62		0	BFNN	4		17	279	
Zinc, Zn....mg	5.49		0	BFNN	4		1.56	24.91	
Copper, Cu....mg	0.087		0	BFNN	4		0.025	0.396	
Manganese, Mn....mg	0.011		0	BFNN	4		0.003	0.050	
Selenium, Se....mcg	34.4		0	BFNN	4		9.8	156.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.081		0	BFPN	4		0.023	0.366	
Riboflavin....mg	0.150		0	BFPN	4		0.042	0.679	
Niacin....mg	8.464		0	BFPN	4		2.400	38.393	
Pantothenic acid....mg	0.582		0	BFPN	4		0.165	2.639	
Vitamin B-6....mg	0.635		0	BFPN	4		0.180	2.879	
Folate, total....mcg	10		0	BFPN	4		3	45	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		3	45	
Folate, DFE....mcg_DFE	10		0	NC	4		3	45	
Choline, total....mg	112.7		0	BFPN	4		31.9	511.0	
Betaine....mg	14.8		0	BFPN	4		4.2	67.1	
Vitamin B-12....mcg	1.69		0	BFPN	4		0.48	7.67	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.38		0	BFSN	4		0.11	1.73	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.0	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.0	0.6	
Vitamin D....IU	5		0	BFFN	4		1	23	
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		0.4	6.1	
Lipids:									
Fatty acids, total saturated....g	2.907		0	NC	4		0.824	13.187	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23638

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.001	0.013	
12:0....g	0.009		0	BFFN	4		0.002	0.039	
13:0....g									
14:0....g	0.207		0	BFFN	4		0.059	0.937	
15:0....g									
16:0....g	1.693		0	BFFN	4		0.480	7.681	
17:0....g									
18:0....g	0.996		0	BFFN	4		0.282	4.517	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.048		0	NC	4		0.864	13.826	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.230		0	BFFN	4		0.065	1.041	
17:1....g									
18:1 undifferentiated....g	2.816		0	BFFN	4		0.798	12.772	
20:1....g	0.003		0	BFFN	4		0.001	0.013	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.273		0	NC	4		0.077	1.236	
18:2 undifferentiated....g	0.218		0	BFFN	4		0.062	0.989	
18:3 undifferentiated....g	0.020		0	BFFN	4		0.006	0.091	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.034		0	BFFN	4		0.010	0.156	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	71		0	BFFN	4		20	324	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.194		0	A	1		0.055	0.882	
Threonine....g	1.182		0	A	1		0.335	5.360	
Isoleucine....g	1.346		0	A	1		0.381	6.104	
Leucine....g	2.353		0	A	1		0.667	10.672	
Lysine....g	2.500		0	A	1		0.709	11.338	
Methionine....g	0.770		0	A	1		0.218	3.494	
Cystine....g	0.382		0	A	1		0.108	1.731	
Phenylalanine....g	1.168		0	A	1		0.331	5.299	
Tyrosine....g	0.943		0	A	1		0.267	4.275	
Valine....g	1.467		0	A	1		0.416	6.656	
Arginine....g	1.913		0	A	1		0.542	8.675	
Histidine....g	0.944		0	A	1		0.268	4.282	
Alanine....g	1.798		0	A	1		0.510	8.156	
Aspartic acid....g	2.694		0	A	1		0.764	12.221	
Glutamic acid....g	4.440		0	A	1		1.259	20.141	
Glycine....g	1.801		0	A	1		0.511	8.169	
Proline....g	1.410		0	A	1		0.400	6.396	
Serine....g	1.165		0	A	1		0.330	5.285	
Hydroxyproline....g	0.311		0	BFPN	4		0.088	1.410	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23638

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23599

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw

Refuse: 25% Bone and connective tissue 5%, sep fat 20%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.95	0.333	20	A	1		19.83	317.29	
Energy....kcal	141		0	NC	4		40	639	
Energy....kJ	589		0	NC	4		167	2673	
Protein (N x 6.25)....g	22.33	0.198	20	A	1		6.33	101.27	
Total lipid (fat)....g	5.04	0.342	20	A	1		1.43	22.88	
Ash....g	0.99	0.018	20	A	1		0.28	4.49	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0	BFNN	4		7	111	
Iron, Fe....mg	1.60		0	BFNN	4		0.45	7.26	
Magnesium, Mg....mg	23		0	BFNN	4		7	105	
Phosphorus, P....mg	206		0	BFNN	4		58	935	
Potassium, K....mg	347		0	BFNN	4		98	1572	
Sodium, Na....mg	56		0	BFNN	4		16	253	
Zinc, Zn....mg	4.01		0	BFNN	4		1.14	18.18	
Copper, Cu....mg	0.074		0	BFNN	4		0.021	0.337	
Manganese, Mn....mg	0.013		0	BFNN	4		0.004	0.058	
Selenium, Se....mcg	26.9		0	BFNN	4		7.6	122.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.069		0	BFPN	4		0.019	0.311	
Riboflavin....mg	0.112		0	BFPN	4		0.032	0.509	
Niacin....mg	6.916		0	BFPN	4		1.961	31.369	
Pantothenic acid....mg	0.660		0	BFPN	4		0.187	2.994	
Vitamin B-6....mg	0.625		0	BFPN	4		0.177	2.835	
Folate, total....mcg	13		0	BFPN	4		4	60	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0	BFPN	4		4	60	
Folate, DFE....mcg_DFE	13		0	NC	4		4	60	
Choline, total....mg	93.2		0	BFPN	4		26.4	423.0	
Betaine....mg	13.7		0	BFPN	4		3.9	62.2	
Vitamin B-12....mcg	1.10		0	BFPN	4		0.31	4.98	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.32		0	BFSN	4		0.09	1.45	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		0.4	5.8	
Lipids:									
Fatty acids, total saturated....g									
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23599

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	BFFN	4		0.000	0.000	
12:0 ... g	0.000		0	BFFN	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.128		0	BFFN	4		0.036	0.578	
15:0 ... g									
16:0 ... g	1.119		0	BFFN	4		0.317	5.077	
17:0 ... g									
18:0 ... g	0.618		0	BFFN	4		0.175	2.802	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g									
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.156		0	BFFN	4		0.044	0.707	
17:1 ... g									
18:1 undifferentiated ... g	1.870		0	BFFN	4		0.530	8.483	
20:1 ... g	0.003		0	BFFN	4		0.001	0.013	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g									
18:2 undifferentiated ... g	0.176		0	BFFN	4		0.050	0.797	
18:3 undifferentiated ... g	0.011		0	BFFN	4		0.003	0.051	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.031		0	BFFN	4		0.009	0.141	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	52		0	BFFN	4		15	234	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.147		0	A	1		0.042	0.666	
Threonine ... g	0.892		0	A	1		0.253	4.045	
Isoleucine ... g	1.016		0	A	1		0.288	4.607	
Leucine ... g	1.776		0	A	1		0.503	8.056	
Lysine ... g	1.887		0	A	1		0.535	8.558	
Methionine ... g	0.581		0	A	1		0.165	2.637	
Cystine ... g	0.288		0	A	1		0.082	1.307	
Phenylalanine ... g	0.882		0	A	1		0.250	4.000	
Tyrosine ... g	0.711		0	A	1		0.202	3.227	
Valine ... g	1.108		0	A	1		0.314	5.024	
Arginine ... g	1.444		0	A	1		0.409	6.548	
Histidine ... g	0.712		0	A	1		0.202	3.232	
Alanine ... g	1.357		0	A	1		0.385	6.156	
Aspartic acid ... g	2.034		0	A	1		0.577	9.224	
Glutamic acid ... g	3.352		0	A	1		0.950	15.202	
Glycine ... g	1.359		0	A	1		0.385	6.166	
Proline ... g	1.064		0	A	1		0.302	4.828	
Serine ... g	0.879		0	A	1		0.249	3.989	
Hydroxyproline ... g	0.235		0	BFPN	4		0.066	1.064	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23599

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23623

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw

Refuse: 26% Bone and connective tissue 5%, sep fat 21%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.28	0.447	10	A	1		20.21	323.33	
Energy....kcal	148		0	NC	4		42	670	
Energy....kJ	618		0	NC	4		175	2805	
Protein (N x 6.25)....g	22.12	0.308	10	A	1		6.27	100.35	
Total lipid (fat)....g	5.91	0.508	10	A	1		1.68	26.81	
Ash....g	1.08	0.025	10	A	1		0.31	4.90	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	28		0	BFNN	4		8	129	
Iron, Fe....mg	1.63		0	BFNN	4		0.46	7.39	
Magnesium, Mg....mg	23		0	BFNN	4		7	106	
Phosphorus, P....mg	204		0	BFNN	4		58	926	
Potassium, K....mg	341		0	BFNN	4		97	1547	
Sodium, Na....mg	57		0	BFNN	4		16	258	
Zinc, Zn....mg	4.13		0	BFNN	4		1.17	18.75	
Copper, Cu....mg	0.072		0	BFNN	4		0.021	0.328	
Manganese, Mn....mg	0.014		0	BFNN	4		0.004	0.064	
Selenium, Se....mcg	25.5		0	BFNN	4		7.2	115.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.061		0	BFPN	4		0.017	0.278	
Riboflavin....mg	0.108		0	BFPN	4		0.031	0.492	
Niacin....mg	7.491		0	BFPN	4		2.124	33.981	
Pantothenic acid....mg	0.659		0	BFPN	4		0.187	2.987	
Vitamin B-6....mg	0.607		0	BFPN	4		0.172	2.754	
Folate, total....mcg	13		0	BFPN	4		4	59	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0	BFPN	4		4	59	
Folate, DFE....mcg_DFE	13		0	NC	4		4	59	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.20		0	BFPN	4		0.34	5.44	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.33		0	BFSN	4		0.09	1.50	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		0.4	6.0	
Lipids:									
Fatty acids, total saturated....g	2.183		0	NC	4		0.619	9.903	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23623

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	BFFN	4		0.000	0.000	
12:0 ... g	0.000		0	BFFN	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.149		0	BFFN	4		0.042	0.677	
15:0 ... g									
16:0 ... g	1.311		0	BFFN	4		0.372	5.945	
17:0 ... g									
18:0 ... g	0.723		0	BFFN	4		0.205	3.281	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.376		0	NC	4		0.674	10.777	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.183		0	BFFN	4		0.052	0.828	
17:1 ... g									
18:1 undifferentiated ... g	2.190		0	BFFN	4		0.621	9.934	
20:1 ... g	0.003		0	BFFN	4		0.001	0.015	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.256		0	NC	4		0.072	1.159	
18:2 undifferentiated ... g	0.206		0	BFFN	4		0.058	0.933	
18:3 undifferentiated ... g	0.013		0	BFFN	4		0.004	0.060	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.037		0	BFFN	4		0.010	0.166	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	60		0	BFFN	4		17	274	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.145		0	A	1		0.041	0.660	
Threonine ... g	0.884		0	A	1		0.251	4.009	
Isoleucine ... g	1.006		0	A	1		0.285	4.565	
Leucine ... g	1.760		0	A	1		0.499	7.982	
Lysine ... g	1.870		0	A	1		0.530	8.481	
Methionine ... g	0.576		0	A	1		0.163	2.613	
Cystine ... g	0.285		0	A	1		0.081	1.295	
Phenylalanine ... g	0.874		0	A	1		0.248	3.964	
Tyrosine ... g	0.705		0	A	1		0.200	3.198	
Valine ... g	1.098		0	A	1		0.311	4.978	
Arginine ... g	1.431		0	A	1		0.406	6.489	
Histidine ... g	0.706		0	A	1		0.200	3.203	
Alanine ... g	1.345		0	A	1		0.381	6.101	
Aspartic acid ... g	2.015		0	A	1		0.571	9.140	
Glutamic acid ... g	3.321		0	A	1		0.942	15.065	
Glycine ... g	1.347		0	A	1		0.382	6.110	
Proline ... g	1.055		0	A	1		0.299	4.784	
Serine ... g	0.871		0	A	1		0.247	3.953	
Hydroxyproline ... g	0.232		0	A	1		0.066	1.054	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23623

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23586

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Refuse: 24% Bone and connective tissue 7%, sep fat 17%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.45	0.772	10	A	1		17.70	283.25	
Energy....kcal	188		0	NC	4		53	852	
Energy....kJ	786		0	NC	4		223	3566	
Protein (N x 6.25)....g	30.87	0.519	10	A	1		8.75	140.00	
Total lipid (fat)....g	6.22	0.351	10	A	1		1.76	28.22	
Ash....g	1.19	0.047	10	A	1		0.34	5.42	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0	BFNN	4		6	102	
Iron, Fe....mg	1.91		0	BFNN	4		0.54	8.68	
Magnesium, Mg....mg	27		0	BFNN	4		8	122	
Phosphorus, P....mg	253		0	BFNN	4		72	1145	
Potassium, K....mg	409		0	BFNN	4		116	1854	
Sodium, Na....mg	66		0	BFNN	4		19	298	
Zinc, Zn....mg	5.69		0	BFNN	4		1.61	25.82	
Copper, Cu....mg	0.085		0	BFNN	4		0.024	0.384	
Manganese, Mn....mg	0.011		0	BFNN	4		0.003	0.051	
Selenium, Se....mcg	38.8		0	BFNN	4		11.0	176.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.088		0	BFPN	4		0.025	0.400	
Riboflavin....mg	0.164		0	BFPN	4		0.046	0.742	
Niacin....mg	9.020		0	BFPN	4		2.557	40.916	
Pantothenic acid....mg	0.608		0	BFPN	4		0.172	2.759	
Vitamin B-6....mg	0.682		0	BFPN	4		0.193	3.093	
Folate, total....mcg	10		0	BFPN	4		3	47	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		3	47	
Folate, DFE....mcg_DFE	10		0	NC	4		3	47	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.47		0	BFPN	4		0.42	6.69	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFSN	4		0.11	1.81	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		0.4	6.5	
Lipids:									
Fatty acids, total saturated....g	2.369		0	NC	4		0.672	10.745	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23586

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.002		0	BFFN	4		0.001	0.010	
12:0 g	0.007		0	BFFN	4		0.002	0.032	
13:0 g									
14:0 g	0.168		0	BFFN	4		0.048	0.763	
15:0 g									
16:0 g	1.380		0	BFFN	4		0.391	6.259	
17:0 g									
18:0 g	0.812		0	BFFN	4		0.230	3.681	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.484		0	NC	4		0.704	11.265	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.187		0	BFFN	4		0.053	0.848	
17:1 g									
18:1 undifferentiated g	2.294		0	BFFN	4		0.650	10.406	
20:1 g	0.002		0	BFFN	4		0.001	0.010	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.222		0	NC	4		0.063	1.007	
18:2 undifferentiated g	0.178		0	BFFN	4		0.050	0.806	
18:3 undifferentiated g	0.016		0	BFFN	4		0.005	0.074	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.028		0	BFFN	4		0.008	0.127	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	58		0	BFFN	4		17	264	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.203		0	A	1		0.058	0.920	
Threonine g	1.233		0	A	1		0.350	5.593	
Isoleucine g	1.404		0	A	1		0.398	6.370	
Leucine g	2.455		0	A	1		0.696	11.137	
Lysine g	2.608		0	A	1		0.740	11.832	
Methionine g	0.804		0	A	1		0.228	3.646	
Cystine g	0.398		0	A	1		0.113	1.807	
Phenylalanine g	1.219		0	A	1		0.346	5.530	
Tyrosine g	0.984		0	A	1		0.279	4.461	
Valine g	1.531		0	A	1		0.434	6.946	
Arginine g	1.996		0	A	1		0.566	9.053	
Histidine g	0.985		0	A	1		0.279	4.468	
Alanine g	1.876		0	A	1		0.532	8.511	
Aspartic acid g	2.811		0	A	1		0.797	12.753	
Glutamic acid g	4.634		0	A	1		1.314	21.018	
Glycine g	1.879		0	A	1		0.533	8.525	
Proline g	1.471		0	A	1		0.417	6.674	
Serine g	1.216		0	A	1		0.345	5.515	
Hydroxyproline g	0.324		0	A	1		0.092	1.471	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23586

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23582

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw

Refuse: 24% Bone and connective tissue 5%, sep fat 19%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.90	0.352	10	A	1		20.67	330.67	
Energy....kcal	134		0	NC	4		38	608	
Energy....kJ	561		0	NC	4		159	2545	
Protein (N x 6.25)....g	22.53	0.248	10	A	1		6.39	102.18	
Total lipid (fat)....g	4.20	0.274	10	A	1		1.19	19.06	
Ash....g	1.06	0.027	10	A	1		0.30	4.79	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0	BFNN	4		6	100	
Iron, Fe....mg	1.59		0	BFNN	4		0.45	7.23	
Magnesium, Mg....mg	23		0	BFNN	4		7	105	
Phosphorus, P....mg	209		0	BFNN	4		59	947	
Potassium, K....mg	353		0	BFNN	4		100	1599	
Sodium, Na....mg	55		0	BFNN	4		16	250	
Zinc, Zn....mg	3.96		0	BFNN	4		1.12	17.94	
Copper, Cu....mg	0.076		0	BFNN	4		0.021	0.343	
Manganese, Mn....mg	0.011		0	BFNN	4		0.003	0.050	
Selenium, Se....mcg	30.4		0	BFNN	4		8.6	138.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.076		0	BFPN	4		0.021	0.343	
Riboflavin....mg	0.121		0	BFPN	4		0.034	0.549	
Niacin....mg	6.544		0	BFPN	4		1.855	29.685	
Pantothenic acid....mg	0.662		0	BFPN	4		0.188	3.001	
Vitamin B-6....mg	0.635		0	BFPN	4		0.180	2.882	
Folate, total....mcg	13		0	BFPN	4		4	60	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0	BFPN	4		4	60	
Folate, DFE....mcg_DFE	13		0	NC	4		4	60	
Choline, total....mg	94.1		0	BFPN	4		26.7	426.8	
Betaine....mg									
Vitamin B-12....mcg	0.95		0	BFPN	4		0.27	4.32	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		0	BFSN	4		0.08	1.31	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.2		0	BFSN	4		0.3	5.2	
Lipids:									
Fatty acids, total saturated....g	1.553		0	NC	4		0.440	7.044	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23582

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.106		0	BFFN	4		0.030	0.482	
15:0....g									
16:0....g	0.932		0	BFFN	4		0.264	4.228	
17:0....g									
18:0....g	0.515		0	BFFN	4		0.146	2.334	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.690		0	NC	4		0.479	7.664	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.130		0	BFFN	4		0.037	0.589	
17:1....g									
18:1 undifferentiated....g	1.558		0	BFFN	4		0.442	7.065	
20:1....g	0.002		0	BFFN	4		0.001	0.010	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.182		0	NC	4		0.051	0.824	
18:2 undifferentiated....g	0.146		0	BFFN	4		0.041	0.664	
18:3 undifferentiated....g	0.009		0	BFFN	4		0.003	0.043	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.026		0	BFFN	4		0.007	0.117	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	43		0	BFFN	4		12	195	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.148		0	A	1		0.042	0.672	
Threonine....g	0.900		0	A	1		0.255	4.082	
Isoleucine....g	1.025		0	A	1		0.291	4.649	
Leucine....g	1.792		0	A	1		0.508	8.128	
Lysine....g	1.904		0	A	1		0.540	8.636	
Methionine....g	0.587		0	A	1		0.166	2.661	
Cystine....g	0.291		0	A	1		0.082	1.319	
Phenylalanine....g	0.890		0	A	1		0.252	4.036	
Tyrosine....g	0.718		0	A	1		0.204	3.256	
Valine....g	1.118		0	A	1		0.317	5.069	
Arginine....g	1.457		0	A	1		0.413	6.607	
Histidine....g	0.719		0	A	1		0.204	3.261	
Alanine....g	1.370		0	A	1		0.388	6.212	
Aspartic acid....g	2.052		0	A	1		0.582	9.308	
Glutamic acid....g	3.382		0	A	1		0.959	15.340	
Glycine....g	1.372		0	A	1		0.389	6.222	
Proline....g	1.074		0	A	1		0.304	4.871	
Serine....g	0.887		0	A	1		0.252	4.025	
Hydroxyproline....g	0.237		0	BFPN	4		0.067	1.074	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23582

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23626

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled

Refuse: 27% Bone and connective tissue 7%, separable fat 20%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.22	0.688	10	A	1		17.64	282.23	
Energy....kcal	202		0	NC	4		57	918	
Energy....kJ	847		0	NC	4		240	3842	
Protein (N x 6.25)....g	28.29	0.470	10	A	1		8.02	128.33	
Total lipid (fat)....g	9.05	0.525	10	A	1		2.57	41.05	
Ash....g	1.10	0.045	10	A	1		0.31	4.98	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	BFNN	4		4	71	
Iron, Fe....mg	1.92		0	BFNN	4		0.54	8.70	
Magnesium, Mg....mg	24		0	BFNN	4		7	109	
Phosphorus, P....mg	219		0	BFNN	4		62	996	
Potassium, K....mg	352		0	BFNN	4		100	1595	
Sodium, Na....mg	58		0	BFNN	4		17	265	
Zinc, Zn....mg	5.31		0	BFNN	4		1.51	24.10	
Copper, Cu....mg	0.089		0	BFNN	4		0.025	0.405	
Manganese, Mn....mg	0.011		0	BFNN	4		0.003	0.048	
Selenium, Se....mcg	32.5		0	BFNN	4		9.2	147.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.075		0	BFPN	4		0.021	0.340	
Riboflavin....mg	0.145		0	BFPN	4		0.041	0.657	
Niacin....mg	8.347		0	BFPN	4		2.366	37.861	
Pantothenic acid....mg	0.556		0	BFPN	4		0.158	2.521	
Vitamin B-6....mg	0.589		0	BFPN	4		0.167	2.671	
Folate, total....mcg	9		0	BFPN	4		3	43	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		3	43	
Folate, DFE....mcg_DFE	9		0	NC	4		3	43	
Choline, total....mg	107.8		0	BFPN	4		30.5	488.8	
Betaine....mg	14.2		0	BFPN	4		4.0	64.2	
Vitamin B-12....mcg	1.77		0	BFPN	4		0.50	8.01	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.42		0	BFSN	4		0.12	1.92	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.0	0.7	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.0	0.7	
Vitamin D....IU	6		0	BFFN	4		2	27	
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		0.4	6.8	
Lipids:									
Fatty acids, total saturated....g	3.445		0	NC	4		0.977	15.628	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23626

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.001	0.015	
12:0....g	0.010		0	BFFN	4		0.003	0.046	
13:0....g									
14:0....g	0.245		0	BFFN	4		0.069	1.111	
15:0....g									
16:0....g	2.007		0	BFFN	4		0.569	9.102	
17:0....g									
18:0....g	1.180		0	BFFN	4		0.335	5.353	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.612		0	NC	4		1.024	16.384	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.272		0	BFFN	4		0.077	1.234	
17:1....g									
18:1 undifferentiated....g	3.337		0	BFFN	4		0.946	15.134	
20:1....g	0.003		0	BFFN	4		0.001	0.015	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.323		0	NC	4		0.092	1.466	
18:2 undifferentiated....g	0.259		0	BFFN	4		0.073	1.173	
18:3 undifferentiated....g	0.024		0	BFFN	4		0.007	0.108	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.041		0	BFFN	4		0.012	0.185	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	85		0	BFFN	4		24	384	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.186		0	A	1		0.053	0.843	
Threonine....g	1.130		0	A	1		0.320	5.126	
Isoleucine....g	1.287		0	A	1		0.365	5.838	
Leucine....g	2.250		0	A	1		0.638	10.208	
Lysine....g	2.391		0	A	1		0.678	10.845	
Methionine....g	0.737		0	A	1		0.209	3.342	
Cystine....g	0.365		0	A	1		0.104	1.656	
Phenylalanine....g	1.117		0	A	1		0.317	5.069	
Tyrosine....g	0.901		0	A	1		0.256	4.089	
Valine....g	1.404		0	A	1		0.398	6.366	
Arginine....g	1.829		0	A	1		0.519	8.298	
Histidine....g	0.903		0	A	1		0.256	4.095	
Alanine....g	1.720		0	A	1		0.488	7.802	
Aspartic acid....g	2.577		0	A	1		0.731	11.689	
Glutamic acid....g	4.247		0	A	1		1.204	19.265	
Glycine....g	1.723		0	A	1		0.488	7.814	
Proline....g	1.349		0	A	1		0.382	6.118	
Serine....g	1.114		0	A	1		0.316	5.055	
Hydroxyproline....g	0.297		0	BFPN	4		0.084	1.348	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23626

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13825

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Refuse: 21% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.47		0	PAE	4		129.41	41.20	
Energy....kcal	337		0	NC	4		900	286	
Energy....kJ	1410		0		4		3765	1199	
Protein (N x 6.25)....g	22.42		0	PAE	4		59.86	19.06	
Total lipid (fat)....g	26.75		0	PAE	4		71.42	22.74	
Ash....g	1.04		0	PAE	4		2.78	0.88	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0	PAE	4		29	9	
Iron, Fe....mg	2.19		0	PAE	4		5.85	1.86	
Magnesium, Mg....mg	20		0	PAE	4		53	17	
Phosphorus, P....mg	179		0	PAE	4		478	152	
Potassium, K....mg	315		0	PAE	4		841	268	
Sodium, Na....mg	63		0	PAE	4		168	54	
Zinc, Zn....mg	5.28		0	PAE	4		14.10	4.49	
Copper, Cu....mg	0.082		0	PAE	4		0.219	0.070	
Manganese, Mn....mg	0.013		0	PAE	4		0.035	0.011	
Selenium, Se....mcg	21.6		0	BFYN	4		57.7	18.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0	PAE	4		0.214	0.068	
Riboflavin....mg	0.170		0	PAE	4		0.454	0.145	
Niacin....mg	3.270		0	PAE	4		8.731	2.780	
Pantothenic acid....mg	0.330		0	PAE	4		0.881	0.281	
Vitamin B-6....mg	0.270		0	PAE	4		0.721	0.230	
Folate, total....mcg	6		0	PAE	4		16	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0	PAE	4		16	5	
Folate, DFE....mcg_DFE	6		0	NC	4		16	5	
Choline, total....mg	85.4		0	BFPN	4		228.0	72.6	
Betaine....mg	11.2		0	BFPN	4		30.0	9.5	
Vitamin B-12....mcg	2.89		0	PAE	4		7.72	2.46	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	10.850		0	PAE	4		28.970	9.223	
4:0....g									
6:0....g									
8:0....g									

NDB No. 13825

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.080		0	PAE	4		0.214	0.068	
12:0 g	0.070		0	PAE	4		0.187	0.060	
13:0 g									
14:0 g	0.870		0	PAE	4		2.323	0.740	
15:0 g									
16:0 g	6.660		0	PAE	4		17.782	5.661	
17:0 g									
18:0 g	3.170		0	PAE	4		8.464	2.695	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.380		0	PAE	4		30.385	9.673	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.130		0	PAE	4		3.017	0.961	
17:1 g									
18:1 undifferentiated g	10.200		0	PAE	4		27.234	8.670	
20:1 g	0.050		0	PAE	4		0.134	0.043	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.980		0	PAE	4		2.617	0.833	
18:2 undifferentiated g	0.660		0	PAE	4		1.762	0.561	
18:3 undifferentiated g	0.290		0	PAE	4		0.774	0.247	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	PAE	4		0.080	0.026	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	82		0	PAE	4		219	70	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.251		0	PAE	4		0.670	0.213	
Threonine g	0.979		0	PAE	4		2.614	0.832	
Isoleucine g	1.008		0	PAE	4		2.691	0.857	
Leucine g	1.772		0	PAE	4		4.731	1.506	
Lysine g	1.865		0	PAE	4		4.980	1.585	
Methionine g	0.574		0	PAE	4		1.533	0.488	
Cystine g	0.251		0	PAE	4		0.670	0.213	
Phenylalanine g	0.875		0	PAE	4		2.336	0.744	
Tyrosine g	0.753		0	PAE	4		2.011	0.640	
Valine g	1.090		0	PAE	4		2.910	0.927	
Arginine g	1.417		0	PAE	4		3.783	1.204	
Histidine g	0.768		0	PAE	4		2.051	0.653	
Alanine g	1.352		0	PAE	4		3.610	1.149	
Aspartic acid g	2.048		0	PAE	4		5.468	1.741	
Glutamic acid g	3.368		0	PAE	4		8.993	2.863	
Glycine g	1.223		0	PAE	4		3.265	1.040	
Proline g	0.990		0	PAE	4		2.643	0.842	
Serine g	0.857		0	PAE	4		2.288	0.728	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13825

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13826

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Refuse: 17% Bone

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	48.12		0	PAE	4		139.07	40.90	
Energy	kcal	351		0	NC	4		1014	298	
Energy	kJ	1469		0		4		4244	1248	
Protein (N x 6.25)	g	22.77		0	PAE	4		65.81	19.35	
Total lipid (fat)	g	28.11		0	PAE	4		81.24	23.89	
Ash	g	0.99		0	PAE	4		2.86	0.84	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0	PAE	4		32	9	
Iron, Fe	mg	2.37		0	PAE	4		6.85	2.01	
Magnesium, Mg	mg	20		0	PAE	4		58	17	
Phosphorus, P	mg	177		0	PAE	4		512	150	
Potassium, K	mg	305		0	PAE	4		881	259	
Sodium, Na	mg	64		0	PAE	4		185	54	
Zinc, Zn	mg	5.45		0	PAE	4		15.75	4.63	
Copper, Cu	mg	0.084		0	PAE	4		0.243	0.071	
Manganese, Mn	mg	0.014		0	PAE	4		0.040	0.012	
Selenium, Se	mcg	22.2		0	BFYN	4		64.2	18.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.070		0	PAE	4		0.202	0.060	
Riboflavin	mg	0.180		0	PAE	4		0.520	0.153	
Niacin	mg	3.460		0	PAE	4		9.999	2.941	
Pantothenic acid	mg	0.320		0	PAE	4		0.925	0.272	
Vitamin B-6	mg	0.230		0	PAE	4		0.665	0.196	
Folate, total	mcg	7		0	PAE	4		20	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0	PAE	4		20	6	
Folate, DFE	mcg_DFE	7		0	NC	4		20	6	
Choline, total	mg	86.7		0	BFPN	4		250.6	73.7	
Betaine	mg	11.4		0	BFPN	4		32.9	9.7	
Vitamin B-12	mcg	2.56		0	PAE	4		7.40	2.18	
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	11.330		0	PAE	4		32.744	9.631	
4:0	g									
6:0	g									
8:0	g									

NDB No. 13826

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.080		0	PAE	4		0.231	0.068	
12:0 g	0.070		0	PAE	4		0.202	0.060	
13:0 g									
14:0 g	0.910		0	PAE	4		2.630	0.774	
15:0 g									
16:0 g	6.950		0	PAE	4		20.086	5.908	
17:0 g									
18:0 g	3.310		0	PAE	4		9.566	2.814	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.080		0	PAE	4		34.911	10.268	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.190		0	PAE	4		3.439	1.012	
17:1 g									
18:1 undifferentiated g	10.840		0	PAE	4		31.328	9.214	
20:1 g	0.050		0	PAE	4		0.145	0.043	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.000		0	PAE	4		2.890	0.850	
18:2 undifferentiated g	0.660		0	PAE	4		1.907	0.561	
18:3 undifferentiated g	0.310		0	PAE	4		0.896	0.264	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		0	PAE	4		0.058	0.017	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	84		0	PAE	4		243	71	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.255		0	PAE	4		0.737	0.217	
Threonine g	0.994		0	PAE	4		2.873	0.845	
Isoleucine g	1.024		0	PAE	4		2.959	0.870	
Leucine g	1.800		0	PAE	4		5.202	1.530	
Lysine g	1.894		0	PAE	4		5.474	1.610	
Methionine g	0.583		0	PAE	4		1.685	0.496	
Cystine g	0.255		0	PAE	4		0.737	0.217	
Phenylalanine g	0.889		0	PAE	4		2.569	0.756	
Tyrosine g	0.765		0	PAE	4		2.211	0.650	
Valine g	1.107		0	PAE	4		3.199	0.941	
Arginine g	1.439		0	PAE	4		4.159	1.223	
Histidine g	0.780		0	PAE	4		2.254	0.663	
Alanine g	1.373		0	PAE	4		3.968	1.167	
Aspartic acid g	2.080		0	PAE	4		6.011	1.768	
Glutamic acid g	3.421		0	PAE	4		9.887	2.908	
Glycine g	1.242		0	PAE	4		3.589	1.056	
Proline g	1.005		0	PAE	4		2.904	0.854	
Serine g	0.871		0	PAE	4		2.517	0.740	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 289g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13826

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13824

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 16% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.24		0	PAE	4		15.66	250.57	
Energy....kcal	306		0	NC	4		87	1388	
Energy....kJ	1280		0		4		363	5807	
Protein (N x 6.25)....g	16.53		0	PAE	4		4.69	74.98	
Total lipid (fat)....g	26.10		0	PAE	4		7.40	118.39	
Ash....g	0.78		0	PAE	4		0.22	3.54	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	PAE	4		3	41	
Iron, Fe....mg	1.74		0	PAE	4		0.49	7.89	
Magnesium, Mg....mg	16		0	PAE	4		5	73	
Phosphorus, P....mg	156		0	PAE	4		44	708	
Potassium, K....mg	272		0	PAE	4		77	1234	
Sodium, Na....mg	55		0	PAE	4		16	249	
Zinc, Zn....mg	3.73		0	PAE	4		1.06	16.92	
Copper, Cu....mg	0.059		0	PAE	4		0.017	0.268	
Manganese, Mn....mg	0.012		0	PAE	4		0.003	0.054	
Selenium, Se....mcg	16.2		0	BFNN	4		4.6	73.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0	PAE	4		0.023	0.363	
Riboflavin....mg	0.130		0	PAE	4		0.037	0.590	
Niacin....mg	2.800		0	PAE	4		0.794	12.701	
Pantothenic acid....mg	0.310		0	PAE	4		0.088	1.406	
Vitamin B-6....mg	0.310		0	PAE	4		0.088	1.406	
Folate, total....mcg	5		0	PAE	4		1	23	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0	PAE	4		1	23	
Folate, DFE....mcg_DFE	5		0	NC	4		1	23	
Choline, total....mg	69.0		0	BFPN	4		19.6	313.2	
Betaine....mg	10.2		0	BFPN	4		2.9	46.1	
Vitamin B-12....mcg	2.82		0	PAE	4		0.80	12.79	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	10.760		0	PAE	4		3.050	48.807	
4:0....g									
6:0....g									
8:0....g									

NDB No. 13824

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.090		0	PAE	4		0.026	0.408	
12:0 g	0.060		0	PAE	4		0.017	0.272	
13:0 g									
14:0 g	0.860		0	PAE	4		0.244	3.901	
15:0 g									
16:0 g	6.470		0	PAE	4		1.834	29.348	
17:0 g									
18:0 g	3.280		0	PAE	4		0.930	14.878	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.240		0	PAE	4		3.187	50.985	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.320		0	PAE	4		0.374	5.988	
17:1 g									
18:1 undifferentiated g	9.870		0	PAE	4		2.798	44.770	
20:1 g	0.040		0	PAE	4		0.011	0.181	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.940		0	PAE	4		0.266	4.264	
18:2 undifferentiated g	0.600		0	PAE	4		0.170	2.722	
18:3 undifferentiated g	0.320		0	PAE	4		0.091	1.452	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	70		0	PAE	4		20	318	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.185		0	PAE	4		0.052	0.839	
Threonine g	0.722		0	PAE	4		0.205	3.275	
Isoleucine g	0.743		0	PAE	4		0.211	3.370	
Leucine g	1.306		0	PAE	4		0.370	5.924	
Lysine g	1.375		0	PAE	4		0.390	6.237	
Methionine g	0.423		0	PAE	4		0.120	1.919	
Cystine g	0.185		0	PAE	4		0.052	0.839	
Phenylalanine g	0.645		0	PAE	4		0.183	2.926	
Tyrosine g	0.555		0	PAE	4		0.157	2.517	
Valine g	0.804		0	PAE	4		0.228	3.647	
Arginine g	1.045		0	PAE	4		0.296	4.740	
Histidine g	0.566		0	PAE	4		0.160	2.567	
Alanine g	0.997		0	PAE	4		0.283	4.522	
Aspartic acid g	1.510		0	PAE	4		0.428	6.849	
Glutamic acid g	2.483		0	PAE	4		0.704	11.263	
Glycine g	0.902		0	PAE	4		0.256	4.091	
Proline g	0.730		0	PAE	4		0.207	3.311	
Serine g	0.632		0	PAE	4		0.179	2.867	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13824

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13828

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Refuse: 21% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.33		0	PAE	4		126.37	40.23	
Energy....kcal	352		0	NC	4		940	299	
Energy....kJ	1473		0		4		3932	1252	
Protein (N x 6.25)....g	22.26		0	PAE	4		59.43	18.92	
Total lipid (fat)....g	28.50		0	PAE	4		76.10	24.23	
Ash....g	1.03		0	PAE	4		2.75	0.88	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0	PAE	4		29	9	
Iron, Fe....mg	2.18		0	PAE	4		5.82	1.85	
Magnesium, Mg....mg	20		0	PAE	4		53	17	
Phosphorus, P....mg	178		0	PAE	4		475	151	
Potassium, K....mg	313		0	PAE	4		836	266	
Sodium, Na....mg	63		0	PAE	4		168	54	
Zinc, Zn....mg	5.23		0	PAE	4		13.96	4.45	
Copper, Cu....mg	0.081		0	PAE	4		0.216	0.069	
Manganese, Mn....mg	0.013		0	PAE	4		0.035	0.011	
Selenium, Se....mcg	21.8		0	BFYN	4		58.2	18.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0	PAE	4		0.214	0.068	
Riboflavin....mg	0.170		0	PAE	4		0.454	0.145	
Niacin....mg	3.250		0	PAE	4		8.678	2.763	
Pantothenic acid....mg	0.320		0	PAE	4		0.854	0.272	
Vitamin B-6....mg	0.270		0	PAE	4		0.721	0.230	
Folate, total....mcg	6		0	PAE	4		16	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0	PAE	4		16	5	
Folate, DFE....mcg_DFE	6		0	NC	4		16	5	
Choline, total....mg	84.8		0	BFPN	4		226.4	72.1	
Betaine....mg	11.1		0	BFPN	4		29.7	9.5	
Vitamin B-12....mcg	2.87		0	PAE	4		7.66	2.44	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.570		0	PAE	4		30.892	9.835	
4:0....g									
6:0....g									
8:0....g									

NDB No. 13828

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.080		0	PAE	4		0.214	0.068	
12:0 g	0.080		0	PAE	4		0.214	0.068	
13:0 g									
14:0 g	0.930		0	PAE	4		2.483	0.791	
15:0 g									
16:0 g	7.090		0	PAE	4		18.930	6.027	
17:0 g									
18:0 g	3.390		0	PAE	4		9.051	2.882	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.120		0	PAE	4		32.360	10.302	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.200		0	PAE	4		3.204	1.020	
17:1 g									
18:1 undifferentiated g	10.860		0	PAE	4		28.996	9.231	
20:1 g	0.050		0	PAE	4		0.134	0.043	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.040		0	PAE	4		2.777	0.884	
18:2 undifferentiated g	0.700		0	PAE	4		1.869	0.595	
18:3 undifferentiated g	0.310		0	PAE	4		0.828	0.264	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	PAE	4		0.080	0.026	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	82		0	PAE	4		219	70	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.249		0	PAE	4		0.665	0.212	
Threonine g	0.972		0	PAE	4		2.595	0.826	
Isoleucine g	1.001		0	PAE	4		2.673	0.851	
Leucine g	1.760		0	PAE	4		4.699	1.496	
Lysine g	1.852		0	PAE	4		4.945	1.574	
Methionine g	0.570		0	PAE	4		1.522	0.485	
Cystine g	0.249		0	PAE	4		0.665	0.212	
Phenylalanine g	0.869		0	PAE	4		2.320	0.739	
Tyrosine g	0.748		0	PAE	4		1.997	0.636	
Valine g	1.083		0	PAE	4		2.892	0.921	
Arginine g	1.407		0	PAE	4		3.757	1.196	
Histidine g	0.762		0	PAE	4		2.035	0.648	
Alanine g	1.343		0	PAE	4		3.586	1.142	
Aspartic acid g	2.034		0	PAE	4		5.431	1.729	
Glutamic acid g	3.345		0	PAE	4		8.931	2.843	
Glycine g	1.215		0	PAE	4		3.244	1.033	
Proline g	0.983		0	PAE	4		2.625	0.836	
Serine g	0.851		0	PAE	4		2.272	0.723	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13828

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13829

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Refuse: 17% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.87		0	PAE	4		135.45	39.84	
Energy....kcal	365		0	NC	4		1055	310	
Energy....kJ	1527		0		4		4413	1298	
Protein (N x 6.25)....g	22.60		0	PAE	4		65.31	19.21	
Total lipid (fat)....g	29.79		0	PAE	4		86.09	25.32	
Ash....g	0.98		0	PAE	4		2.83	0.83	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0	PAE	4		32	9	
Iron, Fe....mg	2.35		0	PAE	4		6.79	2.00	
Magnesium, Mg....mg	20		0	PAE	4		58	17	
Phosphorus, P....mg	176		0	PAE	4		509	150	
Potassium, K....mg	302		0	PAE	4		873	257	
Sodium, Na....mg	64		0	PAE	4		185	54	
Zinc, Zn....mg	5.40		0	PAE	4		15.61	4.59	
Copper, Cu....mg	0.084		0	PAE	4		0.243	0.071	
Manganese, Mn....mg	0.013		0	PAE	4		0.038	0.011	
Selenium, Se....mcg	22.4		0	BFYN	4		64.7	19.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0	PAE	4		0.202	0.060	
Riboflavin....mg	0.170		0	PAE	4		0.491	0.145	
Niacin....mg	3.430		0	PAE	4		9.913	2.916	
Pantothenic acid....mg	0.310		0	PAE	4		0.896	0.264	
Vitamin B-6....mg	0.230		0	PAE	4		0.665	0.196	
Folate, total....mcg	7		0	PAE	4		20	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0	PAE	4		20	6	
Folate, DFE....mcg_DFE	7		0	NC	4		20	6	
Choline, total....mg	86.1		0	BFPN	4		248.8	73.2	
Betaine....mg									
Vitamin B-12....mcg	2.55		0	PAE	4		7.37	2.17	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.24		0	BFSN	4		0.69	0.20	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		1.4	0.4	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		1.4	0.4	
Vitamin D....IU	19		0	BFFN	4		56	17	
Vitamin K (phylloquinone)....mcg	2.0		0	BFSN	4		5.8	1.7	
Lipids:									
Fatty acids, total saturated....g	12.010		0	PAE	4		34.709	10.209	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13829

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.090		0	PAE	4		0.260	0.077	
12:0 g	0.080		0	PAE	4		0.231	0.068	
13:0 g									
14:0 g	0.970		0	PAE	4		2.803	0.825	
15:0 g									
16:0 g	7.360		0	PAE	4		21.270	6.256	
17:0 g									
18:0 g	3.520		0	PAE	4		10.173	2.992	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.800		0	PAE	4		36.992	10.880	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.260		0	PAE	4		3.641	1.071	
17:1 g									
18:1 undifferentiated g	11.480		0	PAE	4		33.177	9.758	
20:1 g	0.060		0	PAE	4		0.173	0.051	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.050		0	PAE	4		3.035	0.893	
18:2 undifferentiated g	0.700		0	PAE	4		2.023	0.595	
18:3 undifferentiated g	0.330		0	PAE	4		0.954	0.281	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		0	PAE	4		0.058	0.017	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	84		0	PAE	4		243	71	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.253		0	PAE	4		0.731	0.215	
Threonine g	0.987		0	PAE	4		2.852	0.839	
Isoleucine g	1.016		0	PAE	4		2.936	0.864	
Leucine g	1.786		0	PAE	4		5.162	1.518	
Lysine g	1.880		0	PAE	4		5.433	1.598	
Methionine g	0.579		0	PAE	4		1.673	0.492	
Cystine g	0.253		0	PAE	4		0.731	0.215	
Phenylalanine g	0.882		0	PAE	4		2.549	0.750	
Tyrosine g	0.759		0	PAE	4		2.194	0.645	
Valine g	1.099		0	PAE	4		3.176	0.934	
Arginine g	1.428		0	PAE	4		4.127	1.214	
Histidine g	0.774		0	PAE	4		2.237	0.658	
Alanine g	1.363		0	PAE	4		3.939	1.159	
Aspartic acid g	2.065		0	PAE	4		5.968	1.755	
Glutamic acid g	3.396		0	PAE	4		9.814	2.887	
Glycine g	1.233		0	PAE	4		3.563	1.048	
Proline g	0.998		0	PAE	4		2.884	0.848	
Serine g	0.864		0	PAE	4		2.497	0.734	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13829

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 289g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13827

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 17% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	53.85		0	PAE	4		15.27	244.26	
Energy ... kcal	322		0	NC	4		91	1461	
Energy ... kJ	1347		0		4		382	6111	
Protein (N x 6.25) ... g	16.34		0	PAE	4		4.63	74.12	
Total lipid (fat) ... g	27.93		0	PAE	4		7.92	126.69	
Ash ... g	0.77		0	PAE	4		0.22	3.49	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	9		0	PAE	4		3	41	
Iron, Fe ... mg	1.72		0	PAE	4		0.49	7.80	
Magnesium, Mg ... mg	16		0	PAE	4		5	73	
Phosphorus, P ... mg	154		0	PAE	4		44	699	
Potassium, K ... mg	267		0	PAE	4		76	1211	
Sodium, Na ... mg	54		0	PAE	4		15	245	
Zinc, Zn ... mg	3.66		0	PAE	4		1.04	16.60	
Copper, Cu ... mg	0.058		0	PAE	4		0.016	0.263	
Manganese, Mn ... mg	0.012		0	PAE	4		0.003	0.054	
Selenium, Se ... mcg	16.3		0	BFNN	4		4.6	73.9	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.080		0	PAE	4		0.023	0.363	
Riboflavin ... mg	0.130		0	PAE	4		0.037	0.590	
Niacin ... mg	2.780		0	PAE	4		0.788	12.610	
Pantothenic acid ... mg	0.310		0	PAE	4		0.088	1.406	
Vitamin B-6 ... mg	0.310		0	PAE	4		0.088	1.406	
Folate, total ... mcg	5		0	PAE	4		1	23	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	5		0	PAE	4		1	23	
Folate, DFE ... mcg_DFE	5		0	NC	4		1	23	
Choline, total ... mg	68.2		0	BFPN	4		19.3	309.6	
Betaine ... mg	10.0		0	BFPN	4		2.8	45.5	
Vitamin B-12 ... mcg	2.79		0	PAE	4		0.79	12.66	
Vitamin A, RAE ... mcg_RAE									
Retinol ... mcg									
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	0		0	PAE	4		0	0	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	11.510		0	PAE	4		3.263	52.209	
4:0 ... g									
6:0 ... g									
8:0 ... g									

NDB No. 13827

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.100		0	PAE	4		0.028	0.454	
12:0 g	0.070		0	PAE	4		0.020	0.318	
13:0 g									
14:0 g	0.920		0	PAE	4		0.261	4.173	
15:0 g									
16:0 g	6.920		0	PAE	4		1.962	31.389	
17:0 g									
18:0 g	3.510		0	PAE	4		0.995	15.921	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.020		0	PAE	4		3.408	54.523	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.410		0	PAE	4		0.400	6.396	
17:1 g									
18:1 undifferentiated g	10.570		0	PAE	4		2.997	47.946	
20:1 g	0.040		0	PAE	4		0.011	0.181	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.010		0	PAE	4		0.286	4.581	
18:2 undifferentiated g	0.640		0	PAE	4		0.181	2.903	
18:3 undifferentiated g	0.340		0	PAE	4		0.096	1.542	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	71		0	PAE	4		20	322	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.183		0	PAE	4		0.052	0.830	
Threonine g	0.714		0	PAE	4		0.202	3.239	
Isoleucine g	0.734		0	PAE	4		0.208	3.329	
Leucine g	1.291		0	PAE	4		0.366	5.856	
Lysine g	1.359		0	PAE	4		0.385	6.164	
Methionine g	0.418		0	PAE	4		0.119	1.896	
Cystine g	0.183		0	PAE	4		0.052	0.830	
Phenylalanine g	0.638		0	PAE	4		0.181	2.894	
Tyrosine g	0.549		0	PAE	4		0.156	2.490	
Valine g	0.795		0	PAE	4		0.225	3.606	
Arginine g	1.032		0	PAE	4		0.293	4.681	
Histidine g	0.559		0	PAE	4		0.158	2.536	
Alanine g	0.985		0	PAE	4		0.279	4.468	
Aspartic acid g	1.492		0	PAE	4		0.423	6.768	
Glutamic acid g	2.454		0	PAE	4		0.696	11.131	
Glycine g	0.891		0	PAE	4		0.253	4.042	
Proline g	0.721		0	PAE	4		0.204	3.270	
Serine g	0.625		0	PAE	4		0.177	2.835	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13827

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13834

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

URMIS #1986

Refuse: 19% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	44.87		0	PAE	4		122.94	38.14	
Energy	kcal	386		0	NC	4		1058	328	
Energy	kJ	1615				4		4425	1373	
Protein (N x 6.25)	g	21.95		0	PAE	4		60.14	18.66	
Total lipid (fat)	g	32.38		0	PAE	4		88.72	27.52	
Ash	g	0.96		0	PAE	4		2.63	0.82	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0	PAE	4		30	9	
Iron, Fe	mg	2.13		0	PAE	4		5.84	1.81	
Magnesium, Mg	mg	20		0	PAE	4		55	17	
Phosphorus, P	mg	169		0	PAE	4		463	144	
Potassium, K	mg	310		0	PAE	4		849	264	
Sodium, Na	mg	62		0	PAE	4		170	53	
Zinc, Zn	mg	5.19		0	PAE	4		14.22	4.41	
Copper, Cu	mg	0.081		0	PAE	4		0.222	0.069	
Manganese, Mn	mg	0.014		0	PAE	4		0.038	0.012	
Selenium, Se	mcg	27.7		0	BFYN	4		75.9	23.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.080		0	PAE	4		0.219	0.068	
Riboflavin	mg	0.180		0	PAE	4		0.493	0.153	
Niacin	mg	3.190		0	PAE	4		8.741	2.712	
Pantothenic acid	mg	0.320		0	PAE	4		0.877	0.272	
Vitamin B-6	mg	0.300		0	PAE	4		0.822	0.255	
Folate, total	mcg	6		0	PAE	4		16	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0	PAE	4		16	5	
Folate, DFE	mcg_DFE	6		0	NC	4		16	5	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.84		0	PAE	4		7.78	2.41	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol	mcg	0		0	PAE	4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	13.420		0	PAE	4		36.771	11.407	
4:0	g									
6:0	g									
8:0	g									

NDB No. 13834

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.080		0	PAE	4		0.219	0.068	
12:0 ... g	0.080		0	PAE	4		0.219	0.068	
13:0 ... g									
14:0 ... g	1.060		0	PAE	4		2.904	0.901	
15:0 ... g									
16:0 ... g	8.000		0	PAE	4		21.920	6.800	
17:0 ... g									
18:0 ... g	3.930		0	PAE	4		10.768	3.341	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	14.130		0	PAE	4		38.716	12.011	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.310		0	PAE	4		3.589	1.114	
17:1 ... g									
18:1 undifferentiated ... g	12.550		0	PAE	4		34.387	10.668	
20:1 ... g	0.060		0	PAE	4		0.164	0.051	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.120		0	PAE	4		3.069	0.952	
18:2 undifferentiated ... g	0.760		0	PAE	4		2.082	0.646	
18:3 undifferentiated ... g	0.310		0	PAE	4		0.849	0.264	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.040		0	PAE	4		0.110	0.034	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	85		0	PAE	4		233	72	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.246		0	PAE	4		0.674	0.209	
Threonine ... g	0.959		0	PAE	4		2.628	0.815	
Isoleucine ... g	0.987		0	PAE	4		2.704	0.839	
Leucine ... g	1.735		0	PAE	4		4.754	1.475	
Lysine ... g	1.826		0	PAE	4		5.003	1.552	
Methionine ... g	0.562		0	PAE	4		1.540	0.478	
Cystine ... g	0.246		0	PAE	4		0.674	0.209	
Phenylalanine ... g	0.857		0	PAE	4		2.348	0.728	
Tyrosine ... g	0.738		0	PAE	4		2.022	0.627	
Valine ... g	1.068		0	PAE	4		2.926	0.908	
Arginine ... g	1.387		0	PAE	4		3.800	1.179	
Histidine ... g	0.752		0	PAE	4		2.060	0.639	
Alanine ... g	1.324		0	PAE	4		3.628	1.125	
Aspartic acid ... g	2.005		0	PAE	4		5.494	1.704	
Glutamic acid ... g	3.298		0	PAE	4		9.037	2.803	
Glycine ... g	1.198		0	PAE	4		3.283	1.018	
Proline ... g	0.969		0	PAE	4		2.655	0.824	
Serine ... g	0.839		0	PAE	4		2.299	0.713	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 274g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13834

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13835

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

URMIS #1986

Refuse: 20% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	43.40		0	PAE	4		120.65	36.89	
Energy	kcal	400		0	NC	4		1112	340	
Energy	kJ	1674				4		4653	1423	
Protein (N x 6.25)	g	22.57		0	PAE	4		62.74	19.18	
Total lipid (fat)	g	33.70		0	PAE	4		93.69	28.65	
Ash	g	0.91		0	PAE	4		2.53	0.77	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0	PAE	4		31	9	
Iron, Fe	mg	2.17		0	PAE	4		6.03	1.84	
Magnesium, Mg	mg	20		0	PAE	4		56	17	
Phosphorus, P	mg	175		0	PAE	4		487	149	
Potassium, K	mg	304		0	PAE	4		845	258	
Sodium, Na	mg	65		0	PAE	4		181	55	
Zinc, Zn	mg	5.39		0	PAE	4		14.98	4.58	
Copper, Cu	mg	0.083		0	PAE	4		0.231	0.071	
Manganese, Mn	mg	0.013		0	PAE	4		0.036	0.011	
Selenium, Se	mcg	28.4		0	BFYN	4		79.0	24.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.070		0	PAE	4		0.195	0.060	
Riboflavin	mg	0.180		0	PAE	4		0.500	0.153	
Niacin	mg	3.400		0	PAE	4		9.452	2.890	
Pantothenic acid	mg	0.360		0	PAE	4		1.001	0.306	
Vitamin B-6	mg	0.260		0	PAE	4		0.723	0.221	
Folate, total	mcg	7		0	PAE	4		19	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0	PAE	4		19	6	
Folate, DFE	mcg_DFE	7		0	NC	4		19	6	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.56		0	PAE	4		7.12	2.18	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol	mcg	0		0	PAE	4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	13.960		0	PAE	4		38.809	11.866	
4:0	g									
6:0	g									
8:0	g									

NDB No. 13835

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.080		0	PAE	4		0.222	0.068	
12:0 g	0.080		0	PAE	4		0.222	0.068	
13:0 g									
14:0 g	1.100		0	PAE	4		3.058	0.935	
15:0 g									
16:0 g	8.330		0	PAE	4		23.157	7.081	
17:0 g									
18:0 g	4.070		0	PAE	4		11.315	3.460	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	14.690		0	PAE	4		40.838	12.487	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.370		0	PAE	4		3.809	1.165	
17:1 g									
18:1 undifferentiated g	13.040		0	PAE	4		36.251	11.084	
20:1 g	0.050		0	PAE	4		0.139	0.043	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.170		0	PAE	4		3.253	0.995	
18:2 undifferentiated g	0.790		0	PAE	4		2.196	0.672	
18:3 undifferentiated g	0.320		0	PAE	4		0.890	0.272	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0	PAE	4		0.111	0.034	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	85		0	PAE	4		236	72	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.253		0	PAE	4		0.703	0.215	
Threonine g	0.986		0	PAE	4		2.741	0.838	
Isoleucine g	1.015		0	PAE	4		2.822	0.863	
Leucine g	1.784		0	PAE	4		4.960	1.516	
Lysine g	1.878		0	PAE	4		5.221	1.596	
Methionine g	0.578		0	PAE	4		1.607	0.491	
Cystine g	0.253		0	PAE	4		0.703	0.215	
Phenylalanine g	0.881		0	PAE	4		2.449	0.749	
Tyrosine g	0.758		0	PAE	4		2.107	0.644	
Valine g	1.098		0	PAE	4		3.052	0.933	
Arginine g	1.427		0	PAE	4		3.967	1.213	
Histidine g	0.773		0	PAE	4		2.149	0.657	
Alanine g	1.361		0	PAE	4		3.784	1.157	
Aspartic acid g	2.062		0	PAE	4		5.732	1.753	
Glutamic acid g	3.391		0	PAE	4		9.427	2.882	
Glycine g	1.231		0	PAE	4		3.422	1.046	
Proline g	0.997		0	PAE	4		2.772	0.847	
Serine g	0.863		0	PAE	4		2.399	0.734	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 278g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13835

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13833

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw

URMIS #1986

Refuse: 16% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.51		0	PAE	4		14.60	233.65	
Energy....kcal	355		0	NC	4		101	1610	
Energy....kJ	1485		0		4		421	6737	
Protein (N x 6.25)....g	16.15		0	PAE	4		4.58	73.26	
Total lipid (fat)....g	31.66		0	PAE	4		8.98	143.61	
Ash....g	0.76		0	PAE	4		0.22	3.45	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	PAE	4		3	41	
Iron, Fe....mg	1.70		0	PAE	4		0.48	7.71	
Magnesium, Mg....mg	16		0	PAE	4		5	73	
Phosphorus, P....mg	152		0	PAE	4		43	689	
Potassium, K....mg	263		0	PAE	4		75	1193	
Sodium, Na....mg	53		0	PAE	4		15	240	
Zinc, Zn....mg	3.60		0	PAE	4		1.02	16.33	
Copper, Cu....mg	0.057		0	PAE	4		0.016	0.259	
Manganese, Mn....mg	0.011		0	PAE	4		0.003	0.050	
Selenium, Se....mcg	20.7		0	BFNN	4		5.9	93.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0	PAE	4		0.023	0.363	
Riboflavin....mg	0.130		0	PAE	4		0.037	0.590	
Niacin....mg	2.750		0	PAE	4		0.780	12.474	
Pantothenic acid....mg	0.300		0	PAE	4		0.085	1.361	
Vitamin B-6....mg	0.310		0	PAE	4		0.088	1.406	
Folate, total....mcg	5		0	PAE	4		1	23	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0	PAE	4		1	23	
Folate, DFE....mcg_DFE	5		0	NC	4		1	23	
Choline, total....mg	67.5		0	BFPN	4		19.1	306.0	
Betaine....mg	9.9		0	BFPN	4		2.8	45.0	
Vitamin B-12....mcg	2.76		0	PAE	4		0.78	12.52	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	13.220		0	PAE	4		3.748	59.966	
4:0....g									
6:0....g									
8:0....g									

NDB No. 13833

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.110		0	PAE	4		0.031	0.499	
12:0 g	0.070		0	PAE	4		0.020	0.318	
13:0 g									
14:0 g	1.030		0	PAE	4		0.292	4.672	
15:0 g									
16:0 g	7.820		0	PAE	4		2.217	35.472	
17:0 g									
18:0 g	3.990		0	PAE	4		1.131	18.099	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	13.770		0	PAE	4		3.904	62.461	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.570		0	PAE	4		0.445	7.122	
17:1 g									
18:1 undifferentiated g	11.970		0	PAE	4		3.393	54.296	
20:1 g	0.050		0	PAE	4		0.014	0.227	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.150		0	PAE	4		0.326	5.216	
18:2 undifferentiated g	0.750		0	PAE	4		0.213	3.402	
18:3 undifferentiated g	0.370		0	PAE	4		0.105	1.678	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	72		0	PAE	4		20	327	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.181		0	PAE	4		0.051	0.821	
Threonine g	0.705		0	PAE	4		0.200	3.198	
Isoleucine g	0.726		0	PAE	4		0.206	3.293	
Leucine g	1.276		0	PAE	4		0.362	5.788	
Lysine g	1.344		0	PAE	4		0.381	6.096	
Methionine g	0.413		0	PAE	4		0.117	1.873	
Cystine g	0.181		0	PAE	4		0.051	0.821	
Phenylalanine g	0.630		0	PAE	4		0.179	2.858	
Tyrosine g	0.543		0	PAE	4		0.154	2.463	
Valine g	0.785		0	PAE	4		0.223	3.561	
Arginine g	1.021		0	PAE	4		0.289	4.631	
Histidine g	0.553		0	PAE	4		0.157	2.508	
Alanine g	0.974		0	PAE	4		0.276	4.418	
Aspartic acid g	1.475		0	PAE	4		0.418	6.691	
Glutamic acid g	2.426		0	PAE	4		0.688	11.004	
Glycine g	0.881		0	PAE	4		0.250	3.996	
Proline g	0.713		0	PAE	4		0.202	3.234	
Serine g	0.618		0	PAE	4		0.175	2.803	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13833

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13831

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Refuse: 22% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.41		0	PAE	4		133.08	42.85	
Energy....kcal	315		0	NC	4		832	268	
Energy....kJ	1318		0		4		3479	1120	
Protein (N x 6.25)....g	22.73		0	PAE	4		60.01	19.32	
Total lipid (fat)....g	24.20		0	PAE	4		63.89	20.57	
Ash....g	1.05		0	PAE	4		2.77	0.89	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0	PAE	4		29	9	
Iron, Fe....mg	2.22		0	PAE	4		5.86	1.89	
Magnesium, Mg....mg	20		0	PAE	4		53	17	
Phosphorus, P....mg	182		0	PAE	4		480	155	
Potassium, K....mg	321		0	PAE	4		847	273	
Sodium, Na....mg	64		0	PAE	4		169	54	
Zinc, Zn....mg	5.38		0	PAE	4		14.20	4.57	
Copper, Cu....mg	0.083		0	PAE	4		0.219	0.071	
Manganese, Mn....mg	0.014		0	PAE	4		0.037	0.012	
Selenium, Se....mcg	21.1		0	BFYN	4		55.7	17.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0	PAE	4		0.211	0.068	
Riboflavin....mg	0.170		0	PAE	4		0.449	0.145	
Niacin....mg	3.310		0	PAE	4		8.738	2.814	
Pantothenic acid....mg	0.330		0	PAE	4		0.871	0.281	
Vitamin B-6....mg	0.280		0	PAE	4		0.739	0.238	
Folate, total....mcg	6		0	PAE	4		16	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0	PAE	4		16	5	
Folate, DFE....mcg_DFE	6		0	NC	4		16	5	
Choline, total....mg	86.6		0	BFPN	4		228.5	73.6	
Betaine....mg	11.4		0	BFPN	4		30.0	9.7	
Vitamin B-12....mcg	2.93		0	PAE	4		7.74	2.49	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.810		0	PAE	4		25.898	8.339	
4:0....g									
6:0....g									
8:0....g									

NDB No. 13831

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.070		0	PAE	4		0.185	0.060	
12:0 g	0.060		0	PAE	4		0.158	0.051	
13:0 g									
14:0 g	0.790		0	PAE	4		2.086	0.672	
15:0 g									
16:0 g	6.020		0	PAE	4		15.893	5.117	
17:0 g									
18:0 g	2.870		0	PAE	4		7.577	2.440	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.280		0	PAE	4		27.139	8.738	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.010		0	PAE	4		2.666	0.859	
17:1 g									
18:1 undifferentiated g	9.220		0	PAE	4		24.341	7.837	
20:1 g	0.040		0	PAE	4		0.106	0.034	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.890		0	PAE	4		2.350	0.757	
18:2 undifferentiated g	0.600		0	PAE	4		1.584	0.510	
18:3 undifferentiated g	0.260		0	PAE	4		0.686	0.221	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	PAE	4		0.079	0.026	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	81		0	PAE	4		214	69	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.255		0	PAE	4		0.673	0.217	
Threonine g	0.993		0	PAE	4		2.622	0.844	
Isoleucine g	1.022		0	PAE	4		2.698	0.869	
Leucine g	1.796		0	PAE	4		4.741	1.527	
Lysine g	1.891		0	PAE	4		4.992	1.607	
Methionine g	0.582		0	PAE	4		1.536	0.495	
Cystine g	0.255		0	PAE	4		0.673	0.217	
Phenylalanine g	0.887		0	PAE	4		2.342	0.754	
Tyrosine g	0.764		0	PAE	4		2.017	0.649	
Valine g	1.105		0	PAE	4		2.917	0.939	
Arginine g	1.436		0	PAE	4		3.791	1.221	
Histidine g	0.778		0	PAE	4		2.054	0.661	
Alanine g	1.371		0	PAE	4		3.619	1.165	
Aspartic acid g	2.076		0	PAE	4		5.481	1.765	
Glutamic acid g	3.414		0	PAE	4		9.013	2.902	
Glycine g	1.240		0	PAE	4		3.274	1.054	
Proline g	1.004		0	PAE	4		2.651	0.853	
Serine g	0.869		0	PAE	4		2.294	0.739	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 264g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13831

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13832

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Refuse: 17% Bone

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	49.90		0	PAE	4		144.21	42.42	
Energy	kcal	330		0	NC	4		954	281	
Energy	kJ	1381		0		4		3990	1174	
Protein (N x 6.25)	g	23.10		0	PAE	4		66.76	19.64	
Total lipid (fat)	g	25.63		0	PAE	4		74.07	21.79	
Ash	g	1.00		0	PAE	4		2.89	0.85	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0	PAE	4		32	9	
Iron, Fe	mg	2.41		0	PAE	4		6.96	2.05	
Magnesium, Mg	mg	20		0	PAE	4		58	17	
Phosphorus, P	mg	180		0	PAE	4		520	153	
Potassium, K	mg	310		0	PAE	4		896	264	
Sodium, Na	mg	65		0	PAE	4		188	55	
Zinc, Zn	mg	5.57		0	PAE	4		16.10	4.73	
Copper, Cu	mg	0.085		0	PAE	4		0.246	0.072	
Manganese, Mn	mg	0.014		0	PAE	4		0.040	0.012	
Selenium, Se	mcg	21.7		0	BFYN	4		62.7	18.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.070		0	PAE	4		0.202	0.060	
Riboflavin	mg	0.180		0	PAE	4		0.520	0.153	
Niacin	mg	3.510		0	PAE	4		10.144	2.984	
Pantothenic acid	mg	0.320		0	PAE	4		0.925	0.272	
Vitamin B-6	mg	0.240		0	PAE	4		0.694	0.204	
Folate, total	mcg	7		0	PAE	4		20	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0	PAE	4		20	6	
Folate, DFE	mcg_DFE	7		0	NC	4		20	6	
Choline, total	mg	88.0		0	BFPN	4		254.3	74.8	
Betaine	mg	11.6		0	BFPN	4		33.4	9.8	
Vitamin B-12	mcg	2.58		0	PAE	4		7.46	2.19	
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	10.320		0	PAE	4		29.825	8.772	
4:0	g									
6:0	g									
8:0	g									

NDB No. 13832

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.070		0	PAE	4		0.202	0.060	
12:0 g	0.070		0	PAE	4		0.202	0.060	
13:0 g									
14:0 g	0.830		0	PAE	4		2.399	0.706	
15:0 g									
16:0 g	6.330		0	PAE	4		18.294	5.381	
17:0 g									
18:0 g	3.020		0	PAE	4		8.728	2.567	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.010		0	PAE	4		31.819	9.359	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.080		0	PAE	4		3.121	0.918	
17:1 g									
18:1 undifferentiated g	9.890		0	PAE	4		28.582	8.407	
20:1 g	0.050		0	PAE	4		0.145	0.043	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.910		0	PAE	4		2.630	0.774	
18:2 undifferentiated g	0.610		0	PAE	4		1.763	0.519	
18:3 undifferentiated g	0.280		0	PAE	4		0.809	0.238	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		0	PAE	4		0.058	0.017	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	84		0	PAE	4		243	71	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.259		0	PAE	4		0.749	0.220	
Threonine g	1.009		0	PAE	4		2.916	0.858	
Isoleucine g	1.039		0	PAE	4		3.003	0.883	
Leucine g	1.826		0	PAE	4		5.277	1.552	
Lysine g	1.922		0	PAE	4		5.555	1.634	
Methionine g	0.591		0	PAE	4		1.708	0.502	
Cystine g	0.259		0	PAE	4		0.749	0.220	
Phenylalanine g	0.902		0	PAE	4		2.607	0.767	
Tyrosine g	0.776		0	PAE	4		2.243	0.660	
Valine g	1.124		0	PAE	4		3.248	0.955	
Arginine g	1.460		0	PAE	4		4.219	1.241	
Histidine g	0.791		0	PAE	4		2.286	0.672	
Alanine g	1.393		0	PAE	4		4.026	1.184	
Aspartic acid g	2.110		0	PAE	4		6.098	1.794	
Glutamic acid g	3.471		0	PAE	4		10.031	2.950	
Glycine g	1.260		0	PAE	4		3.641	1.071	
Proline g	1.020		0	PAE	4		2.948	0.867	
Serine g	0.883		0	PAE	4		2.552	0.751	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 289g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13832

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13830

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw

Refuse: 16% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.48		0	PAE	4		16.30	260.73	
Energy....kcal	288		0	NC	4		82	1306	
Energy....kJ	1205		0		4		342	5466	
Protein (N x 6.25)....g	16.75		0	PAE	4		4.75	75.98	
Total lipid (fat)....g	23.95		0	PAE	4		6.79	108.64	
Ash....g	0.79		0	PAE	4		0.22	3.58	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	PAE	4		3	41	
Iron, Fe....mg	1.77		0	PAE	4		0.50	8.03	
Magnesium, Mg....mg	17		0	PAE	4		5	77	
Phosphorus, P....mg	159		0	PAE	4		45	721	
Potassium, K....mg	278		0	PAE	4		79	1261	
Sodium, Na....mg	55		0	PAE	4		16	249	
Zinc, Zn....mg	3.79		0	PAE	4		1.07	17.19	
Copper, Cu....mg	0.059		0	PAE	4		0.017	0.268	
Manganese, Mn....mg	0.012		0	PAE	4		0.003	0.054	
Selenium, Se....mcg	15.8		0	BFNN	4		4.5	71.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0	PAE	4		0.023	0.363	
Riboflavin....mg	0.130		0	PAE	4		0.037	0.590	
Niacin....mg	2.850		0	PAE	4		0.808	12.928	
Pantothenic acid....mg	0.310		0	PAE	4		0.088	1.406	
Vitamin B-6....mg	0.320		0	PAE	4		0.091	1.452	
Folate, total....mcg	5		0	PAE	4		1	23	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0	PAE	4		1	23	
Folate, DFE....mcg_DFE	5		0	NC	4		1	23	
Choline, total....mg	70.0		0	BFPN	4		19.8	317.3	
Betaine....mg	10.3		0	BFPN	4		2.9	46.7	
Vitamin B-12....mcg	2.86		0	PAE	4		0.81	12.97	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.880		0	PAE	4		2.801	44.816	
4:0....g									
6:0....g									
8:0....g									

NDB No. 13830

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.090		0	PAE	4		0.026	0.408	
12:0 g	0.060		0	PAE	4		0.017	0.272	
13:0 g									
14:0 g	0.790		0	PAE	4		0.224	3.583	
15:0 g									
16:0 g	5.940		0	PAE	4		1.684	26.944	
17:0 g									
18:0 g	3.010		0	PAE	4		0.853	13.653	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.320		0	PAE	4		2.926	46.812	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.220		0	PAE	4		0.346	5.534	
17:1 g									
18:1 undifferentiated g	9.070		0	PAE	4		2.571	41.142	
20:1 g	0.030		0	PAE	4		0.009	0.136	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.860		0	PAE	4		0.244	3.901	
18:2 undifferentiated g	0.550		0	PAE	4		0.156	2.495	
18:3 undifferentiated g	0.300		0	PAE	4		0.085	1.361	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	70		0	PAE	4		20	318	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.188		0	PAE	4		0.053	0.853	
Threonine g	0.732		0	PAE	4		0.208	3.320	
Isoleucine g	0.753		0	PAE	4		0.213	3.416	
Leucine g	1.324		0	PAE	4		0.375	6.006	
Lysine g	1.394		0	PAE	4		0.395	6.323	
Methionine g	0.429		0	PAE	4		0.122	1.946	
Cystine g	0.188		0	PAE	4		0.053	0.853	
Phenylalanine g	0.654		0	PAE	4		0.185	2.967	
Tyrosine g	0.563		0	PAE	4		0.160	2.554	
Valine g	0.815		0	PAE	4		0.231	3.697	
Arginine g	1.059		0	PAE	4		0.300	4.804	
Histidine g	0.574		0	PAE	4		0.163	2.604	
Alanine g	1.011		0	PAE	4		0.287	4.586	
Aspartic acid g	1.531		0	PAE	4		0.434	6.945	
Glutamic acid g	2.517		0	PAE	4		0.714	11.417	
Glycine g	0.914		0	PAE	4		0.259	4.146	
Proline g	0.740		0	PAE	4		0.210	3.357	
Serine g	0.641		0	PAE	4		0.182	2.908	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13830

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23590

Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

URMIS #1464

Refuse: 12% Bone and connective tissue 3.32%, separable fat 9.02%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.61	0.337	10	A	1		18.88		
Energy....kcal	164		0	NC	4		46		
Energy....kJ	684		0	NC	4		194		
Protein (N x 6.25)....g	28.45	0.232	10	A	1		8.07		
Total lipid (fat)....g	4.67	0.298	10	A	1		1.32		
Ash....g	1.15	0.034	10	A	1		0.33		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	BFNN	4		2		
Iron, Fe....mg	2.35		0	BFNN	4		0.67		
Magnesium, Mg....mg	19		0	BFNN	4		5		
Phosphorus, P....mg	183		0	BFNN	4		52		
Potassium, K....mg	238		0	BFNN	4		67		
Sodium, Na....mg	38		0	BFNN	4		11		
Zinc, Zn....mg	4.92		0	BFNN	4		1.39		
Copper, Cu....mg	0.079		0	BFNN	4		0.022		
Manganese, Mn....mg	0.010		0	BFNN	4		0.003		
Selenium, Se....mcg	35.6		0	BFNN	4		10.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.068		0	BFPN	4		0.019		
Riboflavin....mg	0.154		0	BFPN	4		0.044		
Niacin....mg	4.893		0	BFPN	4		1.387		
Pantothenic acid....mg	0.561		0	BFPN	4		0.159		
Vitamin B-6....mg	0.375		0	BFPN	4		0.106		
Folate, total....mcg	10		0	BFPN	4		3		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	10		0	BFPN	4		3		
Folate, DFE....mcg_DFE	10		0	NC	4		3		
Choline, total....mg	108.3		0	BFPN	4		30.7		
Betaine....mg									
Vitamin B-12....mcg	1.46		0	BFPN	4		0.41		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.36		0	BFSN	4		0.10		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.0		
Vitamin D....IU	3		0	BFFN	4		1		
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		0.4		
Lipids:									
Fatty acids, total saturated....g	1.608		0	NC	4		0.456		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 23590

Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.113		0	BFFN	4		0.032		
15:0....g									
16:0....g	1.005		0	BFFN	4		0.285		
17:0....g									
18:0....g	0.491		0	BFFN	4		0.139		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.951		0	NC	4		0.553		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.184		0	BFFN	4		0.052		
17:1....g									
18:1 undifferentiated....g	1.766		0	BFFN	4		0.501		
20:1....g	0.001		0	BFFN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.188		0	NC	4		0.053		
18:2 undifferentiated....g	0.147		0	BFFN	4		0.042		
18:3 undifferentiated....g	0.014		0	BFFN	4		0.004		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.028		0	BFFN	4		0.008		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	61		0	BFFN	4		17		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.187		0	A	1		0.053		
Threonine....g	1.136		0	A	1		0.322		
Isoleucine....g	1.294		0	A	1		0.367		
Leucine....g	2.263		0	A	1		0.642		
Lysine....g	2.404		0	A	1		0.682		
Methionine....g	0.741		0	A	1		0.210		
Cystine....g	0.367		0	A	1		0.104		
Phenylalanine....g	1.124		0	A	1		0.319		
Tyrosine....g	0.906		0	A	1		0.257		
Valine....g	1.411		0	A	1		0.400		
Arginine....g	1.840		0	A	1		0.521		
Histidine....g	0.908		0	A	1		0.257		
Alanine....g	1.729		0	A	1		0.490		
Aspartic acid....g	2.591		0	A	1		0.735		
Glutamic acid....g	4.271		0	A	1		1.211		
Glycine....g	1.732		0	A	1		0.491		
Proline....g	1.356		0	A	1		0.384		
Serine....g	1.121		0	A	1		0.318		
Hydroxyproline....g	0.299		0	BFPN	4		0.085		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23590

Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13414

Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

URMIS #1464

Refuse: 2% Bone and connective tissue 1%, sep fat 1%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.90	0.327	10	A	1		305.79	56.02	
Energy....kcal	169		0	NC	4		784	144	
Energy....kJ	707		0	NC	4		3278	601	
Protein (N x 6.25)....g	28.29	0.342	10	A	1		131.25	24.04	
Total lipid (fat)....g	5.33	0.258	10	A	1		24.74	4.53	
Ash....g	1.13	0.051	10	A	1		5.22	0.96	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	BFNN	4		28	5	
Iron, Fe....mg	2.35		0	BFNN	4		10.90	2.00	
Magnesium, Mg....mg	19		0	BFNN	4		89	16	
Phosphorus, P....mg	183		0	BFNN	4		850	156	
Potassium, K....mg	238		0	BFNN	4		1106	203	
Sodium, Na....mg	38		0	BFNN	4		175	32	
Zinc, Zn....mg	4.92		0	BFNN	4		22.84	4.18	
Copper, Cu....mg	0.079		0	BFNN	4		0.368	0.067	
Manganese, Mn....mg	0.010		0	BFNN	4		0.048	0.009	
Selenium, Se....mcg	35.7		0	BFNN	4		165.6	30.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.068		0	BFPN	4		0.314	0.058	
Riboflavin....mg	0.153		0	BFPN	4		0.710	0.130	
Niacin....mg	4.865		0	BFPN	4		22.572	4.135	
Pantothenic acid....mg	0.557		0	BFPN	4		2.586	0.474	
Vitamin B-6....mg	0.373		0	BFPN	4		1.731	0.317	
Folate, total....mcg	9		0	BFPN	4		44	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		44	8	
Folate, DFE....mcg_DFE	9		0	NC	4		44	8	
Choline, total....mg	107.7		0	BFPN	4		499.9	91.6	
Betaine....mg	14.2		0	BFPN	4		65.7	12.0	
Vitamin B-12....mcg	1.45		0	BFPN	4		6.75	1.24	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.36		0	BFSN	4		1.69	0.31	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		6.0	1.1	
Lipids:									
Fatty acids, total saturated....g	1.860		0	NC	4		8.629	1.581	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13414

Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.138		0	BFFN	4		0.638	0.117	
15:0....g									
16:0....g	1.151		0	BFFN	4		5.341	0.978	
17:0....g									
18:0....g	0.571		0	BFFN	4		2.650	0.485	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.247		0	NC	4		10.424	1.910	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.208		0	BFFN	4		0.965	0.177	
17:1....g									
18:1 undifferentiated....g	2.039		0	BFFN	4		9.459	1.733	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.199		0	NC	4		0.923	0.169	
18:2 undifferentiated....g	0.155		0	BFFN	4		0.720	0.132	
18:3 undifferentiated....g	0.015		0	BFFN	4		0.068	0.012	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	BFFN	4		0.135	0.025	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	72		0	BFFN	4		334	61	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.186		0	A	1		0.863	0.158	
Threonine....g	1.130		0	A	1		5.243	0.960	
Isoleucine....g	1.287		0	A	1		5.971	1.094	
Leucine....g	2.250		0	A	1		10.440	1.913	
Lysine....g	2.390		0	A	1		11.092	2.032	
Methionine....g	0.737		0	A	1		3.418	0.626	
Cystine....g	0.365		0	A	1		1.694	0.310	
Phenylalanine....g	1.117		0	A	1		5.184	0.950	
Tyrosine....g	0.901		0	A	1		4.182	0.766	
Valine....g	1.403		0	A	1		6.511	1.193	
Arginine....g	1.829		0	A	1		8.487	1.555	
Histidine....g	0.903		0	A	1		4.189	0.767	
Alanine....g	1.720		0	A	1		7.979	1.462	
Aspartic acid....g	2.576		0	A	1		11.955	2.190	
Glutamic acid....g	4.246		0	A	1		19.703	3.609	
Glycine....g	1.722		0	A	1		7.992	1.464	
Proline....g	1.348		0	A	1		6.257	1.146	
Serine....g	1.114		0	A	1		5.170	0.947	
Hydroxyproline....g	0.297		0	BFPN	4		1.379	0.253	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13414

Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Common Measures:

Measure 1 = 464g: 1 roast (yield from 572 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13399

Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Cube Steak

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.46	0.498	20	PAK	1		315.19		
Energy....kcal	187		0	NC	4		913		
Energy....kJ	781		0	NC	4		3820		
Protein (N x 6.25)....g	27.42	0.298	20	PAK	1		134.10		
Total lipid (fat)....g	7.72	0.609	20	PAK	1		37.73		
Ash....g	1.09	0.035	20	PAK	1		5.31		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFFN	4		32		
Iron, Fe....mg	2.24		0	BFFN	4		10.96		
Magnesium, Mg....mg	18		0	BFFN	4		87		
Phosphorus, P....mg	171		0	BFFN	4		835		
Potassium, K....mg	223		0	BFFN	4		1091		
Sodium, Na....mg	36		0	BFFN	4		176		
Zinc, Zn....mg	4.61		0	BFFN	4		22.53		
Copper, Cu....mg	0.065		0	BFFN	4		0.320		
Manganese, Mn....mg	0.010		0	BFFN	4		0.046		
Selenium, Se....mcg	28.1		0	BFFN	4		137.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.063		0	BFPN	4		0.308		
Riboflavin....mg	0.146		0	BFPN	4		0.713		
Niacin....mg	4.793		0	BFPN	4		23.439		
Pantothenic acid....mg	0.541		0	BFPN	4		2.644		
Vitamin B-6....mg	0.360		0	BFPN	4		1.761		
Folate, total....mcg	9		0	BFPN	4		42		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFPN	4		42		
Folate, DFE....mcg_DFE	9		0	NC	4		42		
Choline, total....mg	104.5		0	BFPN	4		510.8		
Betaine....mg	13.7		0	BFPN	4		67.1		
Vitamin B-12....mcg	1.53		0	BFPN	4		7.46		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.38		0	BFSN	4		1.85		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		6.6		
Lipids:									
Fatty acids, total saturated....g	2.773		0	NC	4		13.558		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13399

Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.007		0	BFFN	4		0.034		
12:0 g	0.007		0	BFFN	4		0.034		
13:0 g									
14:0 g	0.210		0	BFFN	4		1.027		
15:0 g									
16:0 g	1.719		0	BFFN	4		8.405		
17:0 g									
18:0 g	0.830		0	BFFN	4		4.057		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.266		0	NC	4		15.972		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.308		0	BFFN	4		1.506		
17:1 g									
18:1 undifferentiated g	2.955		0	BFFN	4		14.448		
20:1 g	0.004		0	BFFN	4		0.017		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.291		0	NC	4		1.421		
18:2 undifferentiated g	0.217		0	BFFN	4		1.061		
18:3 undifferentiated g	0.039		0	BFFN	4		0.188		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.035		0	BFFN	4		0.171		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	86		0	BFFN	4		421		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.180		0	PAK	1		0.881		
Threonine g	1.096		0	PAK	1		5.357		
Isoleucine g	1.248		0	PAK	1		6.101		
Leucine g	2.182		0	PAK	1		10.668		
Lysine g	2.318		0	PAK	1		11.333		
Methionine g	0.714		0	PAK	1		3.492		
Cystine g	0.354		0	PAK	1		1.731		
Phenylalanine g	1.083		0	PAK	1		5.297		
Tyrosine g	0.874		0	PAK	1		4.273		
Valine g	1.361		0	PAK	1		6.653		
Arginine g	1.773		0	PAK	1		8.671		
Histidine g	0.875		0	PAK	1		4.280		
Alanine g	1.667		0	PAK	1		8.153		
Aspartic acid g	2.498		0	PAK	1		12.215		
Glutamic acid g	4.117		0	PAK	1		20.132		
Glycine g	1.670		0	PAK	1		8.166		
Proline g	1.307		0	PAK	1		6.393		
Serine g	1.080		0	PAK	1		5.283		
Hydroxyproline g	0.288		0	BFPN	4		1.409		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13399

Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Common Measures:

Measure 1 = 489g: 1 roast (yield from 600 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13402

Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Cube Steak, URMIS #2279

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.54	0.862	10	PAK	1		327.24		
Energy....kcal	199		0	NC	4		1024		
Energy....kJ	832		0	NC	4		4283		
Protein (N x 6.25)....g	26.76	0.416	10	PAK	1		137.84		
Total lipid (fat)....g	9.37	0.937	10	PAK	1		48.25		
Ash....g	1.06	0.049	10	PAK	1		5.44		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	BFFN	4		30		
Iron, Fe....mg	2.20		0	BFFN	4		11.35		
Magnesium, Mg....mg	17		0	BFFN	4		88		
Phosphorus, P....mg	162		0	BFFN	4		836		
Potassium, K....mg	215		0	BFFN	4		1105		
Sodium, Na....mg	35		0	BFFN	4		178		
Zinc, Zn....mg	4.41		0	BFFN	4		22.70		
Copper, Cu....mg	0.058		0	BFFN	4		0.299		
Manganese, Mn....mg	0.009		0	BFFN	4		0.047		
Selenium, Se....mcg	28.1		0	BFFN	4		144.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.056		0	BFPN	4		0.286		
Riboflavin....mg	0.150		0	BFPN	4		0.775		
Niacin....mg	4.839		0	BFPN	4		24.921		
Pantothenic acid....mg	0.527		0	BFPN	4		2.714		
Vitamin B-6....mg	0.352		0	BFPN	4		1.811		
Folate, total....mcg	8		0	BFPN	4		43		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	8		0	BFPN	4		43		
Folate, DFE....mcg_DFE	8		0	NC	4		43		
Choline, total....mg	101.9		0	BFPN	4		525.0		
Betaine....mg	13.4		0	BFPN	4		69.0		
Vitamin B-12....mcg	1.61		0	BFPN	4		8.28		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.39		0	BFSN	4		2.00		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		7.1		
Lipids:									
Fatty acids, total saturated....g	3.366		0	NC	4		17.337		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13402

Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.009		0	BFFN	4		0.044		
12:0 ... g	0.009		0	BFFN	4		0.044		
13:0 ... g									
14:0 ... g	0.255		0	BFFN	4		1.313		
15:0 ... g									
16:0 ... g	2.087		0	BFFN	4		10.748		
17:0 ... g									
18:0 ... g	1.007		0	BFFN	4		5.188		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.966		0	NC	4		20.423		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.374		0	BFFN	4		1.926		
17:1 ... g									
18:1 undifferentiated ... g	3.588		0	BFFN	4		18.476		
20:1 ... g	0.004		0	BFFN	4		0.022		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.353		0	NC	4		1.816		
18:2 undifferentiated ... g	0.264		0	BFFN	4		1.357		
18:3 undifferentiated ... g	0.047		0	BFFN	4		0.241		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.043		0	BFFN	4		0.219		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	105		0	BFFN	4		539		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.176		0	PAK	1		0.906		
Threonine ... g	1.069		0	PAK	1		5.506		
Isoleucine ... g	1.218		0	PAK	1		6.271		
Leucine ... g	2.129		0	PAK	1		10.964		
Lysine ... g	2.262		0	PAK	1		11.649		
Methionine ... g	0.697		0	PAK	1		3.589		
Cystine ... g	0.345		0	PAK	1		1.779		
Phenylalanine ... g	1.057		0	PAK	1		5.444		
Tyrosine ... g	0.853		0	PAK	1		4.392		
Valine ... g	1.328		0	PAK	1		6.838		
Arginine ... g	1.731		0	PAK	1		8.913		
Histidine ... g	0.854		0	PAK	1		4.399		
Alanine ... g	1.627		0	PAK	1		8.380		
Aspartic acid ... g	2.438		0	PAK	1		12.555		
Glutamic acid ... g	4.018		0	PAK	1		20.692		
Glycine ... g	1.630		0	PAK	1		8.393		
Proline ... g	1.276		0	PAK	1		6.571		
Serine ... g	1.054		0	PAK	1		5.430		
Hydroxyproline ... g	0.281		0	BFPN	4		1.448		
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13402

Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 515g: 1 roast (yield from 627 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13405

Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Cube Steak, URMIS #1464

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.37	0.341	10	PAK	1		303.31		
Energy....kcal	175		0	NC	4		810		
Energy....kJ	731		0	NC	4		3390		
Protein (N x 6.25)....g	28.08	0.323	10	PAK	1		130.31		
Total lipid (fat)....g	6.06	0.287	10	PAK	1		28.13		
Ash....g	1.12	0.050	10	PAK	1		5.19		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFFN	4		34		
Iron, Fe....mg	2.28		0	BFFN	4		10.57		
Magnesium, Mg....mg	19		0	BFFN	4		87		
Phosphorus, P....mg	179		0	BFFN	4		833		
Potassium, K....mg	232		0	BFFN	4		1075		
Sodium, Na....mg	37		0	BFFN	4		174		
Zinc, Zn....mg	4.81		0	BFFN	4		22.32		
Copper, Cu....mg	0.073		0	BFFN	4		0.339		
Manganese, Mn....mg	0.010		0	BFFN	4		0.046		
Selenium, Se....mcg	28.1		0	BFFN	4		130.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.071		0	BFPN	4		0.328		
Riboflavin....mg	0.141		0	BFPN	4		0.654		
Niacin....mg	4.738		0	BFPN	4		21.986		
Pantothenic acid....mg	0.554		0	BFPN	4		2.571		
Vitamin B-6....mg	0.369		0	BFPN	4		1.711		
Folate, total....mcg	9		0	BFPN	4		41		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFPN	4		41		
Folate, DFE....mcg_DFE	9		0	NC	4		41		
Choline, total....mg	107.0		0	BFPN	4		496.3		
Betaine....mg	14.1		0	BFPN	4		65.2		
Vitamin B-12....mcg	1.44		0	BFPN	4		6.67		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.37		0	BFSN	4		1.71		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		6.1		
Lipids:									
Fatty acids, total saturated....g	2.179		0	NC	4		10.109		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13405

Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.006		0	BFFN	4		0.026		
12:0 ... g	0.006		0	BFFN	4		0.026		
13:0 ... g									
14:0 ... g	0.165		0	BFFN	4		0.766		
15:0 ... g									
16:0 ... g	1.351		0	BFFN	4		6.267		
17:0 ... g									
18:0 ... g	0.652		0	BFFN	4		3.025		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.567		0	NC	4		11.909		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.242		0	BFFN	4		1.123		
17:1 ... g									
18:1 undifferentiated ... g	2.322		0	BFFN	4		10.774		
20:1 ... g	0.003		0	BFFN	4		0.013		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.228		0	NC	4		1.059		
18:2 undifferentiated ... g	0.171		0	BFFN	4		0.791		
18:3 undifferentiated ... g	0.030		0	BFFN	4		0.140		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.028		0	BFFN	4		0.128		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	68		0	BFFN	4		314		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.185		0	PAK	1		0.856		
Threonine ... g	1.122		0	PAK	1		5.206		
Isoleucine ... g	1.278		0	PAK	1		5.929		
Leucine ... g	2.234		0	PAK	1		10.366		
Lysine ... g	2.373		0	PAK	1		11.013		
Methionine ... g	0.731		0	PAK	1		3.393		
Cystine ... g	0.362		0	PAK	1		1.682		
Phenylalanine ... g	1.109		0	PAK	1		5.147		
Tyrosine ... g	0.895		0	PAK	1		4.152		
Valine ... g	1.393		0	PAK	1		6.465		
Arginine ... g	1.816		0	PAK	1		8.426		
Histidine ... g	0.896		0	PAK	1		4.159		
Alanine ... g	1.707		0	PAK	1		7.922		
Aspartic acid ... g	2.558		0	PAK	1		11.870		
Glutamic acid ... g	4.216		0	PAK	1		19.562		
Glycine ... g	1.710		0	PAK	1		7.935		
Proline ... g	1.339		0	PAK	1		6.212		
Serine ... g	1.106		0	PAK	1		5.133		
Hydroxyproline ... g	0.295		0	BFPN	4		1.369		
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13405

Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Common Measures:

Measure 1 = 464g: 1 roast (yield from 572 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13870

Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.60	0.471	20	PAK	1		389.29	208.20	52.36
Energy....kcal	218		0	NC	4		1376	736	185
Energy....kJ	911		0	NC	4		5759	3080	775
Protein (N x 6.25)....g	26.41	0.280	20	PAK	1		166.92	89.27	22.45
Total lipid (fat)....g	11.64	0.518	20	PAK	1		73.57	39.35	9.90
Ash....g	1.05	0.027	20	PAK	1		6.62	3.54	0.89
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	BFNN	4		40	21	5
Iron, Fe....mg	2.16		0	BFNN	4		13.62	7.28	1.83
Magnesium, Mg....mg	17		0	BFNN	4		109	58	15
Phosphorus, P....mg	164		0	BFNN	4		1038	555	140
Potassium, K....mg	214		0	BFNN	4		1356	725	182
Sodium, Na....mg	35		0	BFNN	4		219	117	29
Zinc, Zn....mg	4.43		0	BFNN	4		28.00	14.98	3.77
Copper, Cu....mg	0.063		0	BFNN	4		0.398	0.213	0.053
Manganese, Mn....mg	0.009		0	BFNN	4		0.058	0.031	0.008
Selenium, Se....mcg	27.0		0	BFNN	4		170.8	91.4	23.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.061		0	BFPN	4		0.383	0.205	0.052
Riboflavin....mg	0.141		0	BFPN	4		0.888	0.475	0.119
Niacin....mg	4.616		0	BFPN	4		29.174	15.602	3.924
Pantothenic acid....mg	0.521		0	BFPN	4		3.290	1.760	0.443
Vitamin B-6....mg	0.347		0	BFPN	4		2.192	1.172	0.295
Folate, total....mcg	8		0	BFPN	4		52	28	7
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	8		0	BFPN	4		52	28	7
Folate, DFE....mcg_DFE	8		0	NC	4		52	28	7
Choline, total....mg	100.6		0	BFPN	4		635.7	340.0	85.5
Betaine....mg	13.2		0	BFPN	4		83.5	44.7	11.2
Vitamin B-12....mcg	1.47		0	BFPN	4		9.29	4.97	1.25
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.41		0	BFSN	4		2.59	1.38	0.35
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		9.2	4.9	1.2
Lipids:									
Fatty acids, total saturated....g	4.418		0	NC	4		27.922	14.933	3.755
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000

NDB No. 13870

Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0 g	0.025		0	BFFN	4		0.158	0.085	0.021
12:0 g	0.025		0	BFFN	4		0.158	0.085	0.021
13:0 g									
14:0 g	0.345		0	BFFN	4		2.183	1.167	0.294
15:0 g									
16:0 g	2.755		0	BFFN	4		17.409	9.311	2.341
17:0 g									
18:0 g	1.268		0	BFFN	4		8.014	4.286	1.078
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.964		0	NC	4		31.375	16.780	4.220
14:1 g									
15:1 g									
16:1 undifferentiated g	0.492		0	BFFN	4		3.106	1.661	0.418
17:1 g									
18:1 undifferentiated g	4.455		0	BFFN	4		28.157	15.059	3.787
20:1 g	0.018		0	BFFN	4		0.112	0.060	0.015
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.449		0	NC	4		2.835	1.516	0.381
18:2 undifferentiated g	0.309		0	BFFN	4		1.950	1.043	0.262
18:3 undifferentiated g	0.112		0	BFFN	4		0.708	0.379	0.095
18:4 g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.028		0	BFFN	4		0.177	0.095	0.024
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	75		0	BFFN	4		471	252	63
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.179		0	NR	4		1.134	0.606	0.153
Threonine g	1.091		0	NR	4		6.892	3.686	0.927
Isoleucine g	1.242		0	NR	4		7.850	4.198	1.056
Leucine g	2.172		0	NR	4		13.725	7.340	1.846
Lysine g	2.307		0	NR	4		14.581	7.798	1.961
Methionine g	0.711		0	NR	4		4.493	2.403	0.604
Cystine g	0.352		0	NR	4		2.227	1.191	0.299
Phenylalanine g	1.078		0	NR	4		6.815	3.645	0.917
Tyrosine g	0.870		0	NR	4		5.498	2.940	0.739
Valine g	1.354		0	NR	4		8.560	4.578	1.151
Arginine g	1.765		0	NR	4		11.157	5.967	1.501
Histidine g	0.871		0	NR	4		5.506	2.945	0.741
Alanine g	1.660		0	NR	4		10.489	5.610	1.411
Aspartic acid g	2.487		0	NR	4		15.716	8.405	2.114
Glutamic acid g	4.098		0	NR	4		25.902	13.853	3.484
Glycine g	1.662		0	NR	4		10.506	5.619	1.413
Proline g	1.301		0	NR	4		8.225	4.399	1.106
Serine g	1.075		0	NR	4		6.797	3.635	0.914
Hydroxyproline g	0.287		0	BFPN	4		1.813	0.969	0.244
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13870

Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Common Measures:

Measure 1 = 632g: 1 roast (yield from 1 raw roast weighing 776g)

Measure 2 = 338g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13873

Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

URMIS #2279

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.09	0.789	10	PAK	1		383.06	51.93	206.50
Energy....kcal	223		0	NC	4		1401	190	755
Energy....kJ	935		0	NC	4		5861	795	3160
Protein (N x 6.25)....g	26.05	0.505	10	PAK	1		163.34	22.14	88.05
Total lipid (fat)....g	12.44	0.891	10	PAK	1		77.99	10.57	42.04
Ash....g	1.01	0.046	10	PAK	1		6.36	0.86	3.43
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	BFNN	4		35	5	19
Iron, Fe....mg	2.15		0	BFNN	4		13.50	1.83	7.28
Magnesium, Mg....mg	17		0	BFNN	4		105	14	56
Phosphorus, P....mg	159		0	BFNN	4		995	135	536
Potassium, K....mg	210		0	BFNN	4		1315	178	709
Sodium, Na....mg	34		0	BFNN	4		212	29	114
Zinc, Zn....mg	4.31		0	BFNN	4		27.01	3.66	14.56
Copper, Cu....mg	0.057		0	BFNN	4		0.356	0.048	0.192
Manganese, Mn....mg	0.009		0	BFNN	4		0.056	0.008	0.030
Selenium, Se....mcg	27.4		0	BFNN	4		172.0	23.3	92.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.054		0	BFPN	4		0.339	0.046	0.183
Riboflavin....mg	0.146		0	BFPN	4		0.918	0.124	0.495
Niacin....mg	4.710		0	BFPN	4		29.531	4.003	15.919
Pantothenic acid....mg	0.513		0	BFPN	4		3.216	0.436	1.734
Vitamin B-6....mg	0.342		0	BFPN	4		2.146	0.291	1.157
Folate, total....mcg	8		0	BFPN	4		51	7	27
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	8		0	BFPN	4		51	7	27
Folate, DFE....mcg_DFE	8		0	NC	4		51	7	27
Choline, total....mg	99.2		0	BFPN	4		622.1	84.3	335.4
Betaine....mg	13.0		0	BFPN	4		81.7	11.1	44.1
Vitamin B-12....mcg	1.56		0	BFPN	4		9.81	1.33	5.29
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.41		0	BFSN	4		2.60	0.35	1.40
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		9.3	1.3	5.0
Lipids:									
Fatty acids, total saturated....g	4.721		0	NC	4		29.598	4.012	15.955
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000

NDB No. 13873

Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0 g	0.027		0	BFFN	4		0.168	0.023	0.091
12:0 g	0.027		0	BFFN	4		0.168	0.023	0.091
13:0 g									
14:0 g	0.369		0	BFFN	4		2.314	0.314	1.247
15:0 g									
16:0 g	2.943		0	BFFN	4		18.453	2.502	9.948
17:0 g									
18:0 g	1.355		0	BFFN	4		8.495	1.152	4.579
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.304		0	NC	4		33.257	4.509	17.928
14:1 g									
15:1 g									
16:1 undifferentiated g	0.525		0	BFFN	4		3.293	0.446	1.775
17:1 g									
18:1 undifferentiated g	4.760		0	BFFN	4		29.846	4.046	16.089
20:1 g	0.019		0	BFFN	4		0.119	0.016	0.064
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.479		0	NC	4		3.005	0.407	1.620
18:2 undifferentiated g	0.330		0	BFFN	4		2.067	0.280	1.114
18:3 undifferentiated g	0.120		0	BFFN	4		0.751	0.102	0.405
18:4 g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	BFFN	4		0.187	0.025	0.101
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	80		0	BFFN	4		499	68	269
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.178		0	NR	4		1.118	0.152	0.603
Threonine g	1.084		0	NR	4		6.798	0.922	3.665
Isoleucine g	1.235		0	NR	4		7.742	1.050	4.173
Leucine g	2.159		0	NR	4		13.537	1.835	7.297
Lysine g	2.294		0	NR	4		14.381	1.950	7.753
Methionine g	0.707		0	NR	4		4.431	0.601	2.389
Cystine g	0.350		0	NR	4		2.196	0.298	1.184
Phenylalanine g	1.072		0	NR	4		6.721	0.911	3.623
Tyrosine g	0.865		0	NR	4		5.423	0.735	2.923
Valine g	1.346		0	NR	4		8.442	1.144	4.551
Arginine g	1.755		0	NR	4		11.004	1.492	5.932
Histidine g	0.866		0	NR	4		5.431	0.736	2.928
Alanine g	1.650		0	NR	4		10.345	1.402	5.577
Aspartic acid g	2.472		0	NR	4		15.500	2.101	8.356
Glutamic acid g	4.074		0	NR	4		25.546	3.463	13.771
Glycine g	1.653		0	NR	4		10.362	1.405	5.586
Proline g	1.294		0	NR	4		8.112	1.100	4.373
Serine g	1.069		0	NR	4		6.703	0.909	3.614
Hydroxyproline g	0.285		0	BFPN	4		1.788	0.242	0.964
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13873

Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 627g: 1 roast (yield from raw roast weighing 766g)

Measure 2 = 85g: 3 oz

Measure 3 = 338g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13876

Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

URMIS #1464

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.10	0.507	10	PAK	1		394.95	209.89	52.78
Energy....kcal	212		0	NC	4		1349	717	180
Energy....kJ	888		0	NC	4		5645	3000	754
Protein (N x 6.25)....g	26.77	0.218	10	PAK	1		170.27	90.49	22.76
Total lipid (fat)....g	10.85	0.444	10	PAK	1		68.97	36.66	9.22
Ash....g	1.08	0.028	10	PAK	1		6.87	3.65	0.92
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFNN	4		44	23	6
Iron, Fe....mg	2.16		0	BFNN	4		13.72	7.29	1.83
Magnesium, Mg....mg	18		0	BFNN	4		113	60	15
Phosphorus, P....mg	170		0	BFNN	4		1081	575	144
Potassium, K....mg	219		0	BFNN	4		1395	741	186
Sodium, Na....mg	35		0	BFNN	4		225	120	30
Zinc, Zn....mg	4.56		0	BFNN	4		28.97	15.40	3.87
Copper, Cu....mg	0.069		0	BFNN	4		0.440	0.234	0.059
Manganese, Mn....mg	0.010		0	BFNN	4		0.060	0.032	0.008
Selenium, Se....mcg	26.6		0	BFNN	4		169.2	89.9	22.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.067		0	BFPN	4		0.429	0.228	0.057
Riboflavin....mg	0.134		0	BFPN	4		0.855	0.454	0.114
Niacin....mg	4.517		0	BFPN	4		28.728	15.267	3.839
Pantothenic acid....mg	0.528		0	BFPN	4		3.360	1.786	0.449
Vitamin B-6....mg	0.352		0	BFPN	4		2.236	1.188	0.299
Folate, total....mcg	8		0	BFPN	4		53	28	7
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	8		0	BFPN	4		53	28	7
Folate, DFE....mcg_DFE	8		0	NC	4		53	28	7
Choline, total....mg	102.0		0	BFPN	4		648.5	344.6	86.7
Betaine....mg	13.4		0	BFPN	4		85.2	45.3	11.4
Vitamin B-12....mcg	1.37		0	BFPN	4		8.72	4.63	1.16
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFSN	4		2.57	1.36	0.34
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		9.1	4.9	1.2
Lipids:									
Fatty acids, total saturated....g	4.116		0	NC	4		26.176	13.911	3.498
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000

NDB No. 13876

Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0 g	0.023		0	BFFN	4		0.148	0.079	0.020
12:0 g	0.023		0	BFFN	4		0.148	0.079	0.020
13:0 g									
14:0 g	0.322		0	BFFN	4		2.047	1.088	0.274
15:0 g									
16:0 g	2.566		0	BFFN	4		16.320	8.673	2.181
17:0 g									
18:0 g	1.181		0	BFFN	4		7.513	3.993	1.004
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.625		0	NC	4		29.414	15.632	3.931
14:1 g									
15:1 g									
16:1 undifferentiated g	0.458		0	BFFN	4		2.912	1.548	0.389
17:1 g									
18:1 undifferentiated g	4.150		0	BFFN	4		26.397	14.028	3.528
20:1 g	0.017		0	BFFN	4		0.105	0.056	0.014
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.418		0	NC	4		2.658	1.413	0.355
18:2 undifferentiated g	0.287		0	BFFN	4		1.828	0.971	0.244
18:3 undifferentiated g	0.105		0	BFFN	4		0.665	0.353	0.089
18:4 g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.026		0	BFFN	4		0.166	0.088	0.022
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	69		0	BFFN	4		442	235	59
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.180		0	NR	4		1.142	0.607	0.153
Threonine g	1.091		0	NR	4		6.941	3.689	0.928
Isoleucine g	1.243		0	NR	4		7.905	4.201	1.057
Leucine g	2.173		0	NR	4		13.822	7.346	1.847
Lysine g	2.309		0	NR	4		14.684	7.804	1.963
Methionine g	0.711		0	NR	4		4.525	2.405	0.605
Cystine g	0.353		0	NR	4		2.242	1.192	0.300
Phenylalanine g	1.079		0	NR	4		6.863	3.647	0.917
Tyrosine g	0.871		0	NR	4		5.537	2.943	0.740
Valine g	1.355		0	NR	4		8.620	4.581	1.152
Arginine g	1.767		0	NR	4		11.236	5.971	1.502
Histidine g	0.872		0	NR	4		5.545	2.947	0.741
Alanine g	1.661		0	NR	4		10.563	5.614	1.412
Aspartic acid g	2.489		0	NR	4		15.827	8.411	2.115
Glutamic acid g	4.101		0	NR	4		26.085	13.863	3.486
Glycine g	1.664		0	NR	4		10.580	5.623	1.414
Proline g	1.302		0	NR	4		8.283	4.402	1.107
Serine g	1.076		0	NR	4		6.845	3.638	0.915
Hydroxyproline g	0.287		0	BFPN	4		1.825	0.970	0.244
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13876

Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Common Measures:

Measure 1 = 636g: 1 roast (yield from 1 raw roast weighing 786g)

Measure 2 = 338g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13408

Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Cube Steak

Refuse: 3% Bone and connective tissue 1%, sep fat 2%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.37	0.397	20	A	1		319.63	55.56	
Energy....kcal	177		0	NC	4		865	150	
Energy....kJ	740		0	NC	4		3621	629	
Protein (N x 6.25)....g	27.76	0.283	20	A	1		135.74	23.59	
Total lipid (fat)....g	6.48	0.415	20	A	1		31.68	5.51	
Ash....g	1.10	0.035	20	A	1		5.37	0.93	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	BFNN	4		28	5	
Iron, Fe....mg	2.33		0	BFNN	4		11.39	1.98	
Magnesium, Mg....mg	19		0	BFNN	4		91	16	
Phosphorus, P....mg	176		0	BFNN	4		860	149	
Potassium, K....mg	228		0	BFNN	4		1116	194	
Sodium, Na....mg	36		0	BFNN	4		178	31	
Zinc, Zn....mg	4.79		0	BFNN	4		23.40	4.07	
Copper, Cu....mg	0.069		0	BFNN	4		0.338	0.059	
Manganese, Mn....mg	0.010		0	BFNN	4		0.048	0.008	
Selenium, Se....mcg	31.5		0	BFNN	4		153.9	26.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.063		0	BFPN	4		0.307	0.053	
Riboflavin....mg	0.157		0	BFPN	4		0.766	0.133	
Niacin....mg	4.987		0	BFPN	4		24.384	4.239	
Pantothenic acid....mg	0.546		0	BFPN	4		2.670	0.464	
Vitamin B-6....mg	0.372		0	BFPN	4		1.821	0.317	
Folate, total....mcg	9		0	BFPN	4		45	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		45	8	
Folate, DFE....mcg_DFE	9		0	NC	4		45	8	
Choline, total....mg	105.7		0	BFPN	4		517.0	89.9	
Betaine....mg	13.9		0	BFPN	4		67.9	11.8	
Vitamin B-12....mcg	1.53		0	BFPN	4		7.49	1.30	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.37		0	BFSN	4		1.80	0.31	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		7.2	1.3	
Lipids:									
Fatty acids, total saturated....g	2.260		0	NC	4		11.053	1.921	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13408

Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.167		0	BFFN	4		0.818	0.142	
15:0....g									
16:0....g	1.399		0	BFFN	4		6.841	1.189	
17:0....g									
18:0....g	0.694		0	BFFN	4		3.394	0.590	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.730		0	NC	4		13.351	2.321	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.253		0	BFFN	4		1.236	0.215	
17:1....g									
18:1 undifferentiated....g	2.478		0	BFFN	4		12.115	2.106	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.242		0	NC	4		1.182	0.206	
18:2 undifferentiated....g	0.189		0	BFFN	4		0.922	0.160	
18:3 undifferentiated....g	0.018		0	BFFN	4		0.087	0.015	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.036		0	BFFN	4		0.174	0.030	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	88		0	BFFN	4		428	74	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.182		0	A	1		0.892	0.155	
Threonine....g	1.109		0	A	1		5.422	0.943	
Isoleucine....g	1.263		0	A	1		6.175	1.073	
Leucine....g	2.208		0	A	1		10.797	1.877	
Lysine....g	2.346		0	A	1		11.471	1.994	
Methionine....g	0.723		0	A	1		3.535	0.614	
Cystine....g	0.358		0	A	1		1.752	0.304	
Phenylalanine....g	1.096		0	A	1		5.361	0.932	
Tyrosine....g	0.885		0	A	1		4.325	0.752	
Valine....g	1.377		0	A	1		6.734	1.171	
Arginine....g	1.795		0	A	1		8.777	1.526	
Histidine....g	0.886		0	A	1		4.332	0.753	
Alanine....g	1.688		0	A	1		8.252	1.434	
Aspartic acid....g	2.528		0	A	1		12.364	2.149	
Glutamic acid....g	4.167		0	A	1		20.377	3.542	
Glycine....g	1.690		0	A	1		8.265	1.437	
Proline....g	1.323		0	A	1		6.471	1.125	
Serine....g	1.093		0	A	1		5.347	0.929	
Hydroxyproline....g	0.292		0	BFPN	4		1.426	0.248	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13408

Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Common Measures:

Measure 1 = 489g: 1 roast (yield from 600 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13411

Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Cube Steak, URMIS #2279

Refuse: 4% Bone and connective tissue 1%, sep fat 3%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.83	0.703	10	A	1		333.86	55.10	
Energy....kcal	185		0	NC	4		953	157	
Energy....kJ	774		0	NC	4		3988	658	
Protein (N x 6.25)....g	27.23	0.400	10	A	1		140.23	23.15	
Total lipid (fat)....g	7.63	0.605	10	A	1		39.28	6.48	
Ash....g	1.07	0.049	10	A	1		5.53	0.91	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	BFNN	4		29	5	
Iron, Fe....mg	2.40		0	BFNN	4		12.35	2.04	
Magnesium, Mg....mg	18		0	BFNN	4		94	16	
Phosphorus, P....mg	172		0	BFNN	4		884	146	
Potassium, K....mg	222		0	BFNN	4		1142	188	
Sodium, Na....mg	36		0	BFNN	4		183	30	
Zinc, Zn....mg	4.74		0	BFNN	4		24.43	4.03	
Copper, Cu....mg	0.064		0	BFNN	4		0.328	0.054	
Manganese, Mn....mg	0.009		0	BFNN	4		0.047	0.008	
Selenium, Se....mcg	30.9		0	BFNN	4		159.4	26.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.057		0	BFPN	4		0.292	0.048	
Riboflavin....mg	0.170		0	BFPN	4		0.876	0.145	
Niacin....mg	5.232		0	BFPN	4		26.944	4.447	
Pantothenic acid....mg	0.535		0	BFPN	4		2.754	0.455	
Vitamin B-6....mg	0.380		0	BFPN	4		1.957	0.323	
Folate, total....mcg	9		0	BFPN	4		47	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		47	8	
Folate, DFE....mcg_DFE	9		0	NC	4		47	8	
Choline, total....mg	103.7		0	BFPN	4		534.1	88.2	
Betaine....mg	13.6		0	BFPN	4		70.2	11.6	
Vitamin B-12....mcg	1.61		0	BFPN	4		8.28	1.37	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.37		0	BFSN	4		1.93	0.32	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		6.9	1.1	
Lipids:									
Fatty acids, total saturated....g	2.661		0	NC	4		13.704	2.262	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13411

Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.197		0	BFFN	4		1.014	0.167	
15:0....g									
16:0....g	1.647		0	BFFN	4		8.482	1.400	
17:0....g									
18:0....g	0.817		0	BFFN	4		4.208	0.695	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.214		0	NC	4		16.553	2.732	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.298		0	BFFN	4		1.532	0.253	
17:1....g									
18:1 undifferentiated....g	2.917		0	BFFN	4		15.020	2.479	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.285		0	NC	4		1.467	0.242	
18:2 undifferentiated....g	0.222		0	BFFN	4		1.144	0.189	
18:3 undifferentiated....g	0.021		0	BFFN	4		0.108	0.018	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.042		0	BFFN	4		0.216	0.036	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	103		0	BFFN	4		531	88	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.179		0	A	1		0.922	0.152	
Threonine....g	1.088		0	A	1		5.602	0.925	
Isoleucine....g	1.239		0	A	1		6.380	1.053	
Leucine....g	2.166		0	A	1		11.155	1.841	
Lysine....g	2.301		0	A	1		11.852	1.956	
Methionine....g	0.709		0	A	1		3.652	0.603	
Cystine....g	0.351		0	A	1		1.810	0.299	
Phenylalanine....g	1.076		0	A	1		5.539	0.914	
Tyrosine....g	0.868		0	A	1		4.469	0.738	
Valine....g	1.351		0	A	1		6.957	1.148	
Arginine....g	1.761		0	A	1		9.068	1.497	
Histidine....g	0.869		0	A	1		4.475	0.739	
Alanine....g	1.655		0	A	1		8.526	1.407	
Aspartic acid....g	2.480		0	A	1		12.774	2.108	
Glutamic acid....g	4.088		0	A	1		21.053	3.475	
Glycine....g	1.658		0	A	1		8.539	1.409	
Proline....g	1.298		0	A	1		6.685	1.103	
Serine....g	1.073		0	A	1		5.524	0.912	
Hydroxyproline....g	0.286		0	BFPN	4		1.473	0.243	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13411

Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 515g: 1 roast (yield from 627 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23604

Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked

Refuse: 11% Bone and connective tissue 2.33%, separable fat 8.89%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.93	0.423	20	A	1		18.69		
Energy....kcal	163		0	NC	4		46		
Energy....kJ	684		0	NC	4		194		
Protein (N x 6.25)....g	28.00	0.290	20	A	1		7.94		
Total lipid (fat)....g	5.72	0.426	20	A	1		1.62		
Ash....g	1.11	0.031	20	A	1		0.31		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	BFNN	4		2		
Iron, Fe....mg	2.35		0	BFNN	4		0.66		
Magnesium, Mg....mg	19		0	BFNN	4		5		
Phosphorus, P....mg	177		0	BFNN	4		50		
Potassium, K....mg	230		0	BFNN	4		65		
Sodium, Na....mg	37		0	BFNN	4		10		
Zinc, Zn....mg	4.82		0	BFNN	4		1.37		
Copper, Cu....mg	0.070		0	BFNN	4		0.020		
Manganese, Mn....mg	0.010		0	BFNN	4		0.003		
Selenium, Se....mcg	31.7		0	BFNN	4		9.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.063		0	BFPN	4		0.018		
Riboflavin....mg	0.158		0	BFPN	4		0.045		
Niacin....mg	5.030		0	BFPN	4		1.426		
Pantothenic acid....mg	0.551		0	BFPN	4		0.156		
Vitamin B-6....mg	0.376		0	BFPN	4		0.106		
Folate, total....mcg	9		0	BFPN	4		3		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFPN	4		3		
Folate, DFE....mcg_DFE	9		0	NC	4		3		
Choline, total....mg	106.6		0	BFPN	4		30.2		
Betaine....mg	14.0		0	BFPN	4		4.0		
Vitamin B-12....mcg	1.54		0	BFPN	4		0.44		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.36		0	BFSN	4		0.10		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	2.0		0	BFSN	4		0.6		
Lipids:									
Fatty acids, total saturated....g	1.972		0	NC	4		0.559		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 23604

Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.000		0	BFFN	4		0.000		
12:0 ... g	0.000		0	BFFN	4		0.000		
13:0 ... g									
14:0 ... g	0.139		0	BFFN	4		0.039		
15:0 ... g									
16:0 ... g	1.231		0	BFFN	4		0.349		
17:0 ... g									
18:0 ... g	0.601		0	BFFN	4		0.170		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.391		0	NC	4		0.678		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.225		0	BFFN	4		0.064		
17:1 ... g									
18:1 undifferentiated ... g	2.165		0	BFFN	4		0.614		
20:1 ... g	0.002		0	BFFN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.231		0	NC	4		0.066		
18:2 undifferentiated ... g	0.180		0	BFFN	4		0.051		
18:3 undifferentiated ... g	0.017		0	BFFN	4		0.005		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.035		0	BFFN	4		0.010		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	75		0	BFFN	4		21		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.184		0	A	1		0.052		
Threonine ... g	1.119		0	A	1		0.317		
Isoleucine ... g	1.274		0	A	1		0.361		
Leucine ... g	2.227		0	A	1		0.631		
Lysine ... g	2.366		0	A	1		0.671		
Methionine ... g	0.729		0	A	1		0.207		
Cystine ... g	0.361		0	A	1		0.102		
Phenylalanine ... g	1.106		0	A	1		0.314		
Tyrosine ... g	0.892		0	A	1		0.253		
Valine ... g	1.389		0	A	1		0.394		
Arginine ... g	1.811		0	A	1		0.513		
Histidine ... g	0.894		0	A	1		0.253		
Alanine ... g	1.702		0	A	1		0.483		
Aspartic acid ... g	2.551		0	A	1		0.723		
Glutamic acid ... g	4.204		0	A	1		1.192		
Glycine ... g	1.705		0	A	1		0.483		
Proline ... g	1.335		0	A	1		0.378		
Serine ... g	1.103		0	A	1		0.313		
Hydroxyproline ... g	0.294		0	BFPN	4		0.083		
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23604

Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23619

Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

URMIS #2279

Refuse: 10% Bone and connective tissue 1.37%, separable fat 8.55%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.26	0.737	10	A	1		18.50	296.01	
Energy....kcal	179		0	NC	4		51	811	
Energy....kJ	748		0	NC	4		212	3393	
Protein (N x 6.25)....g	27.56	0.507	10	A	1		7.81	124.99	
Total lipid (fat)....g	6.77	0.657	10	A	1		1.92	30.73	
Ash....g	1.07	0.051	10	A	1		0.30	4.86	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	BFNN	4		2	26	
Iron, Fe....mg	2.43		0	BFNN	4		0.69	11.04	
Magnesium, Mg....mg	19		0	BFNN	4		5	84	
Phosphorus, P....mg	174		0	BFNN	4		49	790	
Potassium, K....mg	225		0	BFNN	4		64	1021	
Sodium, Na....mg	36		0	BFNN	4		10	164	
Zinc, Zn....mg	4.82		0	BFNN	4		1.37	21.84	
Copper, Cu....mg	0.065		0	BFNN	4		0.018	0.293	
Manganese, Mn....mg	0.009		0	BFNN	4		0.003	0.042	
Selenium, Se....mcg	31.4		0	BFNN	4		8.9	142.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.057		0	BFPN	4		0.016	0.260	
Riboflavin....mg	0.172		0	BFPN	4		0.049	0.781	
Niacin....mg	5.294		0	BFPN	4		1.501	24.015	
Pantothenic acid....mg	0.541		0	BFPN	4		0.153	2.455	
Vitamin B-6....mg	0.385		0	BFPN	4		0.109	1.745	
Folate, total....mcg	9		0	BFPN	4		3	42	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		3	42	
Folate, DFE....mcg_DFE	9		0	NC	4		3	42	
Choline, total....mg	104.9		0	BFPN	4		29.8	476.0	
Betaine....mg	13.8		0	BFPN	4		3.9	62.5	
Vitamin B-12....mcg	1.63		0	BFPN	4		0.46	7.38	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.37		0	BFSN	4		0.10	1.68	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		0.4	6.0	
Lipids:									
Fatty acids, total saturated....g	2.334		0	NC	4		0.662	10.588	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23619

Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.165		0	BFFN	4		0.047	0.746	
15:0....g									
16:0....g	1.458		0	BFFN	4		0.413	6.613	
17:0....g									
18:0....g	0.712		0	BFFN	4		0.202	3.229	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.831		0	NC	4		0.803	12.843	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.267		0	BFFN	4		0.076	1.209	
17:1....g									
18:1 undifferentiated....g	2.563		0	BFFN	4		0.727	11.627	
20:1....g	0.002		0	BFFN	4		0.000	0.008	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.274		0	NC	4		0.078	1.241	
18:2 undifferentiated....g	0.213		0	BFFN	4		0.060	0.965	
18:3 undifferentiated....g	0.020		0	BFFN	4		0.006	0.089	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.041		0	BFFN	4		0.012	0.186	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	89		0	BFFN	4		25	404	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.181		0	A	1		0.051	0.821	
Threonine....g	1.101		0	A	1		0.312	4.993	
Isoleucine....g	1.254		0	A	1		0.355	5.687	
Leucine....g	2.192		0	A	1		0.621	9.943	
Lysine....g	2.329		0	A	1		0.660	10.563	
Methionine....g	0.718		0	A	1		0.203	3.255	
Cystine....g	0.356		0	A	1		0.101	1.613	
Phenylalanine....g	1.088		0	A	1		0.309	4.937	
Tyrosine....g	0.878		0	A	1		0.249	3.983	
Valine....g	1.367		0	A	1		0.388	6.201	
Arginine....g	1.782		0	A	1		0.505	8.082	
Histidine....g	0.879		0	A	1		0.249	3.989	
Alanine....g	1.675		0	A	1		0.475	7.599	
Aspartic acid....g	2.510		0	A	1		0.712	11.385	
Glutamic acid....g	4.137		0	A	1		1.173	18.764	
Glycine....g	1.678		0	A	1		0.476	7.611	
Proline....g	1.314		0	A	1		0.372	5.959	
Serine....g	1.085		0	A	1		0.308	4.924	
Hydroxyproline....g	0.289		0	BFPN	4		0.082	1.313	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23619

Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13868

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.88	0.578	20	PAK	1		18.96	303.37	
Energy....kcal	192		0	NC	4		55	873	
Energy....kJ	805		0	NC	4		228	3653	
Protein (N x 6.25)....g	20.70	0.199	20	PAK	1		5.87	93.88	
Total lipid (fat)....g	11.54	0.682	20	PAK	1		3.27	52.35	
Ash....g	1.01	0.018	20	PAK	1		0.29	4.56	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	20	4.663	4	PAK	1		6	89	
Iron, Fe....mg	1.74	0.109	4	PAK	1		0.49	7.88	
Magnesium, Mg....mg	22	0.390	4	PAK	1		6	101	
Phosphorus, P....mg	199	3.856	4	PAK	1		56	903	
Potassium, K....mg	327	9.957	4	PAK	1		93	1483	
Sodium, Na....mg	56	2.278	4	PAK	1		16	255	
Zinc, Zn....mg	3.82	0.076	4	PAK	1		1.08	17.34	
Copper, Cu....mg	0.091	0.005	4	PAK	1		0.026	0.411	
Manganese, Mn....mg	0.013	0.001	5	PAK	1		0.004	0.057	
Selenium, Se....mcg	24.8		4	PAK	1		7.0	112.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.082	0.004	4	PAK	1		0.023	0.371	
Riboflavin....mg	0.126	0.018	4	PAK	1		0.036	0.573	
Niacin....mg	6.183	0.337	4	PAK	1		1.753	28.044	
Pantothenic acid....mg	0.595		0	BFPN	4		0.169	2.700	
Vitamin B-6....mg	0.613	0.027	4	BFPN	4		0.174	2.781	
Folate, total....mcg	11		0	BFPN	4		3	50	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0	BFPN	4		3	50	
Folate, DFE....mcg_DFE	11		0	NC	4		3	50	
Choline, total....mg	86.4		0	BFPN	4		24.5	392.1	
Betaine....mg	12.7		0	BFPN	4		3.6	57.7	
Vitamin B-12....mcg	1.49	0.220	4	PAK	1		0.42	6.77	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.35		0	BFSN	4		0.10	1.60	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		0.4	6.4	
Lipids:									
Fatty acids, total saturated....g	4.544		0	NC	4		1.288	20.610	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13868

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.037		0	BFFN	4		0.010	0.166	
12:0....g	0.025		0	BFFN	4		0.007	0.114	
13:0....g									
14:0....g	0.353		0	BFFN	4		0.100	1.603	
15:0....g									
16:0....g	2.772		0	BFFN	4		0.786	12.574	
17:0....g									
18:0....g	1.356		0	BFFN	4		0.384	6.152	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.987		0	NC	4		1.414	22.619	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.587		0	BFFN	4		0.167	2.664	
17:1....g									
18:1 undifferentiated....g	4.383		0	BFFN	4		1.243	19.882	
20:1....g	0.016		0	BFFN	4		0.005	0.073	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.441		0	NC	4		0.125	1.998	
18:2 undifferentiated....g	0.287		0	BFFN	4		0.081	1.301	
18:3 undifferentiated....g	0.131		0	BFFN	4		0.037	0.593	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.023		0	BFFN	4		0.006	0.104	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	58		0	BFFN	4		16	261	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.136		0	PAK	1		0.039	0.617	
Threonine....g	0.827		0	PAK	1		0.234	3.750	
Isoleucine....g	0.942		0	PAK	1		0.267	4.271	
Leucine....g	1.646		0	PAK	1		0.467	7.468	
Lysine....g	1.749		0	PAK	1		0.496	7.934	
Methionine....g	0.539		0	PAK	1		0.153	2.445	
Cystine....g	0.267		0	PAK	1		0.076	1.212	
Phenylalanine....g	0.818		0	PAK	1		0.232	3.708	
Tyrosine....g	0.660		0	PAK	1		0.187	2.992	
Valine....g	1.027		0	PAK	1		0.291	4.658	
Arginine....g	1.338		0	PAK	1		0.379	6.071	
Histidine....g	0.661		0	PAK	1		0.187	2.996	
Alanine....g	1.258		0	PAK	1		0.357	5.707	
Aspartic acid....g	1.885		0	PAK	1		0.534	8.551	
Glutamic acid....g	3.107		0	PAK	1		0.881	14.094	
Glycine....g	1.260		0	PAK	1		0.357	5.716	
Proline....g	0.987		0	PAK	1		0.280	4.476	
Serine....g	0.815		0	PAK	1		0.231	3.698	
Hydroxyproline....g	0.217		0	BFPN	4		0.062	0.986	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13868

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13871

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, raw

URMIS #2279

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.32	0.779	10	PAK	1		18.80	300.82	
Energy....kcal	198		0	NC	4		56	898	
Energy....kJ	829		0	NC	4		235	3759	
Protein (N x 6.25)....g	20.71	0.294	10	PAK	1		5.87	93.95	
Total lipid (fat)....g	12.15	0.995	10	PAK	1		3.44	55.12	
Ash....g	1.02	0.031	10	PAK	1		0.29	4.61	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		2	PAK	1		4	71	
Iron, Fe....mg	1.84		2	PAK	1		0.52	8.34	
Magnesium, Mg....mg	22		2	PAK	1		6	100	
Phosphorus, P....mg	197		2	PAK	1		56	894	
Potassium, K....mg	319		2	PAK	1		90	1447	
Sodium, Na....mg	53		2	PAK	1		15	240	
Zinc, Zn....mg	3.80		2	PAK	1		1.08	17.22	
Copper, Cu....mg	0.092		2	PAK	1		0.026	0.417	
Manganese, Mn....mg	0.013	0.001	3	PAK	1		0.004	0.057	
Selenium, Se....mcg	25.0		2	PAK	1		7.1	113.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.079		2	PAK	1		0.022	0.360	
Riboflavin....mg	0.143		2	PAK	1		0.040	0.647	
Niacin....mg	6.294		2	PAK	1		1.784	28.549	
Pantothenic acid....mg	0.605		0	BFPN	4		0.171	2.742	
Vitamin B-6....mg	0.611		2	BFPN	4		0.173	2.773	
Folate, total....mcg	11		0	BFPN	4		3	51	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0	BFPN	4		3	51	
Folate, DFE....mcg_DFE	11		0	NC	4		3	51	
Choline, total....mg	86.5		0	BFPN	4		24.5	392.4	
Betaine....mg	12.7		0	BFPN	4		3.6	57.7	
Vitamin B-12....mcg	1.76		2	PAK	1		0.50	7.96	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.36		0	BFSN	4		0.10	1.63	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		0.4	6.5	
Lipids:									
Fatty acids, total saturated....g	4.784		0	NC	4		1.356	21.700	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13871

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.039		0	BFFN	4		0.011	0.175	
12:0....g	0.027		0	BFFN	4		0.008	0.120	
13:0....g									
14:0....g	0.372		0	BFFN	4		0.105	1.688	
15:0....g									
16:0....g	2.919		0	BFFN	4		0.827	13.240	
17:0....g									
18:0....g	1.428		0	BFFN	4		0.405	6.477	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.251		0	NC	4		1.489	23.816	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.619		0	BFFN	4		0.175	2.806	
17:1....g									
18:1 undifferentiated....g	4.615		0	BFFN	4		1.308	20.934	
20:1....g	0.017		0	BFFN	4		0.005	0.077	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.464		0	NC	4		0.131	2.104	
18:2 undifferentiated....g	0.302		0	BFFN	4		0.086	1.370	
18:3 undifferentiated....g	0.138		0	BFFN	4		0.039	0.625	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.024		0	BFFN	4		0.007	0.109	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	61		0	BFFN	4		17	275	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.136		0	PAK	1		0.039	0.617	
Threonine....g	0.827		0	PAK	1		0.235	3.753	
Isoleucine....g	0.942		0	PAK	1		0.267	4.274	
Leucine....g	1.648		0	PAK	1		0.467	7.473	
Lysine....g	1.750		0	PAK	1		0.496	7.940	
Methionine....g	0.539		0	PAK	1		0.153	2.446	
Cystine....g	0.267		0	PAK	1		0.076	1.212	
Phenylalanine....g	0.818		0	PAK	1		0.232	3.711	
Tyrosine....g	0.660		0	PAK	1		0.187	2.994	
Valine....g	1.028		0	PAK	1		0.291	4.661	
Arginine....g	1.339		0	PAK	1		0.380	6.075	
Histidine....g	0.661		0	PAK	1		0.187	2.998	
Alanine....g	1.259		0	PAK	1		0.357	5.711	
Aspartic acid....g	1.887		0	PAK	1		0.535	8.557	
Glutamic acid....g	3.109		0	PAK	1		0.881	14.104	
Glycine....g	1.261		0	PAK	1		0.358	5.721	
Proline....g	0.987		0	PAK	1		0.280	4.479	
Serine....g	0.816		0	PAK	1		0.231	3.701	
Hydroxyproline....g	0.218		0	BFPN	4		0.062	0.987	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13871

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13874

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, raw

URMIS #1464

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.44	0.857	10	PAK	1		19.12	305.92	
Energy....kcal	187		0	NC	4		53	848	
Energy....kJ	782		0	NC	4		222	3547	
Protein (N x 6.25)....g	20.68	0.286	10	PAK	1		5.86	93.82	
Total lipid (fat)....g	10.93	0.946	10	PAK	1		3.10	49.58	
Ash....g	0.99	0.019	10	PAK	1		0.28	4.51	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	23		2	PAK	1		7	106	
Iron, Fe....mg	1.63		2	PAK	1		0.46	7.41	
Magnesium, Mg....mg	22		2	PAK	1		6	101	
Phosphorus, P....mg	201		2	PAK	1		57	911	
Potassium, K....mg	335		2	PAK	1		95	1519	
Sodium, Na....mg	60		2	PAK	1		17	270	
Zinc, Zn....mg	3.85		2	PAK	1		1.09	17.45	
Copper, Cu....mg	0.089		2	PAK	1		0.025	0.405	
Manganese, Mn....mg	0.013	0.001	3	PAK	1		0.004	0.057	
Selenium, Se....mcg	24.7		2	PAK	1		7.0	112.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.084		2	PAK	1		0.024	0.381	
Riboflavin....mg	0.110		2	PAK	1		0.031	0.499	
Niacin....mg	6.071		2	PAK	1		1.721	27.539	
Pantothenic acid....mg	0.586		0	BFPN	4		0.166	2.658	
Vitamin B-6....mg	0.615		2	BFPN	4		0.174	2.788	
Folate, total....mcg	11		0	BFPN	4		3	49	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0	BFPN	4		3	49	
Folate, DFE....mcg_DFE	11		0	NC	4		3	49	
Choline, total....mg	86.4		0	BFPN	4		24.5	391.9	
Betaine....mg	12.7		0	BFPN	4		3.6	57.6	
Vitamin B-12....mcg	1.23		2	PAK	1		0.35	5.59	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.35		0	BFSN	4		0.10	1.57	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		0.4	6.3	
Lipids:									
Fatty acids, total saturated....g	4.303		0	NC	4		1.220	19.519	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13874

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.035		0	BFFN	4		0.010	0.157	
12:0....g	0.024		0	BFFN	4		0.007	0.108	
13:0....g									
14:0....g	0.335		0	BFFN	4		0.095	1.518	
15:0....g									
16:0....g	2.625		0	BFFN	4		0.744	11.909	
17:0....g									
18:0....g	1.284		0	BFFN	4		0.364	5.826	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.723		0	NC	4		1.339	21.422	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.556		0	BFFN	4		0.158	2.523	
17:1....g									
18:1 undifferentiated....g	4.151		0	BFFN	4		1.177	18.829	
20:1....g	0.015		0	BFFN	4		0.004	0.069	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.417		0	NC	4		0.118	1.892	
18:2 undifferentiated....g	0.272		0	BFFN	4		0.077	1.232	
18:3 undifferentiated....g	0.124		0	BFFN	4		0.035	0.562	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		0	BFFN	4		0.006	0.098	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	55		0	BFFN	4		15	247	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.136		0	PAK	1		0.039	0.617	
Threonine....g	0.826		0	PAK	1		0.234	3.748	
Isoleucine....g	0.941		0	PAK	1		0.267	4.268	
Leucine....g	1.645		0	PAK	1		0.466	7.463	
Lysine....g	1.748		0	PAK	1		0.496	7.929	
Methionine....g	0.539		0	PAK	1		0.153	2.443	
Cystine....g	0.267		0	PAK	1		0.076	1.211	
Phenylalanine....g	0.817		0	PAK	1		0.232	3.706	
Tyrosine....g	0.659		0	PAK	1		0.187	2.990	
Valine....g	1.026		0	PAK	1		0.291	4.654	
Arginine....g	1.337		0	PAK	1		0.379	6.067	
Histidine....g	0.660		0	PAK	1		0.187	2.994	
Alanine....g	1.257		0	PAK	1		0.356	5.704	
Aspartic acid....g	1.884		0	PAK	1		0.534	8.546	
Glutamic acid....g	3.105		0	PAK	1		0.880	14.084	
Glycine....g	1.259		0	PAK	1		0.357	5.713	
Proline....g	0.986		0	PAK	1		0.280	4.473	
Serine....g	0.815		0	PAK	1		0.231	3.696	
Hydroxyproline....g	0.217		0	BFPN	4		0.062	0.986	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13874

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23594

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, raw

Refuse: 13% Bone and connective tissue 2.49%, separable fat 10.55%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.58	0.276	20	A	1				
Energy....kcal	128		0	NC	4				
Energy....kJ	534		0	NC	4				
Protein (N x 6.25)....g	22.19	0.152	20	A	1				
Total lipid (fat)....g	4.31	0.261	20	A	1				
Ash....g	1.09	0.015	20	A	1				
Carbohydrate, by difference....g	0.00		0	Z	7				
Fiber, total dietary....g	0.0		0	Z	7				
Sugars, total....g	0.00		0	Z	7				
Starch....g									
Minerals:									
Calcium, Ca....mg	20	4.059	5	A	1				
Iron, Fe....mg	1.92	0.128	5	A	1				
Magnesium, Mg....mg	24	0.364	5	A	1				
Phosphorus, P....mg	214	2.891	5	A	1				
Potassium, K....mg	350	6.581	5	A	1				
Sodium, Na....mg	59	2.082	5	A	1				
Zinc, Zn....mg	4.22	0.127	5	A	1				
Copper, Cu....mg	0.099	0.005	5	A	1				
Manganese, Mn....mg	0.014	0.001	5	A	1				
Selenium, Se....mcg	28.2	4.734	5	A	1				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7				
Thiamin....mg	0.090	0.005	5	A	1				
Riboflavin....mg	0.144	0.018	5	A	1				
Niacin....mg	6.661	0.271	5	A	1				
Pantothenic acid....mg	0.656		0	BFPN	4				
Vitamin B-6....mg	0.656	0.021	5	A	1				
Folate, total....mcg	13		0	BFPN	4				
Folic acid....mcg	0		0	Z	7				
Folate, food....mcg	13		0	BFPN	4				
Folate, DFE....mcg_DFE	13		0	NC	4				
Choline, total....mg	92.7		0	BFPN	4				
Betaine....mg	13.6		0	BFPN	4				
Vitamin B-12....mcg	1.57	0.246	4	A	1				
Vitamin B-12, added....mcg	0.00		0	Z	7				
Vitamin A, RAE....mcg_RAE	0		0	AS	1				
Retinol....mcg	0		0	Z	7				
Carotene, beta....mcg	0		0	Z	7				
Carotene, alpha....mcg	0		0	Z	7				
Cryptoxanthin, beta....mcg	0		0	Z	7				
Vitamin A, IU....IU	0		0	AS	1				
Lycopene....mcg	0		0	Z	7				
Lutein + zeaxanthin....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)....mg	0.29		0	BFSN	4				
Vitamin E, added....mg	0.00		0	Z	7				
Tocopherol, beta....mg	0.00		0	Z	7				
Tocopherol, gamma....mg	0.00		0	Z	7				
Tocopherol, delta....mg	0.00		0	Z	7				
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.2		0	BFSN	4				
Lipids:									
Fatty acids, total saturated....g	1.476		0	NC	4				

NDB No. 23594

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0 g	0.000		0	BFFN	4				
6:0 g	0.000		0	BFFN	4				
8:0 g	0.000		0	BFFN	4				
10:0 g	0.000		0	BFFN	4				
12:0 g	0.000		0	BFFN	4				
13:0 g									
14:0 g	0.101		0	BFFN	4				
15:0 g									
16:0 g	0.936		0	BFFN	4				
17:0 g									
18:0 g	0.439		0	BFFN	4				
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.816		0	NC	4				
14:1 g									
15:1 g									
16:1 undifferentiated g	0.178		0	BFFN	4				
17:1 g									
18:1 undifferentiated g	1.636		0	BFFN	4				
20:1 g	0.003		0	BFFN	4				
22:1 undifferentiated g	0.000		0	BFFN	4				
24:1 c g									
Fatty acids, total polyunsaturated g	0.185		0	NC	4				
18:2 undifferentiated g	0.145		0	BFFN	4				
18:3 undifferentiated g	0.010		0	BFFN	4				
18:4 g	0.000		0	BFFN	4				
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	BFFN	4				
20:5 n-3 (EPA) g	0.000		0	BFFN	4				
22:5 n-3 (DPA) g	0.000		0	BFFN	4				
22:6 n-3 (DHA) g	0.000		0	BFFN	4				
Fatty acids, total trans g									
Cholesterol mg	58		0	BFFN	4				
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.148		0	A	1				
Threonine g	0.902		0	A	1				
Isoleucine g	1.027		0	A	1				
Leucine g	1.795		0	A	1				
Lysine g	1.907		0	A	1				
Methionine g	0.588		0	A	1				
Cystine g	0.291		0	A	1				
Phenylalanine g	0.891		0	A	1				
Tyrosine g	0.719		0	A	1				
Valine g	1.120		0	A	1				
Arginine g	1.459		0	A	1				
Histidine g	0.720		0	A	1				
Alanine g	1.372		0	A	1				
Aspartic acid g	2.056		0	A	1				
Glutamic acid g	3.388		0	A	1				
Glycine g	1.374		0	A	1				
Proline g	1.076		0	A	1				
Serine g	0.889		0	A	1				
Hydroxyproline g	0.237		0	BFPN	4				
Others:									
Alcohol, ethyl g	0.0		0	Z	7				
Caffeine mg	0		0	Z	7				
Theobromine mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 23594

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23618

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, raw

URMIS #2279

Refuse: 13% Bone and connective tissue 2.44%, separable fat 10.58%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.99	0.409	10	A	1				
Energy....kcal	140		0	NC	4				
Energy....kJ	584		0	NC	4				
Protein (N x 6.25)....g	22.22	0.228	10	A	1				
Total lipid (fat)....g	4.96	0.414	10	A	1				
Ash....g	1.06	0.025	10	A	1				
Carbohydrate, by difference....g	0.00		0	Z	7				
Fiber, total dietary....g	0.0		0	Z	7				
Sugars, total....g	0.00		0	Z	7				
Starch....g									
Minerals:									
Calcium, Ca....mg	19	6.413	3	A	1				
Iron, Fe....mg	2.06	0.115	3	A	1				
Magnesium, Mg....mg	24	0.747	3	A	1				
Phosphorus, P....mg	215	5.774	3	A	1				
Potassium, K....mg	341	9.103	3	A	1				
Sodium, Na....mg	56	1.299	3	A	1				
Zinc, Zn....mg	4.16	0.131	3	A	1				
Copper, Cu....mg	0.098	0.006	3	A	1				
Manganese, Mn....mg	0.014	0.001	3	A	1				
Selenium, Se....mcg	27.7	6.858	3	A	1				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7				
Thiamin....mg	0.093	0.011	3	A	1				
Riboflavin....mg	0.160	0.019	3	A	1				
Niacin....mg	6.757	0.135	3	A	1				
Pantothenic acid....mg	0.436		0	BFPN	4				
Vitamin B-6....mg	0.653	0.007	3	A	1				
Folate, total....mcg	13		0	BFPN	4				
Folic acid....mcg	0		0	Z	7				
Folate, food....mcg	13		0	BFPN	4				
Folate, DFE....mcg_DFE	13		0	NC	4				
Choline, total....mg	92.8		0	BFPN	4				
Betaine....mg	13.6		0	BFPN	4				
Vitamin B-12....mcg	1.85		2	A	1				
Vitamin B-12, added....mcg	0.00		0	Z	7				
Vitamin A, RAE....mcg_RAE	0		0	AS	1				
Retinol....mcg	0		0	Z	7				
Carotene, beta....mcg	0		0	Z	7				
Carotene, alpha....mcg	0		0	Z	7				
Cryptoxanthin, beta....mcg	0		0	Z	7				
Vitamin A, IU....IU	0		0	AS	1				
Lycopene....mcg	0		0	Z	7				
Lutein + zeaxanthin....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)....mg	0.30		0	BFSN	4				
Vitamin E, added....mg	0.00		0	Z	7				
Tocopherol, beta....mg	0.00		0	Z	7				
Tocopherol, gamma....mg	0.00		0	Z	7				
Tocopherol, delta....mg	0.00		0	Z	7				
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.2		0	BFSN	4				
Lipids:									
Fatty acids, total saturated....g	1.699		0	NC	4				
4:0....g	0.000		0	BFFN	4				

NDB No. 23618

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4				
8:0 ... g	0.000		0	BFFN	4				
10:0 ... g	0.000		0	BFFN	4				
12:0 ... g	0.000		0	BFFN	4				
13:0 ... g									
14:0 ... g	0.117		0	BFFN	4				
15:0 ... g									
16:0 ... g	1.077		0	BFFN	4				
17:0 ... g									
18:0 ... g	0.505		0	BFFN	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.090		0	NC	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.204		0	BFFN	4				
17:1 ... g									
18:1 undifferentiated ... g	1.882		0	BFFN	4				
20:1 ... g	0.003		0	BFFN	4				
22:1 undifferentiated ... g	0.000		0	BFFN	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.213		0	NC	4				
18:2 undifferentiated ... g	0.166		0	BFFN	4				
18:3 undifferentiated ... g	0.012		0	BFFN	4				
18:4 ... g	0.000		0	BFFN	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.035		0	BFFN	4				
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4				
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4				
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	67		0	BFFN	4				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.146		0	A	1				
Threonine ... g	0.887		0	A	1				
Isoleucine ... g	1.011		0	A	1				
Leucine ... g	1.767		0	A	1				
Lysine ... g	1.877		0	A	1				
Methionine ... g	0.579		0	A	1				
Cystine ... g	0.287		0	A	1				
Phenylalanine ... g	0.877		0	A	1				
Tyrosine ... g	0.708		0	A	1				
Valine ... g	1.102		0	A	1				
Arginine ... g	1.436		0	A	1				
Histidine ... g	0.709		0	A	1				
Alanine ... g	1.351		0	A	1				
Aspartic acid ... g	2.024		0	A	1				
Glutamic acid ... g	3.335		0	A	1				
Glycine ... g	1.353		0	A	1				
Proline ... g	1.059		0	A	1				
Serine ... g	0.875		0	A	1				
Hydroxyproline ... g	0.233		0	BFPN	4				
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg	0		0	Z	7				
Theobromine ... mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23618

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, raw

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23637

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, raw

URMIS #1464

Refuse: 12% Bone and connective tissue 1.97%, separable fat 10.51%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.17	0.278	10	A	1		20.74	331.88	
Energy....kcal	128		0	NC	4		36	579	
Energy....kJ	534		0	NC	4		152	2424	
Protein (N x 6.25)....g	22.18	0.214	10	A	1		6.29	100.62	
Total lipid (fat)....g	3.66	0.145	10	A	1		1.04	16.61	
Ash....g	1.08	0.017	10	A	1		0.31	4.91	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	21	4.295	3	A	1		6	97	
Iron, Fe....mg	1.90	0.227	3	A	1		0.54	8.62	
Magnesium, Mg....mg	24	0.372	3	A	1		7	110	
Phosphorus, P....mg	217	2.333	3	A	1		61	983	
Potassium, K....mg	361	2.021	3	A	1		102	1635	
Sodium, Na....mg	62	2.225	3	A	1		17	280	
Zinc, Zn....mg	4.42	0.275	3	A	1		1.25	20.03	
Copper, Cu....mg	0.103	0.010	3	A	1		0.029	0.469	
Manganese, Mn....mg	0.014	0.001	3	A	1		0.004	0.063	
Selenium, Se....mcg	30.8	6.379	3	A	1		8.7	139.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.091	0.002	3	A	1		0.026	0.411	
Riboflavin....mg	0.141	0.028	3	A	1		0.040	0.638	
Niacin....mg	6.598	0.471	3	A	1		1.870	29.928	
Pantothenic acid....mg	0.651		0	BFPN	4		0.185	2.955	
Vitamin B-6....mg	0.652	0.039	3	A	1		0.185	2.956	
Folate, total....mcg	13		0	BFPN	4		4	59	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0	BFPN	4		4	59	
Folate, DFE....mcg_DFE	13		0	NC	4		4	59	
Choline, total....mg	92.6		0	BFPN	4		26.3	420.3	
Betaine....mg	13.6		0	BFPN	4		3.9	61.8	
Vitamin B-12....mcg	1.30		2	A	1		0.37	5.88	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		0	BFSN	4		0.08	1.30	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.1		0	BFSN	4		0.3	5.2	
Lipids:									
Fatty acids, total saturated....g	1.253		0	NC	4		0.355	5.685	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23637

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.000		0	BFFN	4		0.000	0.000	
13:0 g									
14:0 g	0.086		0	BFFN	4		0.024	0.391	
15:0 g									
16:0 g	0.795		0	BFFN	4		0.225	3.604	
17:0 g									
18:0 g	0.373		0	BFFN	4		0.106	1.690	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.542		0	NC	4		0.437	6.994	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.151		0	BFFN	4		0.043	0.684	
17:1 g									
18:1 undifferentiated g	1.389		0	BFFN	4		0.394	6.301	
20:1 g	0.002		0	BFFN	4		0.001	0.010	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.157		0	NC	4		0.045	0.713	
18:2 undifferentiated g	0.123		0	BFFN	4		0.035	0.557	
18:3 undifferentiated g	0.009		0	BFFN	4		0.002	0.039	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.026		0	BFFN	4		0.007	0.117	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	50		0	BFFN	4		14	225	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.146		0	A	1		0.041	0.661	
Threonine g	0.886		0	A	1		0.251	4.019	
Isoleucine g	1.009		0	A	1		0.286	4.578	
Leucine g	1.764		0	A	1		0.500	8.004	
Lysine g	1.875		0	A	1		0.531	8.503	
Methionine g	0.578		0	A	1		0.164	2.620	
Cystine g	0.286		0	A	1		0.081	1.298	
Phenylalanine g	0.876		0	A	1		0.248	3.974	
Tyrosine g	0.707		0	A	1		0.200	3.206	
Valine g	1.100		0	A	1		0.312	4.992	
Arginine g	1.434		0	A	1		0.407	6.506	
Histidine g	0.708		0	A	1		0.201	3.211	
Alanine g	1.349		0	A	1		0.382	6.117	
Aspartic acid g	2.020		0	A	1		0.573	9.165	
Glutamic acid g	3.330		0	A	1		0.944	15.105	
Glycine g	1.351		0	A	1		0.383	6.126	
Proline g	1.057		0	A	1		0.300	4.797	
Serine g	0.874		0	A	1		0.248	3.963	
Hydroxyproline g	0.233		0	BFPN	4		0.066	1.057	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23637

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13398

Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Cube Steak

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.33	0.439	20	PAK	1		106.06	48.73	
Energy....kcal	223		0	NC	4		413	190	
Energy....kJ	934		0	NC	4		1728	794	
Protein (N x 6.25)....g	33.56	0.478	20	PAK	1		62.09	28.53	
Total lipid (fat)....g	8.86	0.484	20	PAK	1		16.39	7.53	
Ash....g	1.00	0.045	20	PAK	1		1.85	0.85	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	BFFN	4		15	7	
Iron, Fe....mg	2.72		0	BFFN	4		5.04	2.31	
Magnesium, Mg....mg	22		0	BFFN	4		40	18	
Phosphorus, P....mg	208		0	BFFN	4		384	176	
Potassium, K....mg	271		0	BFFN	4		501	230	
Sodium, Na....mg	44		0	BFFN	4		81	37	
Zinc, Zn....mg	5.60		0	BFFN	4		10.35	4.76	
Copper, Cu....mg	0.080		0	BFFN	4		0.147	0.068	
Manganese, Mn....mg	0.012		0	BFFN	4		0.021	0.010	
Selenium, Se....mcg	34.2		0	BFFN	4		63.2	29.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.077		0	BFPN	4		0.142	0.065	
Riboflavin....mg	0.179		0	BFPN	4		0.330	0.152	
Niacin....mg	5.866		0	BFPN	4		10.851	4.986	
Pantothenic acid....mg	0.662		0	BFPN	4		1.224	0.562	
Vitamin B-6....mg	0.441		0	BFPN	4		0.815	0.375	
Folate, total....mcg	10		0	BFPN	4		19	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		19	9	
Folate, DFE....mcg_DFE	10		0	NC	4		19	9	
Choline, total....mg	127.8		0	BFPN	4		236.5	108.6	
Betaine....mg	16.8		0	BFPN	4		31.1	14.3	
Vitamin B-12....mcg	1.87		0	BFPN	4		3.45	1.59	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.45		0	BFSN	4		0.84	0.39	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.3	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	PAK	1		0.3	0.1	
Vitamin D....IU	6		0	PAK	1		12	5	
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		3.0	1.4	
Lipids:									
Fatty acids, total saturated....g	3.184		0	NC	4		5.891	2.707	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13398

Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.008		0	BFFN	4		0.015	0.007	
12:0 g	0.008		0	BFFN	4		0.015	0.007	
13:0 g									
14:0 g	0.241		0	BFFN	4		0.446	0.205	
15:0 g									
16:0 g	1.974		0	BFFN	4		3.652	1.678	
17:0 g									
18:0 g	0.953		0	BFFN	4		1.763	0.810	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.751		0	NC	4		6.940	3.189	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.354		0	BFFN	4		0.655	0.301	
17:1 g									
18:1 undifferentiated g	3.393		0	BFFN	4		6.278	2.884	
20:1 g	0.004		0	BFFN	4		0.007	0.003	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.334		0	NC	4		0.617	0.284	
18:2 undifferentiated g	0.249		0	BFFN	4		0.461	0.212	
18:3 undifferentiated g	0.044		0	BFFN	4		0.082	0.038	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0	BFFN	4		0.074	0.034	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	99		0	BFFN	4		183	84	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.221		0	PAK	1		0.408	0.187	
Threonine g	1.341		0	PAK	1		2.480	1.140	
Isoleucine g	1.527		0	PAK	1		2.825	1.298	
Leucine g	2.670		0	PAK	1		4.939	2.269	
Lysine g	2.836		0	PAK	1		5.247	2.411	
Methionine g	0.874		0	PAK	1		1.617	0.743	
Cystine g	0.433		0	PAK	1		0.801	0.368	
Phenylalanine g	1.326		0	PAK	1		2.452	1.127	
Tyrosine g	1.069		0	PAK	1		1.978	0.909	
Valine g	1.665		0	PAK	1		3.080	1.415	
Arginine g	2.170		0	PAK	1		4.015	1.845	
Histidine g	1.071		0	PAK	1		1.981	0.910	
Alanine g	2.040		0	PAK	1		3.774	1.734	
Aspartic acid g	3.057		0	PAK	1		5.655	2.598	
Glutamic acid g	5.038		0	PAK	1		9.320	4.282	
Glycine g	2.043		0	PAK	1		3.780	1.737	
Proline g	1.600		0	PAK	1		2.960	1.360	
Serine g	1.322		0	PAK	1		2.446	1.124	
Hydroxyproline g	0.353		0	BFPN	4		0.652	0.300	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13398

Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 185g: 1 steak (yield from 290 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13401

Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Cube Steak, URMIS #2279

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.74	0.498	10	PAK	1		108.37		
Energy....kcal	230		0	NC	4		439		
Energy....kJ	962		0	NC	4		1838		
Protein (N x 6.25)....g	32.73	0.416	10	PAK	1		62.51		
Total lipid (fat)....g	10.00	0.698	10	PAK	1		19.10		
Ash....g	1.01	0.076	10	PAK	1		1.93		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFFN	4		14		
Iron, Fe....mg	2.71		0	BFFN	4		5.17		
Magnesium, Mg....mg	21		0	BFFN	4		40		
Phosphorus, P....mg	199		0	BFFN	4		381		
Potassium, K....mg	264		0	BFFN	4		503		
Sodium, Na....mg	42		0	BFFN	4		81		
Zinc, Zn....mg	5.41		0	BFFN	4		10.34		
Copper, Cu....mg	0.071		0	BFFN	4		0.136		
Manganese, Mn....mg	0.011		0	BFFN	4		0.021		
Selenium, Se....mcg	34.5		0	BFFN	4		65.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.068		0	BFPN	4		0.130		
Riboflavin....mg	0.184		0	BFPN	4		0.351		
Niacin....mg	5.918		0	BFPN	4		11.303		
Pantothenic acid....mg	0.644		0	BFPN	4		1.231		
Vitamin B-6....mg	0.430		0	BFPN	4		0.821		
Folate, total....mcg	10		0	BFPN	4		19		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	10		0	BFPN	4		19		
Folate, DFE....mcg_DFE	10		0	NC	4		19		
Choline, total....mg	124.7		0	BFPN	4		238.1		
Betaine....mg	16.4		0	BFPN	4		31.3		
Vitamin B-12....mcg	1.97		0	BFPN	4		3.75		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.46		0	BFSN	4		0.88		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		3.1		
Lipids:									
Fatty acids, total saturated....g	3.593		0	NC	4		6.863		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13401

Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.009		0	BFFN	4		0.017		
12:0 g	0.009		0	BFFN	4		0.017		
13:0 g									
14:0 g	0.272		0	BFFN	4		0.520		
15:0 g									
16:0 g	2.228		0	BFFN	4		4.255		
17:0 g									
18:0 g	1.075		0	BFFN	4		2.054		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.233		0	NC	4		8.085		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.399		0	BFFN	4		0.762		
17:1 g									
18:1 undifferentiated g	3.829		0	BFFN	4		7.314		
20:1 g	0.005		0	BFFN	4		0.009		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.377		0	NC	4		0.719		
18:2 undifferentiated g	0.281		0	BFFN	4		0.537		
18:3 undifferentiated g	0.050		0	BFFN	4		0.095		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.045		0	BFFN	4		0.087		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	112		0	BFFN	4		213		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.215		0	PAK	1		0.411		
Threonine g	1.308		0	PAK	1		2.497		
Isoleucine g	1.489		0	PAK	1		2.844		
Leucine g	2.604		0	PAK	1		4.973		
Lysine g	2.766		0	PAK	1		5.283		
Methionine g	0.852		0	PAK	1		1.628		
Cystine g	0.422		0	PAK	1		0.807		
Phenylalanine g	1.293		0	PAK	1		2.469		
Tyrosine g	1.043		0	PAK	1		1.992		
Valine g	1.624		0	PAK	1		3.101		
Arginine g	2.116		0	PAK	1		4.042		
Histidine g	1.045		0	PAK	1		1.995		
Alanine g	1.990		0	PAK	1		3.801		
Aspartic acid g	2.981		0	PAK	1		5.694		
Glutamic acid g	4.914		0	PAK	1		9.385		
Glycine g	1.993		0	PAK	1		3.807		
Proline g	1.560		0	PAK	1		2.980		
Serine g	1.289		0	PAK	1		2.463		
Hydroxyproline g	0.344		0	BFPN	4		0.657		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13401

Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Common Measures:

Measure 1 = 191g: 1 steak (yield from 299 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13404

Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Cube Steak, URMIS #1464

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.92	0.698	10	PAK	1		103.68		
Energy....kcal	217		0	NC	4		388		
Energy....kJ	906		0	NC	4		1621		
Protein (N x 6.25)....g	34.39	0.628	10	PAK	1		61.56		
Total lipid (fat)....g	7.72	0.465	10	PAK	1		13.82		
Ash....g	0.99	0.053	10	PAK	1		1.78		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	BFFN	4		16		
Iron, Fe....mg	2.74		0	BFFN	4		4.90		
Magnesium, Mg....mg	22		0	BFFN	4		40		
Phosphorus, P....mg	216		0	BFFN	4		386		
Potassium, K....mg	279		0	BFFN	4		499		
Sodium, Na....mg	45		0	BFFN	4		81		
Zinc, Zn....mg	5.78		0	BFFN	4		10.35		
Copper, Cu....mg	0.088		0	BFFN	4		0.157		
Manganese, Mn....mg	0.012		0	BFFN	4		0.021		
Selenium, Se....mcg	33.8		0	BFFN	4		60.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.087		0	BFPN	4		0.155		
Riboflavin....mg	0.173		0	BFPN	4		0.309		
Niacin....mg	5.802		0	BFPN	4		10.386		
Pantothenic acid....mg	0.679		0	BFPN	4		1.215		
Vitamin B-6....mg	0.452		0	BFPN	4		0.808		
Folate, total....mcg	11		0	BFPN	4		19		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	11		0	BFPN	4		19		
Folate, DFE....mcg_DFE	11		0	NC	4		19		
Choline, total....mg	131.0		0	BFPN	4		234.5		
Betaine....mg	17.2		0	BFPN	4		30.8		
Vitamin B-12....mcg	1.76		0	BFPN	4		3.15		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.45		0	BFSN	4		0.80		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		2.9		
Lipids:									
Fatty acids, total saturated....g	2.775		0	NC	4		4.967		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13404

Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.007		0	BFFN	4		0.013		
12:0 ... g	0.007		0	BFFN	4		0.013		
13:0 ... g									
14:0 ... g	0.210		0	BFFN	4		0.376		
15:0 ... g									
16:0 ... g	1.721		0	BFFN	4		3.080		
17:0 ... g									
18:0 ... g	0.830		0	BFFN	4		1.486		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.269		0	NC	4		5.852		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.308		0	BFFN	4		0.552		
17:1 ... g									
18:1 undifferentiated ... g	2.957		0	BFFN	4		5.294		
20:1 ... g	0.004		0	BFFN	4		0.006		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.291		0	NC	4		0.520		
18:2 undifferentiated ... g	0.217		0	BFFN	4		0.389		
18:3 undifferentiated ... g	0.039		0	BFFN	4		0.069		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.035		0	BFFN	4		0.063		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	86		0	BFFN	4		154		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.226		0	PAK	1		0.405		
Threonine ... g	1.374		0	PAK	1		2.459		
Isoleucine ... g	1.565		0	PAK	1		2.801		
Leucine ... g	2.736		0	PAK	1		4.897		
Lysine ... g	2.906		0	PAK	1		5.202		
Methionine ... g	0.896		0	PAK	1		1.603		
Cystine ... g	0.444		0	PAK	1		0.794		
Phenylalanine ... g	1.358		0	PAK	1		2.431		
Tyrosine ... g	1.096		0	PAK	1		1.962		
Valine ... g	1.706		0	PAK	1		3.054		
Arginine ... g	2.224		0	PAK	1		3.980		
Histidine ... g	1.098		0	PAK	1		1.965		
Alanine ... g	2.091		0	PAK	1		3.742		
Aspartic acid ... g	3.132		0	PAK	1		5.607		
Glutamic acid ... g	5.163		0	PAK	1		9.241		
Glycine ... g	2.094		0	PAK	1		3.748		
Proline ... g	1.639		0	PAK	1		2.935		
Serine ... g	1.355		0	PAK	1		2.425		
Hydroxyproline ... g	0.361		0	BFPN	4		0.647		
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13404

Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Common Measures:

Measure 1 = 179g: 1 steak (yield from 281 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13869

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Refuse: 5% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.97	0.695	5	PAK	1		154.46	46.72	
Energy....kcal	247		0	NC	4		694	210	
Energy....kJ	1033		0	NC	4		2904	878	
Protein (N x 6.25)....g	32.76	0.138	5	PAK	1		92.06	27.85	
Total lipid (fat)....g	11.87	0.682	5	PAK	1		33.37	10.09	
Ash....g	0.98	0.023	5	PAK	1		2.75	0.83	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.506	4	PAK	1		22	7	
Iron, Fe....mg	2.67	0.079	4	PAK	1		7.50	2.27	
Magnesium, Mg....mg	21	0.278	4	PAK	1		60	18	
Phosphorus, P....mg	204	2.851	4	PAK	1		572	173	
Potassium, K....mg	266	2.329	4	PAK	1		747	226	
Sodium, Na....mg	43	1.254	4	PAK	1		121	36	
Zinc, Zn....mg	5.49	0.067	4	PAK	1		15.42	4.67	
Copper, Cu....mg	0.078	0.013	4	PAK	1		0.219	0.066	
Manganese, Mn....mg	0.011	0.000	5	PAK	1		0.032	0.010	
Selenium, Se....mcg	33.5	5.462	4	PAK	1		94.1	28.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.075	0.006	4	PAK	1		0.211	0.064	
Riboflavin....mg	0.174	0.010	4	PAK	1		0.490	0.148	
Niacin....mg	5.726	0.255	4	PAK	1		16.089	4.867	
Pantothenic acid....mg	0.646		0	BFPN	4		1.815	0.549	
Vitamin B-6....mg	0.430	0.025	4	PAK	1		1.209	0.366	
Folate, total....mcg	10		0	BFPN	4		29	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		29	9	
Folate, DFE....mcg_DFE	10		0	NC	4		29	9	
Choline, total....mg	124.8		0	BFPN	4		350.6	106.1	
Betaine....mg	16.4		0	BFPN	4		46.1	13.9	
Vitamin B-12....mcg	1.82	0.106	4	PAK	1		5.12	1.55	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.48		0	BFSN	4		1.35	0.41	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.5	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		0.5	0.2	
Vitamin D....IU	8		0	BFFN	4		22	7	
Vitamin K (phylloquinone)....mcg	1.7		0	BFSN	4		4.8	1.5	
Lipids:									
Fatty acids, total saturated....g	4.506		0	NC	4		12.663	3.830	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13869

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.026		0	BFFN	4		0.072	0.022	
12:0 g	0.026		0	BFFN	4		0.072	0.022	
13:0 g									
14:0 g	0.352		0	BFFN	4		0.990	0.299	
15:0 g									
16:0 g	2.810		0	BFFN	4		7.895	2.388	
17:0 g									
18:0 g	1.293		0	BFFN	4		3.634	1.099	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.064		0	NC	4		14.229	4.304	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.501		0	BFFN	4		1.409	0.426	
17:1 g									
18:1 undifferentiated g	4.544		0	BFFN	4		12.769	3.863	
20:1 g	0.018		0	BFFN	4		0.051	0.015	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.458		0	NC	4		1.286	0.389	
18:2 undifferentiated g	0.315		0	BFFN	4		0.884	0.267	
18:3 undifferentiated g	0.114		0	BFFN	4		0.321	0.097	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.029		0	BFFN	4		0.080	0.024	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	76		0	BFFN	4		214	65	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.215		0	PAK	1		0.605	0.183	
Threonine g	1.309		0	PAK	1		3.677	1.112	
Isoleucine g	1.490		0	PAK	1		4.188	1.267	
Leucine g	2.606		0	PAK	1		7.323	2.215	
Lysine g	2.769		0	PAK	1		7.780	2.353	
Methionine g	0.853		0	PAK	1		2.397	0.725	
Cystine g	0.423		0	PAK	1		1.188	0.359	
Phenylalanine g	1.294		0	PAK	1		3.636	1.100	
Tyrosine g	1.044		0	PAK	1		2.933	0.887	
Valine g	1.625		0	PAK	1		4.567	1.381	
Arginine g	2.118		0	PAK	1		5.953	1.801	
Histidine g	1.046		0	PAK	1		2.938	0.889	
Alanine g	1.992		0	PAK	1		5.596	1.693	
Aspartic acid g	2.984		0	PAK	1		8.385	2.536	
Glutamic acid g	4.918		0	PAK	1		13.820	4.180	
Glycine g	1.995		0	PAK	1		5.605	1.696	
Proline g	1.562		0	PAK	1		4.389	1.328	
Serine g	1.290		0	PAK	1		3.626	1.097	
Hydroxyproline g	0.344		0	BFPN	4		0.967	0.293	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13869

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 281g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13872

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

URMIS #2279

Refuse: 5% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.27	1.070	3	PAK	1		123.19		46.13
Energy....kcal	254		0	NC	4		576		216
Energy....kJ	1061		0	NC	4		2408		902
Protein (N x 6.25)....g	32.85	0.325	3	PAK	1		74.57		27.92
Total lipid (fat)....g	12.56	1.214	3	PAK	1		28.51		10.67
Ash....g	0.95	0.040	3	PAK	1		2.16		0.81
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0		0.0
Sugars, total....g	0.00		0	Z	7		0.00		0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	7		2	PAK	1		16		6
Iron, Fe....mg	2.70		2	PAK	1		6.12		2.29
Magnesium, Mg....mg	21		2	PAK	1		47		18
Phosphorus, P....mg	199		2	PAK	1		451		169
Potassium, K....mg	263		2	PAK	1		597		223
Sodium, Na....mg	42		2	PAK	1		96		36
Zinc, Zn....mg	5.40		2	PAK	1		12.25		4.59
Copper, Cu....mg	0.071		2	PAK	1		0.162		0.061
Manganese, Mn....mg	0.011	0.001	3	PAK	1		0.025		0.009
Selenium, Se....mcg	34.4		2	PAK	1		78.1		29.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		0.0
Thiamin....mg	0.068		2	PAK	1		0.155		0.058
Riboflavin....mg	0.185		2	PAK	1		0.419		0.157
Niacin....mg	5.939		2	PAK	1		13.482		5.048
Pantothenic acid....mg	0.647		0	BFPN	4		1.468		0.550
Vitamin B-6....mg	0.432		2	PAK	1		0.980		0.367
Folate, total....mcg	10		0	BFPN	4		23		9
Folic acid....mcg	0		0	Z	7		0		0
Folate, food....mcg	10		0	BFPN	4		23		9
Folate, DFE....mcg_DFE	10		0	NC	4		23		9
Choline, total....mg	125.1		0	BFPN	4		284.0		106.4
Betaine....mg	16.4		0	BFPN	4		37.3		14.0
Vitamin B-12....mcg	1.97		2	PAK	1		4.48		1.68
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		0
Retinol....mcg	0		0	Z	7		0		0
Carotene, beta....mcg	0		0	Z	7		0		0
Carotene, alpha....mcg	0		0	Z	7		0		0
Cryptoxanthin, beta....mcg	0		0	Z	7		0		0
Vitamin A, IU....IU	0		0	AS	1		0		0
Lycopene....mcg	0		0	Z	7		0		0
Lutein + zeaxanthin....mcg	0		0	Z	7		0		0
Vitamin E (alpha-tocopherol)....mg	0.49		0	BFSN	4		1.11		0.41
Vitamin E, added....mg	0.00		0	Z	7		0.00		0.00
Tocopherol, beta....mg	0.00		0	Z	7		0.00		0.00
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		0.00
Tocopherol, delta....mg	0.00		0	Z	7		0.00		0.00
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.7		0	BFSN	4		3.9		1.5
Lipids:									
Fatty acids, total saturated....g	4.766		0	NC	4		10.818		4.051
4:0....g	0.000		0	Z	7		0.000		0.000

NDB No. 13872

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		0.000
8:0 g	0.000		0	Z	7		0.000		0.000
10:0 g	0.027		0	BFFN	4		0.061		0.023
12:0 g	0.027		0	BFFN	4		0.061		0.023
13:0 g									
14:0 g	0.373		0	BFFN	4		0.846		0.317
15:0 g									
16:0 g	2.971		0	BFFN	4		6.745		2.526
17:0 g									
18:0 g	1.368		0	BFFN	4		3.105		1.163
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.355		0	NC	4		12.156		4.552
14:1 g									
15:1 g									
16:1 undifferentiated g	0.530		0	BFFN	4		1.204		0.451
17:1 g									
18:1 undifferentiated g	4.806		0	BFFN	4		10.909		4.085
20:1 g	0.019		0	BFFN	4		0.043		0.016
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.484		0	NC	4		1.099		0.411
18:2 undifferentiated g	0.333		0	BFFN	4		0.755		0.283
18:3 undifferentiated g	0.121		0	BFFN	4		0.275		0.103
18:4 g	0.000		0	BFFN	4		0.000		0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	BFFN	4		0.069		0.026
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		0.000
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		0.000
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		0.000
Fatty acids, total trans g									
Cholesterol mg	80		0	BFFN	4		183		68
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.216		0	PAK	1		0.490		0.184
Threonine g	1.312		0	PAK	1		2.979		1.115
Isoleucine g	1.495		0	PAK	1		3.393		1.270
Leucine g	2.613		0	PAK	1		5.932		2.221
Lysine g	2.776		0	PAK	1		6.302		2.360
Methionine g	0.855		0	PAK	1		1.942		0.727
Cystine g	0.424		0	PAK	1		0.962		0.360
Phenylalanine g	1.298		0	PAK	1		2.945		1.103
Tyrosine g	1.047		0	PAK	1		2.376		0.890
Valine g	1.630		0	PAK	1		3.700		1.385
Arginine g	2.124		0	PAK	1		4.822		1.806
Histidine g	1.048		0	PAK	1		2.380		0.891
Alanine g	1.997		0	PAK	1		4.534		1.698
Aspartic acid g	2.992		0	PAK	1		6.793		2.543
Glutamic acid g	4.932		0	PAK	1		11.195		4.192
Glycine g	2.000		0	PAK	1		4.541		1.700
Proline g	1.566		0	PAK	1		3.555		1.331
Serine g	1.294		0	PAK	1		2.937		1.100
Hydroxyproline g	0.345		0	BFPN	4		0.783		0.293
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		0.0
Caffeine mg	0		0	Z	7		0		0
Theobromine mg	0		0	Z	7		0		0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13872

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Common Measures:

Measure 1 = 227g: 1 steak (yield from 341 g raw meat)

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13875

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

URMIS #1464

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.67	0.575	3	PAK	1		125.81	47.32	
Energy....kcal	240		0	NC	4		543	204	
Energy....kJ	1006		0	NC	4		2274	855	
Protein (N x 6.25)....g	32.67	0.319	3	PAK	1		73.83	27.77	
Total lipid (fat)....g	11.19	0.192	3	PAK	1		25.29	9.51	
Ash....g	1.01	0.008	3	PAK	1		2.27	0.86	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		2	PAK	1		19	7	
Iron, Fe....mg	2.64		2	PAK	1		5.97	2.25	
Magnesium, Mg....mg	22		2	PAK	1		49	18	
Phosphorus, P....mg	208		2	PAK	1		471	177	
Potassium, K....mg	269		2	PAK	1		607	228	
Sodium, Na....mg	43		2	PAK	1		98	37	
Zinc, Zn....mg	5.58		2	PAK	1		12.61	4.74	
Copper, Cu....mg	0.085		2	PAK	1		0.192	0.072	
Manganese, Mn....mg	0.012	0.000	3	PAK	1		0.026	0.010	
Selenium, Se....mcg	32.6		2	PAK	1		73.7	27.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.082		2	PAK	1		0.186	0.070	
Riboflavin....mg	0.164		2	PAK	1		0.371	0.139	
Niacin....mg	5.512		2	PAK	1		12.457	4.685	
Pantothenic acid....mg	0.645		0	BFPN	4		1.457	0.548	
Vitamin B-6....mg	0.429		2	PAK	1		0.969	0.365	
Folate, total....mcg	10		0	BFPN	4		23	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		23	9	
Folate, DFE....mcg_DFE	10		0	NC	4		23	9	
Choline, total....mg	124.4		0	BFPN	4		281.2	105.8	
Betaine....mg	16.3		0	BFPN	4		36.9	13.9	
Vitamin B-12....mcg	1.67		2	PAK	1		3.78	1.42	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.47		0	BFSN	4		1.07	0.40	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.7		0	BFSN	4		3.8	1.4	
Lipids:									
Fatty acids, total saturated....g	4.247		0	NC	4		9.598	3.610	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13875

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.024		0	BFFN	4		0.054	0.020	
12:0 g	0.024		0	BFFN	4		0.054	0.020	
13:0 g									
14:0 g	0.332		0	BFFN	4		0.750	0.282	
15:0 g									
16:0 g	2.648		0	BFFN	4		5.984	2.251	
17:0 g									
18:0 g	1.219		0	BFFN	4		2.755	1.036	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.772		0	NC	4		10.785	4.056	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.473		0	BFFN	4		1.068	0.402	
17:1 g									
18:1 undifferentiated g	4.283		0	BFFN	4		9.678	3.640	
20:1 g	0.017		0	BFFN	4		0.038	0.014	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.431		0	NC	4		0.975	0.367	
18:2 undifferentiated g	0.297		0	BFFN	4		0.670	0.252	
18:3 undifferentiated g	0.108		0	BFFN	4		0.244	0.092	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.027		0	BFFN	4		0.061	0.023	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	72		0	BFFN	4		162	61	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.194		0	NR	4		0.438	0.165	
Threonine g	1.178		0	NR	4		2.662	1.001	
Isoleucine g	1.342		0	NR	4		3.032	1.140	
Leucine g	2.346		0	NR	4		5.302	1.994	
Lysine g	2.492		0	NR	4		5.633	2.118	
Methionine g	0.768		0	NR	4		1.736	0.653	
Cystine g	0.381		0	NR	4		0.860	0.323	
Phenylalanine g	1.165		0	NR	4		2.633	0.990	
Tyrosine g	0.940		0	NR	4		2.124	0.799	
Valine g	1.463		0	NR	4		3.306	1.244	
Arginine g	1.907		0	NR	4		4.310	1.621	
Histidine g	0.941		0	NR	4		2.127	0.800	
Alanine g	1.793		0	NR	4		4.052	1.524	
Aspartic acid g	2.686		0	NR	4		6.071	2.283	
Glutamic acid g	4.427		0	NR	4		10.005	3.763	
Glycine g	1.796		0	NR	4		4.058	1.526	
Proline g	1.406		0	NR	4		3.177	1.195	
Serine g	1.162		0	NR	4		2.625	0.987	
Hydroxyproline g	0.310		0	BFPN	4		0.700	0.263	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13875

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Common Measures:

Measure 1 = 226g: 1 steak (yield from raw steak weighing 340g)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13407

Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Cube Steak

Refuse: 4% Bone and connective tissue, 1.8%, separable fat, 1.8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.09	0.432	20	A	1		107.46	49.37	
Energy....kcal	214		0	NC	4		397	182	
Energy....kJ	897		0	NC	4		1659	762	
Protein (N x 6.25)....g	34.00	0.478	20	A	1		62.91	28.90	
Total lipid (fat)....g	7.67	0.422	20	A	1		14.18	6.52	
Ash....g	1.01	0.046	20	A	1		1.87	0.86	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFNN	4		13	6	
Iron, Fe....mg	2.83		0	BFNN	4		5.24	2.41	
Magnesium, Mg....mg	23		0	BFNN	4		42	19	
Phosphorus, P....mg	214		0	BFNN	4		396	182	
Potassium, K....mg	278		0	BFNN	4		514	236	
Sodium, Na....mg	44		0	BFNN	4		82	38	
Zinc, Zn....mg	5.82		0	BFNN	4		10.77	4.95	
Copper, Cu....mg	0.084		0	BFNN	4		0.155	0.071	
Manganese, Mn....mg	0.012		0	BFNN	4		0.022	0.010	
Selenium, Se....mcg	38.3		0	BFNN	4		70.8	32.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.077		0	BFPN	4		0.142	0.065	
Riboflavin....mg	0.192		0	BFPN	4		0.355	0.163	
Niacin....mg	6.109		0	BFPN	4		11.301	5.192	
Pantothenic acid....mg	0.669		0	BFPN	4		1.238	0.569	
Vitamin B-6....mg	0.456		0	BFPN	4		0.844	0.388	
Folate, total....mcg	11		0	BFPN	4		21	10	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0	BFPN	4		21	10	
Folate, DFE....mcg_DFE	11		0	NC	4		21	10	
Choline, total....mg	129.5		0	BFPN	4		239.6	110.1	
Betaine....mg	17.0		0	BFPN	4		31.5	14.5	
Vitamin B-12....mcg	1.88		0	BFPN	4		3.47	1.59	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.45		0	BFSN	4		0.83	0.38	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.2	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.2	0.1	
Vitamin D....IU	5		0	BFFN	4		9	4	
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		2.9	1.4	
Lipids:									
Fatty acids, total saturated....g	2.675		0	NC	4		4.948	2.274	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13407

Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.198		0	BFFN	4		0.366	0.168	
15:0....g									
16:0....g	1.656		0	BFFN	4		3.063	1.407	
17:0....g									
18:0....g	0.821		0	BFFN	4		1.520	0.698	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.231		0	NC	4		5.977	2.746	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.299		0	BFFN	4		0.553	0.254	
17:1....g									
18:1 undifferentiated....g	2.932		0	BFFN	4		5.424	2.492	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.286		0	NC	4		0.530	0.243	
18:2 undifferentiated....g	0.223		0	BFFN	4		0.413	0.190	
18:3 undifferentiated....g	0.021		0	BFFN	4		0.039	0.018	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.042		0	BFFN	4		0.078	0.036	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	104		0	BFFN	4		192	88	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.223		0	A	1		0.413	0.190	
Threonine....g	1.358		0	A	1		2.513	1.155	
Isoleucine....g	1.547		0	A	1		2.862	1.315	
Leucine....g	2.705		0	A	1		5.004	2.299	
Lysine....g	2.874		0	A	1		5.316	2.443	
Methionine....g	0.886		0	A	1		1.638	0.753	
Cystine....g	0.439		0	A	1		0.812	0.373	
Phenylalanine....g	1.343		0	A	1		2.485	1.142	
Tyrosine....g	1.084		0	A	1		2.005	0.921	
Valine....g	1.687		0	A	1		3.121	1.434	
Arginine....g	2.199		0	A	1		4.068	1.869	
Histidine....g	1.085		0	A	1		2.008	0.922	
Alanine....g	2.067		0	A	1		3.824	1.757	
Aspartic acid....g	3.097		0	A	1		5.730	2.633	
Glutamic acid....g	5.105		0	A	1		9.444	4.339	
Glycine....g	2.071		0	A	1		3.831	1.760	
Proline....g	1.621		0	A	1		2.999	1.378	
Serine....g	1.339		0	A	1		2.478	1.139	
Hydroxyproline....g	0.357		0	BFPN	4		0.661	0.304	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13407

Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 185g: 1 steak (yield from 290 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13410

Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised

Cube Steak, URMIS #2279

Refuse: 2% Bone and connective tissue 1%, sep fat 1%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.36	0.489	10	A	1		109.55	48.75	
Energy....kcal	223		0	NC	4		425	189	
Energy....kJ	932		0	NC	4		1780	792	
Protein (N x 6.25)....g	33.08	0.618	10	A	1		63.18	28.12	
Total lipid (fat)....g	9.03	0.556	10	A	1		17.25	7.68	
Ash....g	1.02	0.076	10	A	1		1.95	0.87	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFNN	4		13	6	
Iron, Fe....mg	2.93		0	BFNN	4		5.59	2.49	
Magnesium, Mg....mg	22		0	BFNN	4		43	19	
Phosphorus, P....mg	209		0	BFNN	4		400	178	
Potassium, K....mg	271		0	BFNN	4		517	230	
Sodium, Na....mg	43		0	BFNN	4		83	37	
Zinc, Zn....mg	5.79		0	BFNN	4		11.05	4.92	
Copper, Cu....mg	0.078		0	BFNN	4		0.148	0.066	
Manganese, Mn....mg	0.011		0	BFNN	4		0.021	0.009	
Selenium, Se....mcg	37.8		0	BFNN	4		72.1	32.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.069		0	BFPN	4		0.132	0.059	
Riboflavin....mg	0.207		0	BFPN	4		0.395	0.176	
Niacin....mg	6.356		0	BFPN	4		12.139	5.402	
Pantothenic acid....mg	0.650		0	BFPN	4		1.241	0.552	
Vitamin B-6....mg	0.462		0	BFPN	4		0.882	0.392	
Folate, total....mcg	11		0	BFPN	4		21	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0	BFPN	4		21	9	
Folate, DFE....mcg_DFE	11		0	NC	4		21	9	
Choline, total....mg	126.0		0	BFPN	4		240.6	107.1	
Betaine....mg	16.6		0	BFPN	4		31.6	14.1	
Vitamin B-12....mcg	1.95		0	BFPN	4		3.73	1.66	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.45		0	BFSN	4		0.87	0.39	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		3.1	1.4	
Lipids:									
Fatty acids, total saturated....g	3.152		0	NC	4		6.019	2.679	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13410

Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.233		0	BFFN	4		0.445	0.198	
15:0....g									
16:0....g	1.951		0	BFFN	4		3.725	1.658	
17:0....g									
18:0....g	0.968		0	BFFN	4		1.848	0.823	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.807		0	NC	4		7.271	3.236	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.352		0	BFFN	4		0.673	0.299	
17:1....g									
18:1 undifferentiated....g	3.454		0	BFFN	4		6.598	2.936	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.337		0	NC	4		0.644	0.287	
18:2 undifferentiated....g	0.263		0	BFFN	4		0.502	0.224	
18:3 undifferentiated....g	0.025		0	BFFN	4		0.047	0.021	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0	BFFN	4		0.095	0.042	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	122		0	BFFN	4		233	104	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.217		0	A	1		0.415	0.185	
Threonine....g	1.321		0	A	1		2.524	1.123	
Isoleucine....g	1.505		0	A	1		2.874	1.279	
Leucine....g	2.631		0	A	1		5.026	2.237	
Lysine....g	2.796		0	A	1		5.340	2.376	
Methionine....g	0.861		0	A	1		1.645	0.732	
Cystine....g	0.427		0	A	1		0.815	0.363	
Phenylalanine....g	1.307		0	A	1		2.496	1.111	
Tyrosine....g	1.054		0	A	1		2.013	0.896	
Valine....g	1.641		0	A	1		3.134	1.395	
Arginine....g	2.139		0	A	1		4.085	1.818	
Histidine....g	1.056		0	A	1		2.016	0.897	
Alanine....g	2.011		0	A	1		3.841	1.709	
Aspartic acid....g	3.013		0	A	1		5.755	2.561	
Glutamic acid....g	4.966		0	A	1		9.485	4.221	
Glycine....g	2.014		0	A	1		3.847	1.712	
Proline....g	1.577		0	A	1		3.012	1.340	
Serine....g	1.303		0	A	1		2.489	1.108	
Hydroxyproline....g	0.348		0	BFPN	4		0.664	0.295	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13410

Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised

Common Measures:

Measure 1 = 191g: 1 steak (yield from 299 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13413

Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised

Cube Steak, URMIS #1464

Refuse: 5% Bone and connective tissue 3%, sep fat 2%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.82	0.656	10	A	1		105.28	49.99	
Energy....kcal	206		0	NC	4		369	175	
Energy....kJ	862		0	NC	4		1543	733	
Protein (N x 6.25)....g	34.93	0.626	10	A	1		62.52	29.69	
Total lipid (fat)....g	6.30	0.164	10	A	1		11.28	5.36	
Ash....g	1.01	0.055	10	A	1		1.80	0.85	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFNN	4		13	6	
Iron, Fe....mg	2.85		0	BFNN	4		5.10	2.42	
Magnesium, Mg....mg	23		0	BFNN	4		42	20	
Phosphorus, P....mg	222		0	BFNN	4		397	189	
Potassium, K....mg	289		0	BFNN	4		517	246	
Sodium, Na....mg	46		0	BFNN	4		82	39	
Zinc, Zn....mg	5.97		0	BFNN	4		10.68	5.07	
Copper, Cu....mg	0.096		0	BFNN	4		0.172	0.082	
Manganese, Mn....mg	0.013		0	BFNN	4		0.023	0.011	
Selenium, Se....mcg	43.3		0	BFNN	4		77.5	36.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.084		0	BFPN	4		0.150	0.071	
Riboflavin....mg	0.189		0	BFPN	4		0.338	0.161	
Niacin....mg	6.007		0	BFPN	4		10.753	5.106	
Pantothenic acid....mg	0.688		0	BFPN	4		1.232	0.585	
Vitamin B-6....mg	0.461		0	BFPN	4		0.824	0.392	
Folate, total....mcg	12		0	BFPN	4		21	10	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		0	BFPN	4		21	10	
Folate, DFE....mcg_DFE	12		0	NC	4		21	10	
Choline, total....mg	133.0		0	BFPN	4		238.1	113.1	
Betaine....mg	17.5		0	BFPN	4		31.3	14.9	
Vitamin B-12....mcg	1.80		0	BFPN	4		3.21	1.53	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.44		0	BFSN	4		0.79	0.37	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		2.8	1.3	
Lipids:									
Fatty acids, total saturated....g	2.198		0	NC	4		3.935	1.869	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13413

Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.163		0	BFFN	4		0.291	0.138	
15:0....g									
16:0....g	1.361		0	BFFN	4		2.435	1.157	
17:0....g									
18:0....g	0.675		0	BFFN	4		1.208	0.574	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.655		0	NC	4		4.753	2.257	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.246		0	BFFN	4		0.440	0.209	
17:1....g									
18:1 undifferentiated....g	2.410		0	BFFN	4		4.313	2.048	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.235		0	NC	4		0.421	0.200	
18:2 undifferentiated....g	0.183		0	BFFN	4		0.328	0.156	
18:3 undifferentiated....g	0.017		0	BFFN	4		0.031	0.015	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.035		0	BFFN	4		0.062	0.029	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	85		0	BFFN	4		152	72	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.230		0	A	1		0.411	0.195	
Threonine....g	1.395		0	A	1		2.498	1.186	
Isoleucine....g	1.589		0	A	1		2.845	1.351	
Leucine....g	2.779		0	A	1		4.974	2.362	
Lysine....g	2.952		0	A	1		5.284	2.509	
Methionine....g	0.910		0	A	1		1.628	0.773	
Cystine....g	0.451		0	A	1		0.807	0.383	
Phenylalanine....g	1.380		0	A	1		2.470	1.173	
Tyrosine....g	1.113		0	A	1		1.992	0.946	
Valine....g	1.733		0	A	1		3.102	1.473	
Arginine....g	2.259		0	A	1		4.043	1.920	
Histidine....g	1.115		0	A	1		1.995	0.948	
Alanine....g	2.124		0	A	1		3.801	1.805	
Aspartic acid....g	3.182		0	A	1		5.695	2.704	
Glutamic acid....g	5.244		0	A	1		9.386	4.457	
Glycine....g	2.127		0	A	1		3.807	1.808	
Proline....g	1.665		0	A	1		2.981	1.415	
Serine....g	1.376		0	A	1		2.463	1.170	
Hydroxyproline....g	0.367		0	BFPN	4		0.657	0.312	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13413

Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised

Common Measures:

Measure 1 = 179g: 1 steak (yield from 281 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23605

Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Refuse: 11% Bone and connective tissue, 4.78%, separable fat, 6.51%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.54	0.546	20	A	1		16.31	261.00	
Energy....kcal	216		0	NC	4		61	981	
Energy....kJ	905		0	NC	4		257	4106	
Protein (N x 6.25)....g	34.34	0.286	20	A	1		9.74	155.78	
Total lipid (fat)....g	7.73	0.459	20	A	1		2.19	35.05	
Ash....g	1.02	0.033	20	A	1		0.29	4.61	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.434	5	A	1		2	32	
Iron, Fe....mg	2.87	0.105	5	A	1		0.81	13.04	
Magnesium, Mg....mg	23	0.478	5	A	1		6	104	
Phosphorus, P....mg	217	3.825	5	A	1		62	984	
Potassium, K....mg	282	3.829	5	A	1		80	1277	
Sodium, Na....mg	45	1.107	5	A	1		13	204	
Zinc, Zn....mg	5.90	0.108	5	A	1		1.67	26.78	
Copper, Cu....mg	0.085	0.012	5	A	1		0.024	0.386	
Manganese, Mn....mg	0.012	0.000	5	A	1		0.003	0.055	
Selenium, Se....mcg	38.8	5.652	5	A	1		11.0	176.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.078	0.005	5	A	1		0.022	0.352	
Riboflavin....mg	0.194	0.012	5	A	1		0.055	0.879	
Niacin....mg	6.169	0.245	5	A	1		1.749	27.984	
Pantothenic acid....mg	0.676		0	BFPN	4		0.192	3.065	
Vitamin B-6....mg	0.461	0.023	5	A	1		0.131	2.090	
Folate, total....mcg	11		0	BFPN	4		3	52	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0	BFPN	4		3	52	
Folate, DFE....mcg_DFE	11		0	NC	4		3	52	
Choline, total....mg	130.8		0	BFPN	4		37.1	593.3	
Betaine....mg	17.2		0	BFPN	4		4.9	77.9	
Vitamin B-12....mcg	1.89	0.105	4	A	1		0.54	8.58	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.45		0	BFSN	4		0.13	2.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.0	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.0	0.6	
Vitamin D....IU	5		0	BFFN	4		1	23	
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		0.5	7.3	
Lipids:									
Fatty acids, total saturated....g	2.663		0	NC	4		0.755	12.078	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23605

Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.188		0	BFFN	4		0.053	0.851	
15:0....g									
16:0....g	1.663		0	BFFN	4		0.471	7.543	
17:0....g									
18:0....g	0.812		0	BFFN	4		0.230	3.683	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.230		0	NC	4		0.916	14.650	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.304		0	BFFN	4		0.086	1.379	
17:1....g									
18:1 undifferentiated....g	2.924		0	BFFN	4		0.829	13.262	
20:1....g	0.002		0	BFFN	4		0.001	0.009	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.312		0	NC	4		0.088	1.416	
18:2 undifferentiated....g	0.243		0	BFFN	4		0.069	1.101	
18:3 undifferentiated....g	0.022		0	BFFN	4		0.006	0.102	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.047		0	BFFN	4		0.013	0.213	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	102		0	BFFN	4		29	461	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.226		0	A	1		0.064	1.024	
Threonine....g	1.372		0	A	1		0.389	6.223	
Isoleucine....g	1.562		0	A	1		0.443	7.087	
Leucine....g	2.732		0	A	1		0.774	12.392	
Lysine....g	2.902		0	A	1		0.823	13.165	
Methionine....g	0.894		0	A	1		0.254	4.057	
Cystine....g	0.443		0	A	1		0.126	2.010	
Phenylalanine....g	1.356		0	A	1		0.385	6.153	
Tyrosine....g	1.094		0	A	1		0.310	4.964	
Valine....g	1.704		0	A	1		0.483	7.728	
Arginine....g	2.221		0	A	1		0.630	10.073	
Histidine....g	1.096		0	A	1		0.311	4.971	
Alanine....g	2.088		0	A	1		0.592	9.470	
Aspartic acid....g	3.128		0	A	1		0.887	14.189	
Glutamic acid....g	5.156		0	A	1		1.462	23.385	
Glycine....g	2.091		0	A	1		0.593	9.485	
Proline....g	1.637		0	A	1		0.464	7.426	
Serine....g	1.353		0	A	1		0.384	6.136	
Hydroxyproline....g	0.361		0	BFPN	4		0.102	1.637	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23605

Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23622

Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

URMIS #2279

Refuse: 11% Bone and connective tissue 5.23%, separable fat 5.81%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.44	0.909	10	A	1		16.00	256.02	
Energy....kcal	228		0	NC	4		64	1032	
Energy....kJ	952		0	NC	4		270	4318	
Protein (N x 6.25)....g	34.22	0.479	10	A	1		9.70	155.23	
Total lipid (fat)....g	9.02	0.694	10	A	1		2.56	40.92	
Ash....g	0.98	0.062	10	A	1		0.28	4.45	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.904	3	A	1		2	32	
Iron, Fe....mg	3.01	0.225	3	A	1		0.85	13.64	
Magnesium, Mg....mg	23	1.033	3	A	1		7	104	
Phosphorus, P....mg	215	6.821	3	A	1		61	976	
Potassium, K....mg	278	4.041	3	A	1		79	1261	
Sodium, Na....mg	45	0.846	3	A	1		13	202	
Zinc, Zn....mg	5.95	0.254	3	A	1		1.69	26.98	
Copper, Cu....mg	0.080	0.016	3	A	1		0.023	0.362	
Manganese, Mn....mg	0.012	0.001	3	A	1		0.003	0.052	
Selenium, Se....mcg	38.8	7.700	3	A	1		11.0	176.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.071	0.002	3	A	1		0.020	0.323	
Riboflavin....mg	0.214	0.020	3	A	1		0.061	0.970	
Niacin....mg	6.575	0.318	3	A	1		1.864	29.825	
Pantothenic acid....mg	0.672		0	BFPN	4		0.191	3.049	
Vitamin B-6....mg	0.478	0.037	3	A	1		0.135	2.166	
Folate, total....mcg	11		0	BFPN	4		3	52	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0	BFPN	4		3	52	
Folate, DFE....mcg_DFE	11		0	NC	4		3	52	
Choline, total....mg	130.3		0	BFPN	4		37.0	591.2	
Betaine....mg	17.1		0	BFPN	4		4.9	77.7	
Vitamin B-12....mcg	2.02	0.055	3	A	1		0.57	9.16	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.46		0	BFSN	4		0.13	2.11	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.0	0.7	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.0	0.7	
Vitamin D....IU	6		0	BFFN	4		2	27	
Vitamin K (phylloquinone)....mcg	1.7		0	BFSN	4		0.5	7.5	
Lipids:									
Fatty acids, total saturated....g	3.109		0	NC	4		0.881	14.102	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23622

Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.219		0	BFFN	4		0.062	0.994	
15:0....g									
16:0....g	1.942		0	BFFN	4		0.550	8.807	
17:0....g									
18:0....g	0.948		0	BFFN	4		0.269	4.301	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.771		0	NC	4		1.069	17.106	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.355		0	BFFN	4		0.101	1.610	
17:1....g									
18:1 undifferentiated....g	3.414		0	BFFN	4		0.968	15.485	
20:1....g	0.002		0	BFFN	4		0.001	0.010	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.364		0	NC	4		0.103	1.653	
18:2 undifferentiated....g	0.284		0	BFFN	4		0.080	1.286	
18:3 undifferentiated....g	0.026		0	BFFN	4		0.007	0.119	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.055		0	BFFN	4		0.016	0.248	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	119		0	BFFN	4		34	538	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.225		0	A	1		0.064	1.020	
Threonine....g	1.367		0	A	1		0.388	6.201	
Isoleucine....g	1.557		0	A	1		0.441	7.062	
Leucine....g	2.722		0	A	1		0.772	12.348	
Lysine....g	2.892		0	A	1		0.820	13.119	
Methionine....g	0.891		0	A	1		0.253	4.042	
Cystine....g	0.442		0	A	1		0.125	2.003	
Phenylalanine....g	1.352		0	A	1		0.383	6.131	
Tyrosine....g	1.091		0	A	1		0.309	4.947	
Valine....g	1.698		0	A	1		0.481	7.701	
Arginine....g	2.213		0	A	1		0.627	10.038	
Histidine....g	1.092		0	A	1		0.310	4.954	
Alanine....g	2.081		0	A	1		0.590	9.437	
Aspartic acid....g	3.117		0	A	1		0.884	14.140	
Glutamic acid....g	5.138		0	A	1		1.456	23.304	
Glycine....g	2.084		0	A	1		0.591	9.452	
Proline....g	1.631		0	A	1		0.463	7.400	
Serine....g	1.348		0	A	1		0.382	6.115	
Hydroxyproline....g	0.360		0	BFPN	4		0.102	1.631	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23622

Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23593

Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised

URMIS #1464

Refuse: 12% Bone and connective tissue 4.61%, separable fat 7.21%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.64	0.404	10	A	1		16.62	265.98	
Energy....kcal	205		0	NC	4		58	931	
Energy....kJ	858		0	NC	4		243	3894	
Protein (N x 6.25)....g	34.46	0.337	10	A	1		9.77	156.32	
Total lipid (fat)....g	6.43	0.187	10	A	1		1.82	29.18	
Ash....g	1.05	0.026	10	A	1		0.30	4.77	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.416	3	A	1		2	33	
Iron, Fe....mg	2.85	0.089	3	A	1		0.81	12.94	
Magnesium, Mg....mg	23	0.328	3	A	1		7	106	
Phosphorus, P....mg	222	2.404	3	A	1		63	1009	
Potassium, K....mg	289	6.984	3	A	1		82	1312	
Sodium, Na....mg	46	1.908	3	A	1		13	208	
Zinc, Zn....mg	5.98	0.068	3	A	1		1.69	27.11	
Copper, Cu....mg	0.096	0.014	3	A	1		0.027	0.437	
Manganese, Mn....mg	0.013	0.000	3	A	1		0.004	0.057	
Selenium, Se....mcg	43.3	9.563	3	A	1		12.3	196.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.082	0.007	3	A	1		0.023	0.374	
Riboflavin....mg	0.187	0.017	3	A	1		0.053	0.846	
Niacin....mg	5.927	0.358	3	A	1		1.680	26.884	
Pantothenic acid....mg	0.679		0	BFPN	4		0.193	3.080	
Vitamin B-6....mg	0.455	0.029	3	A	1		0.129	2.062	
Folate, total....mcg	12		0	BFPN	4		3	52	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		0	BFPN	4		3	52	
Folate, DFE....mcg_DFE	12		0	NC	4		3	52	
Choline, total....mg	131.3		0	BFPN	4		37.2	595.4	
Betaine....mg	17.2		0	BFPN	4		4.9	78.2	
Vitamin B-12....mcg	1.77	0.074	3	A	1		0.50	8.03	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.44		0	BFSN	4		0.12	2.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		0.4	7.1	
Lipids:									
Fatty acids, total saturated....g	2.216		0	NC	4		0.628	10.053	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23593

Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.156		0	BFFN	4		0.044	0.709	
15:0....g									
16:0....g	1.384		0	BFFN	4		0.392	6.279	
17:0....g									
18:0....g	0.676		0	BFFN	4		0.192	3.066	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.688		0	NC	4		0.762	12.195	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.253		0	BFFN	4		0.072	1.148	
17:1....g									
18:1 undifferentiated....g	2.434		0	BFFN	4		0.690	11.040	
20:1....g	0.002		0	BFFN	4		0.000	0.007	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.260		0	NC	4		0.074	1.178	
18:2 undifferentiated....g	0.202		0	BFFN	4		0.057	0.917	
18:3 undifferentiated....g	0.019		0	BFFN	4		0.005	0.084	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.039		0	BFFN	4		0.011	0.177	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	85		0	BFFN	4		24	384	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.226		0	A	1		0.064	1.027	
Threonine....g	1.377		0	A	1		0.390	6.245	
Isoleucine....g	1.568		0	A	1		0.444	7.112	
Leucine....g	2.741		0	A	1		0.777	12.435	
Lysine....g	2.912		0	A	1		0.826	13.211	
Methionine....g	0.897		0	A	1		0.254	4.071	
Cystine....g	0.445		0	A	1		0.126	2.017	
Phenylalanine....g	1.361		0	A	1		0.386	6.174	
Tyrosine....g	1.098		0	A	1		0.311	4.981	
Valine....g	1.710		0	A	1		0.485	7.755	
Arginine....g	2.228		0	A	1		0.632	10.108	
Histidine....g	1.100		0	A	1		0.312	4.989	
Alanine....g	2.095		0	A	1		0.594	9.503	
Aspartic acid....g	3.139		0	A	1		0.890	14.239	
Glutamic acid....g	5.174		0	A	1		1.467	23.467	
Glycine....g	2.098		0	A	1		0.595	9.518	
Proline....g	1.643		0	A	1		0.466	7.452	
Serine....g	1.358		0	A	1		0.385	6.158	
Hydroxyproline....g	0.362		0	BFPN	4		0.103	1.642	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23593

Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13415

Beef, round, eye of round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Cube steak

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.93	0.323	20	PAK	1		228.12	56.04	
Energy....kcal	168		0	NC	4		580	142	
Energy....kJ	701		0	NC	4		2427	596	
Protein (N x 6.25)....g	29.13	0.241	20	PAK	1		100.78	24.76	
Total lipid (fat)....g	4.80	0.291	20	PAK	1		16.60	4.08	
Ash....g	1.19	0.021	20	PAK	1		4.11	1.01	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFFN	4		24	6	
Iron, Fe....mg	2.36		0	BFFN	4		8.16	2.00	
Magnesium, Mg....mg	19		0	BFFN	4		65	16	
Phosphorus, P....mg	180		0	BFFN	4		622	153	
Potassium, K....mg	235		0	BFFN	4		812	199	
Sodium, Na....mg	38		0	BFFN	4		131	32	
Zinc, Zn....mg	4.85		0	BFFN	4		16.77	4.12	
Copper, Cu....mg	0.069		0	BFFN	4		0.238	0.058	
Manganese, Mn....mg	0.010		0	BFFN	4		0.035	0.009	
Selenium, Se....mcg	29.6		0	BFFN	4		102.3	25.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.067		0	BFPN	4		0.231	0.057	
Riboflavin....mg	0.155		0	BFPN	4		0.536	0.132	
Niacin....mg	5.091		0	BFPN	4		17.613	4.327	
Pantothenic acid....mg	0.574		0	BFPN	4		1.986	0.488	
Vitamin B-6....mg	0.383		0	BFPN	4		1.323	0.325	
Folate, total....mcg	9		0	BFPN	4		31	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		31	8	
Folate, DFE....mcg_DFE	9		0	NC	4		31	8	
Choline, total....mg	110.9		0	BFPN	4		383.8	94.3	
Betaine....mg	14.6		0	BFPN	4		50.4	12.4	
Vitamin B-12....mcg	1.62		0	BFPN	4		5.61	1.38	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.36		0	BFSN	4		1.26	0.31	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.5	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	PAK	1		0.5	0.1	
Vitamin D....IU	6		0	PAK	1		21	5	
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		4.5	1.1	
Lipids:									
Fatty acids, total saturated....g	1.724		0	NC	4		5.965	1.465	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13415

Beef, round, eye of round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.004		0	BFFN	4		0.015	0.004	
12:0....g	0.004		0	BFFN	4		0.015	0.004	
13:0....g									
14:0....g	0.131		0	BFFN	4		0.452	0.111	
15:0....g									
16:0....g	1.069		0	BFFN	4		3.698	0.908	
17:0....g									
18:0....g	0.516		0	BFFN	4		1.785	0.439	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.031		0	NC	4		7.027	1.726	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.192		0	BFFN	4		0.663	0.163	
17:1....g									
18:1 undifferentiated....g	1.837		0	BFFN	4		6.357	1.562	
20:1....g	0.002		0	BFFN	4		0.007	0.002	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.181		0	NC	4		0.625	0.153	
18:2 undifferentiated....g	0.135		0	BFFN	4		0.467	0.115	
18:3 undifferentiated....g	0.024		0	BFFN	4		0.083	0.020	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		0	BFFN	4		0.075	0.018	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	54		0	BFFN	4		185	46	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.191		0	PAK	1		0.662	0.163	
Threonine....g	1.164		0	PAK	1		4.026	0.989	
Isoleucine....g	1.325		0	PAK	1		4.585	1.126	
Leucine....g	2.317		0	PAK	1		8.016	1.969	
Lysine....g	2.461		0	PAK	1		8.517	2.092	
Methionine....g	0.758		0	PAK	1		2.624	0.645	
Cystine....g	0.376		0	PAK	1		1.300	0.319	
Phenylalanine....g	1.150		0	PAK	1		3.981	0.978	
Tyrosine....g	0.928		0	PAK	1		3.211	0.789	
Valine....g	1.445		0	PAK	1		5.000	1.228	
Arginine....g	1.883		0	PAK	1		6.516	1.601	
Histidine....g	0.930		0	PAK	1		3.216	0.790	
Alanine....g	1.771		0	PAK	1		6.127	1.505	
Aspartic acid....g	2.653		0	PAK	1		9.179	2.255	
Glutamic acid....g	4.372		0	PAK	1		15.129	3.717	
Glycine....g	1.773		0	PAK	1		6.136	1.507	
Proline....g	1.389		0	PAK	1		4.804	1.180	
Serine....g	1.147		0	PAK	1		3.970	0.975	
Hydroxyproline....g	0.306		0	BFPN	4		1.059	0.260	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13415

Beef, round, eye of round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Common Measures:

Measure 1 = 346g: 1 roast (yield from 436 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13416

Beef, round, eye of round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Cube Steak, URMIS #2295

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.02	0.555	10	PAK	1		234.36		
Energy....kcal	166		0	NC	4		589		
Energy....kJ	694		0	NC	4		2465		
Protein (N x 6.25)....g	28.58	0.304	10	PAK	1		101.45		
Total lipid (fat)....g	4.87	0.406	10	PAK	1		17.29		
Ash....g	1.17	0.028	10	PAK	1		4.14		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	BFFN	4		22		
Iron, Fe....mg	2.37		0	BFFN	4		8.40		
Magnesium, Mg....mg	18		0	BFFN	4		65		
Phosphorus, P....mg	175		0	BFFN	4		620		
Potassium, K....mg	231		0	BFFN	4		819		
Sodium, Na....mg	37		0	BFFN	4		132		
Zinc, Zn....mg	4.74		0	BFFN	4		16.82		
Copper, Cu....mg	0.063		0	BFFN	4		0.222		
Manganese, Mn....mg	0.010		0	BFFN	4		0.035		
Selenium, Se....mcg	30.2		0	BFFN	4		107.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.059		0	BFPN	4		0.210		
Riboflavin....mg	0.161		0	BFPN	4		0.570		
Niacin....mg	5.167		0	BFPN	4		18.343		
Pantothenic acid....mg	0.563		0	BFPN	4		1.998		
Vitamin B-6....mg	0.375		0	BFPN	4		1.333		
Folate, total....mcg	9		0	BFPN	4		32		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFPN	4		32		
Folate, DFE....mcg_DFE	9		0	NC	4		32		
Choline, total....mg	108.8		0	BFPN	4		386.4		
Betaine....mg	14.3		0	BFPN	4		50.8		
Vitamin B-12....mcg	1.72		0	BFPN	4		6.09		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.36		0	BFSN	4		1.29		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		4.6		
Lipids:									
Fatty acids, total saturated....g	1.750		0	NC	4		6.214		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13416

Beef, round, eye of round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.004		0	BFFN	4		0.016		
12:0 g	0.004		0	BFFN	4		0.016		
13:0 g									
14:0 g	0.133		0	BFFN	4		0.471		
15:0 g									
16:0 g	1.085		0	BFFN	4		3.852		
17:0 g									
18:0 g	0.524		0	BFFN	4		1.859		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.062		0	NC	4		7.321		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.195		0	BFFN	4		0.690		
17:1 g									
18:1 undifferentiated g	1.866		0	BFFN	4		6.623		
20:1 g	0.002		0	BFFN	4		0.008		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.183		0	NC	4		0.651		
18:2 undifferentiated g	0.137		0	BFFN	4		0.486		
18:3 undifferentiated g	0.024		0	BFFN	4		0.086		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.022		0	BFFN	4		0.078		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	54		0	BFFN	4		193		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.188		0	PAK	1		0.667		
Threonine g	1.142		0	PAK	1		4.053		
Isoleucine g	1.300		0	PAK	1		4.616		
Leucine g	2.273		0	PAK	1		8.070		
Lysine g	2.415		0	PAK	1		8.574		
Methionine g	0.744		0	PAK	1		2.642		
Cystine g	0.369		0	PAK	1		1.309		
Phenylalanine g	1.129		0	PAK	1		4.007		
Tyrosine g	0.911		0	PAK	1		3.233		
Valine g	1.418		0	PAK	1		5.033		
Arginine g	1.848		0	PAK	1		6.560		
Histidine g	0.912		0	PAK	1		3.238		
Alanine g	1.737		0	PAK	1		6.168		
Aspartic acid g	2.603		0	PAK	1		9.241		
Glutamic acid g	4.290		0	PAK	1		15.230		
Glycine g	1.740		0	PAK	1		6.178		
Proline g	1.362		0	PAK	1		4.837		
Serine g	1.126		0	PAK	1		3.996		
Hydroxyproline g	0.300		0	BFPN	4		1.066		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13416

Beef, round, eye of round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 355g: 1 roast (yield from 445 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13417

Beef, round, eye of round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Cube Steak, URMIS #1480

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.84	0.360	10	PAK	1		221.89		
Energy....kcal	169		0	NC	4		571		
Energy....kJ	708		0	NC	4		2387		
Protein (N x 6.25)....g	29.67	0.294	10	PAK	1		100.00		
Total lipid (fat)....g	4.72	0.438	10	PAK	1		15.92		
Ash....g	1.21	0.031	10	PAK	1		4.07		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFFN	4		25		
Iron, Fe....mg	2.35		0	BFFN	4		7.91		
Magnesium, Mg....mg	19		0	BFFN	4		65		
Phosphorus, P....mg	185		0	BFFN	4		623		
Potassium, K....mg	239		0	BFFN	4		804		
Sodium, Na....mg	39		0	BFFN	4		130		
Zinc, Zn....mg	4.96		0	BFFN	4		16.70		
Copper, Cu....mg	0.075		0	BFFN	4		0.254		
Manganese, Mn....mg	0.010		0	BFFN	4		0.035		
Selenium, Se....mcg	28.9		0	BFFN	4		97.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.075		0	BFPN	4		0.252		
Riboflavin....mg	0.149		0	BFPN	4		0.502		
Niacin....mg	5.007		0	BFPN	4		16.872		
Pantothenic acid....mg	0.586		0	BFPN	4		1.973		
Vitamin B-6....mg	0.390		0	BFPN	4		1.313		
Folate, total....mcg	9		0	BFPN	4		31		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFPN	4		31		
Folate, DFE....mcg_DFE	9		0	NC	4		31		
Choline, total....mg	113.0		0	BFPN	4		380.9		
Betaine....mg	14.8		0	BFPN	4		50.0		
Vitamin B-12....mcg	1.52		0	BFPN	4		5.12		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.36		0	BFSN	4		1.23		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		4.4		
Lipids:									
Fatty acids, total saturated....g	1.697		0	NC	4		5.719		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13417

Beef, round, eye of round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.004		0	BFFN	4		0.014		
12:0 g	0.004		0	BFFN	4		0.014		
13:0 g									
14:0 g	0.129		0	BFFN	4		0.433		
15:0 g									
16:0 g	1.052		0	BFFN	4		3.546		
17:0 g									
18:0 g	0.508		0	BFFN	4		1.712		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.000		0	NC	4		6.739		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.189		0	BFFN	4		0.636		
17:1 g									
18:1 undifferentiated g	1.809		0	BFFN	4		6.096		
20:1 g	0.002		0	BFFN	4		0.007		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.178		0	NC	4		0.599		
18:2 undifferentiated g	0.133		0	BFFN	4		0.448		
18:3 undifferentiated g	0.024		0	BFFN	4		0.079		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.021		0	BFFN	4		0.072		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	53		0	BFFN	4		178		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.195		0	PAK	1		0.657		
Threonine g	1.185		0	PAK	1		3.995		
Isoleucine g	1.350		0	PAK	1		4.550		
Leucine g	2.360		0	PAK	1		7.955		
Lysine g	2.508		0	PAK	1		8.451		
Methionine g	0.773		0	PAK	1		2.604		
Cystine g	0.383		0	PAK	1		1.290		
Phenylalanine g	1.172		0	PAK	1		3.950		
Tyrosine g	0.946		0	PAK	1		3.187		
Valine g	1.472		0	PAK	1		4.961		
Arginine g	1.919		0	PAK	1		6.466		
Histidine g	0.947		0	PAK	1		3.191		
Alanine g	1.804		0	PAK	1		6.079		
Aspartic acid g	2.703		0	PAK	1		9.109		
Glutamic acid g	4.455		0	PAK	1		15.012		
Glycine g	1.807		0	PAK	1		6.089		
Proline g	1.415		0	PAK	1		4.767		
Serine g	1.169		0	PAK	1		3.939		
Hydroxyproline g	0.312		0	BFPN	4		1.051		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13417

Beef, round, eye of round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Common Measures:

Measure 1 = 337g: 1 roast (yield from 426 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13878

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.97	0.387	20	PAK	1		206.36	52.67	
Energy....kcal	208		0	NC	4		692	177	
Energy....kJ	870		0	NC	4		2897	740	
Protein (N x 6.25)....g	28.31	0.305	20	PAK	1		94.26	24.06	
Total lipid (fat)....g	9.65	0.520	20	PAK	1		32.15	8.21	
Ash....g	1.10	0.031	20	PAK	1		3.65	0.93	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFNN	4		22	6	
Iron, Fe....mg	2.29		0	BFNN	4		7.61	1.94	
Magnesium, Mg....mg	18		0	BFNN	4		61	16	
Phosphorus, P....mg	174		0	BFNN	4		580	148	
Potassium, K....mg	227		0	BFNN	4		757	193	
Sodium, Na....mg	37		0	BFNN	4		122	31	
Zinc, Zn....mg	4.70		0	BFNN	4		15.64	3.99	
Copper, Cu....mg	0.067		0	BFNN	4		0.222	0.057	
Manganese, Mn....mg	0.010		0	BFNN	4		0.032	0.008	
Selenium, Se....mcg	28.7		0	BFNN	4		95.5	24.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.065		0	BFPN	4		0.216	0.055	
Riboflavin....mg	0.151		0	BFPN	4		0.501	0.128	
Niacin....mg	4.947		0	BFPN	4		16.474	4.205	
Pantothenic acid....mg	0.558		0	BFPN	4		1.858	0.474	
Vitamin B-6....mg	0.372		0	BFPN	4		1.238	0.316	
Folate, total....mcg	9		0	BFPN	4		29	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		29	7	
Folate, DFE....mcg_DFE	9		0	NC	4		29	7	
Choline, total....mg	107.8		0	BFPN	4		359.0	91.6	
Betaine....mg	14.2		0	BFPN	4		47.2	12.0	
Vitamin B-12....mcg	1.57		0	BFPN	4		5.24	1.34	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.41		0	BFSN	4		1.35	0.34	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.5	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		0.5	0.1	
Vitamin D....IU	6		0	BFFN	4		21	5	
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		4.8	1.2	
Lipids:									
Fatty acids, total saturated....g	3.664		0	NC	4		12.200	3.114	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13878

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.021		0	BFFN	4		0.069	0.018	
12:0 g	0.021		0	BFFN	4		0.069	0.018	
13:0 g									
14:0 g	0.286		0	BFFN	4		0.954	0.243	
15:0 g									
16:0 g	2.284		0	BFFN	4		7.607	1.942	
17:0 g									
18:0 g	1.052		0	BFFN	4		3.501	0.894	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.117		0	NC	4		13.709	3.499	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.408		0	BFFN	4		1.357	0.346	
17:1 g									
18:1 undifferentiated g	3.695		0	BFFN	4		12.303	3.140	
20:1 g	0.015		0	BFFN	4		0.049	0.012	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.372		0	NC	4		1.239	0.316	
18:2 undifferentiated g	0.256		0	BFFN	4		0.852	0.217	
18:3 undifferentiated g	0.093		0	BFFN	4		0.310	0.079	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.023		0	BFFN	4		0.077	0.020	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	62		0	BFFN	4		206	53	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.186		0	PAK	1		0.619	0.158	
Threonine g	1.131		0	PAK	1		3.765	0.961	
Isoleucine g	1.288		0	PAK	1		4.288	1.095	
Leucine g	2.252		0	PAK	1		7.498	1.914	
Lysine g	2.392		0	PAK	1		7.966	2.033	
Methionine g	0.737		0	PAK	1		2.455	0.627	
Cystine g	0.365		0	PAK	1		1.216	0.310	
Phenylalanine g	1.118		0	PAK	1		3.723	0.950	
Tyrosine g	0.902		0	PAK	1		3.004	0.767	
Valine g	1.404		0	PAK	1		4.676	1.194	
Arginine g	1.830		0	PAK	1		6.095	1.556	
Histidine g	0.903		0	PAK	1		3.008	0.768	
Alanine g	1.721		0	PAK	1		5.730	1.463	
Aspartic acid g	2.578		0	PAK	1		8.586	2.192	
Glutamic acid g	4.249		0	PAK	1		14.150	3.612	
Glycine g	1.724		0	PAK	1		5.739	1.465	
Proline g	1.349		0	PAK	1		4.493	1.147	
Serine g	1.115		0	PAK	1		3.713	0.948	
Hydroxyproline g	0.295		0	BFPN	4		0.982	0.251	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13878

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Common Measures:

Measure 1 = 333g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13880

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

URMIS #2295

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.36	0.650	10	PAK	1		204.32	52.15	
Energy....kcal	212		0	NC	4		707	180	
Energy....kJ	888		0	NC	4		2957	755	
Protein (N x 6.25)....g	28.48	0.439	10	PAK	1		94.83	24.21	
Total lipid (fat)....g	10.05	0.889	10	PAK	1		33.46	8.54	
Ash....g	1.06	0.038	10	PAK	1		3.54	0.90	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	BFNN	4		20	5	
Iron, Fe....mg	2.33		0	BFNN	4		7.74	1.98	
Magnesium, Mg....mg	18		0	BFNN	4		60	15	
Phosphorus, P....mg	171		0	BFNN	4		571	146	
Potassium, K....mg	227		0	BFNN	4		754	193	
Sodium, Na....mg	37		0	BFNN	4		122	31	
Zinc, Zn....mg	4.65		0	BFNN	4		15.50	3.96	
Copper, Cu....mg	0.061		0	BFNN	4		0.204	0.052	
Manganese, Mn....mg	0.010		0	BFNN	4		0.032	0.008	
Selenium, Se....mcg	29.6		0	BFNN	4		98.7	25.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.059		0	BFPN	4		0.196	0.050	
Riboflavin....mg	0.160		0	BFPN	4		0.533	0.136	
Niacin....mg	5.149		0	BFPN	4		17.146	4.377	
Pantothenic acid....mg	0.561		0	BFPN	4		1.867	0.477	
Vitamin B-6....mg	0.374		0	BFPN	4		1.246	0.318	
Folate, total....mcg	9		0	BFPN	4		30	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		30	8	
Folate, DFE....mcg_DFE	9		0	NC	4		30	8	
Choline, total....mg	108.5		0	BFPN	4		361.2	92.2	
Betaine....mg	14.3		0	BFPN	4		47.5	12.1	
Vitamin B-12....mcg	1.71		0	BFPN	4		5.70	1.45	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.41		0	BFSN	4		1.37	0.35	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		4.9	1.2	
Lipids:									
Fatty acids, total saturated....g	3.813		0	NC	4		12.698	3.241	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13880

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.022		0	BFFN	4		0.072	0.018	
12:0 g	0.022		0	BFFN	4		0.072	0.018	
13:0 g									
14:0 g	0.298		0	BFFN	4		0.993	0.253	
15:0 g									
16:0 g	2.377		0	BFFN	4		7.917	2.021	
17:0 g									
18:0 g	1.094		0	BFFN	4		3.644	0.930	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.285		0	NC	4		14.267	3.642	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.424		0	BFFN	4		1.413	0.361	
17:1 g									
18:1 undifferentiated g	3.845		0	BFFN	4		12.804	3.268	
20:1 g	0.015		0	BFFN	4		0.051	0.013	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.387		0	NC	4		1.289	0.329	
18:2 undifferentiated g	0.266		0	BFFN	4		0.886	0.226	
18:3 undifferentiated g	0.097		0	BFFN	4		0.322	0.082	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.024		0	BFFN	4		0.081	0.021	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	64		0	BFFN	4		214	55	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.184		0	NR	4		0.614	0.157	
Threonine g	1.121		0	NR	4		3.734	0.953	
Isoleucine g	1.277		0	NR	4		4.253	1.086	
Leucine g	2.233		0	NR	4		7.436	1.898	
Lysine g	2.372		0	NR	4		7.900	2.016	
Methionine g	0.731		0	NR	4		2.434	0.621	
Cystine g	0.362		0	NR	4		1.206	0.308	
Phenylalanine g	1.109		0	NR	4		3.692	0.942	
Tyrosine g	0.894		0	NR	4		2.979	0.760	
Valine g	1.393		0	NR	4		4.637	1.184	
Arginine g	1.815		0	NR	4		6.044	1.543	
Histidine g	0.896		0	NR	4		2.983	0.761	
Alanine g	1.707		0	NR	4		5.683	1.451	
Aspartic acid g	2.557		0	NR	4		8.514	2.173	
Glutamic acid g	4.214		0	NR	4		14.033	3.582	
Glycine g	1.709		0	NR	4		5.692	1.453	
Proline g	1.338		0	NR	4		4.456	1.137	
Serine g	1.106		0	NR	4		3.682	0.940	
Hydroxyproline g	0.295		0	BFPN	4		0.982	0.251	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13880

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 333g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13882

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

URMIS #1480

Refuse: 9% Bone and connective tissue 1%, sep fat 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.58	0.355	10	PAK	1		260.96	53.19	
Energy....kcal	204		0	NC	4		849	173	
Energy....kJ	852		0	NC	4		3553	724	
Protein (N x 6.25)....g	28.13	0.440	10	PAK	1		117.31	23.91	
Total lipid (fat)....g	9.26	0.563	10	PAK	1		38.62	7.87	
Ash....g	1.13	0.048	10	PAK	1		4.70	0.96	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFNN	4		30	6	
Iron, Fe....mg	2.24		0	BFNN	4		9.36	1.91	
Magnesium, Mg....mg	18		0	BFNN	4		77	16	
Phosphorus, P....mg	177		0	BFNN	4		738	150	
Potassium, K....mg	228		0	BFNN	4		952	194	
Sodium, Na....mg	37		0	BFNN	4		154	31	
Zinc, Zn....mg	4.74		0	BFNN	4		19.77	4.03	
Copper, Cu....mg	0.072		0	BFNN	4		0.300	0.061	
Manganese, Mn....mg	0.010		0	BFNN	4		0.041	0.008	
Selenium, Se....mcg	27.7		0	BFNN	4		115.5	23.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.071		0	BFPN	4		0.295	0.060	
Riboflavin....mg	0.141		0	BFPN	4		0.589	0.120	
Niacin....mg	4.747		0	BFPN	4		19.793	4.035	
Pantothenic acid....mg	0.555		0	BFPN	4		2.315	0.472	
Vitamin B-6....mg	0.369		0	BFPN	4		1.540	0.314	
Folate, total....mcg	9		0	BFPN	4		37	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		37	7	
Folate, DFE....mcg_DFE	9		0	NC	4		37	7	
Choline, total....mg	107.1		0	BFPN	4		446.8	91.1	
Betaine....mg	14.1		0	BFPN	4		58.7	12.0	
Vitamin B-12....mcg	1.44		0	BFPN	4		6.00	1.22	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFSN	4		1.66	0.34	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		5.9	1.2	
Lipids:									
Fatty acids, total saturated....g	3.515		0	NC	4		14.655	2.987	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13882

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.020		0	BFFN	4		0.083	0.017	
12:0 g	0.020		0	BFFN	4		0.083	0.017	
13:0 g									
14:0 g	0.275		0	BFFN	4		1.145	0.233	
15:0 g									
16:0 g	2.191		0	BFFN	4		9.138	1.863	
17:0 g									
18:0 g	1.009		0	BFFN	4		4.206	0.857	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.949		0	NC	4		16.468	3.357	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.391		0	BFFN	4		1.630	0.332	
17:1 g									
18:1 undifferentiated g	3.544		0	BFFN	4		14.779	3.013	
20:1 g	0.014		0	BFFN	4		0.058	0.012	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.357		0	NC	4		1.488	0.303	
18:2 undifferentiated g	0.245		0	BFFN	4		1.023	0.209	
18:3 undifferentiated g	0.089		0	BFFN	4		0.372	0.076	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.022		0	BFFN	4		0.093	0.019	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	59		0	BFFN	4		247	50	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.185		0	PAK	1		0.771	0.157	
Threonine g	1.124		0	PAK	1		4.686	0.955	
Isoleucine g	1.280		0	PAK	1		5.337	1.088	
Leucine g	2.238		0	PAK	1		9.332	1.902	
Lysine g	2.377		0	PAK	1		9.914	2.021	
Methionine g	0.733		0	PAK	1		3.055	0.623	
Cystine g	0.363		0	PAK	1		1.514	0.309	
Phenylalanine g	1.111		0	PAK	1		4.634	0.945	
Tyrosine g	0.896		0	PAK	1		3.738	0.762	
Valine g	1.396		0	PAK	1		5.820	1.186	
Arginine g	1.819		0	PAK	1		7.586	1.546	
Histidine g	0.898		0	PAK	1		3.744	0.763	
Alanine g	1.710		0	PAK	1		7.132	1.454	
Aspartic acid g	2.562		0	PAK	1		10.686	2.178	
Glutamic acid g	4.223		0	PAK	1		17.611	3.590	
Glycine g	1.713		0	PAK	1		7.143	1.456	
Proline g	1.341		0	PAK	1		5.593	1.140	
Serine g	1.108		0	PAK	1		4.621	0.942	
Hydroxyproline g	0.296		0	BFPN	4		1.232	0.251	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13882

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Common Measures:

Measure 1 = 417g: 1 roast (yield from 530 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13418

Beef, round, eye of round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Cube steak

Refuse: 3% Bone and connective tissue, 2.2%, separable fat, 1.0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.45	0.294	20	A	1		229.90	56.48	
Energy....kcal	162		0	NC	4		561	138	
Energy....kJ	678		0	NC	4		2346	576	
Protein (N x 6.25)....g	29.33	0.239	20	A	1		101.47	24.93	
Total lipid (fat)....g	4.09	0.197	20	A	1		14.14	3.47	
Ash....g	1.20	0.021	20	A	1		4.14	1.02	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	BFNN	4		21	5	
Iron, Fe....mg	2.44		0	BFNN	4		8.44	2.07	
Magnesium, Mg....mg	19		0	BFNN	4		67	16	
Phosphorus, P....mg	184		0	BFNN	4		637	156	
Potassium, K....mg	239		0	BFNN	4		827	203	
Sodium, Na....mg	38		0	BFNN	4		132	32	
Zinc, Zn....mg	5.01		0	BFNN	4		17.33	4.26	
Copper, Cu....mg	0.072		0	BFNN	4		0.250	0.061	
Manganese, Mn....mg	0.010		0	BFNN	4		0.036	0.009	
Selenium, Se....mcg	32.9		0	BFNN	4		114.0	28.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.066		0	BFPN	4		0.229	0.056	
Riboflavin....mg	0.165		0	BFPN	4		0.572	0.141	
Niacin....mg	5.269		0	BFPN	4		18.229	4.478	
Pantothenic acid....mg	0.577		0	BFPN	4		1.996	0.490	
Vitamin B-6....mg	0.393		0	BFPN	4		1.361	0.334	
Folate, total....mcg	10		0	BFPN	4		34	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		34	8	
Folate, DFE....mcg_DFE	10		0	NC	4		34	8	
Choline, total....mg	111.7		0	BFPN	4		386.5	94.9	
Betaine....mg	14.7		0	BFPN	4		50.8	12.5	
Vitamin B-12....mcg	1.62		0	BFPN	4		5.60	1.38	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.36		0	BFSN	4		1.24	0.30	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.2	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.2	0.1	
Vitamin D....IU	3		0	BFFN	4		9	2	
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		4.4	1.1	
Lipids:									
Fatty acids, total saturated....g	1.426		0	NC	4		4.932	1.212	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13418

Beef, round, eye of round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.000		0	BFFN	4		0.000	0.000	
13:0 g									
14:0 g	0.106		0	BFFN	4		0.365	0.090	
15:0 g									
16:0 g	0.882		0	BFFN	4		3.053	0.750	
17:0 g									
18:0 g	0.438		0	BFFN	4		1.514	0.372	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.722		0	NC	4		5.957	1.464	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.159		0	BFFN	4		0.551	0.135	
17:1 g									
18:1 undifferentiated g	1.563		0	BFFN	4		5.406	1.328	
20:1 g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.153		0	NC	4		0.528	0.130	
18:2 undifferentiated g	0.119		0	BFFN	4		0.411	0.101	
18:3 undifferentiated g	0.011		0	BFFN	4		0.039	0.010	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.022		0	BFFN	4		0.078	0.019	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	55		0	BFFN	4		191	47	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 346g: 1 roast (yield from 436 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13419

Beef, round, eye of round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Cube Steak, URMIS #2295

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.43	0.515	10	A	1		235.81	56.46	
Energy....kcal	162		0	NC	4		573	137	
Energy....kJ	676		0	NC	4		2399	574	
Protein (N x 6.25)....g	28.74	0.312	10	A	1		102.01	24.43	
Total lipid (fat)....g	4.30	0.316	10	A	1		15.28	3.66	
Ash....g	1.17	0.028	10	A	1		4.17	1.00	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	BFNN	4		21	5	
Iron, Fe....mg	2.55		0	BFNN	4		9.05	2.17	
Magnesium, Mg....mg	19		0	BFNN	4		69	17	
Phosphorus, P....mg	182		0	BFNN	4		647	155	
Potassium, K....mg	236		0	BFNN	4		836	200	
Sodium, Na....mg	38		0	BFNN	4		134	32	
Zinc, Zn....mg	5.04		0	BFNN	4		17.89	4.28	
Copper, Cu....mg	0.068		0	BFNN	4		0.240	0.057	
Manganese, Mn....mg	0.010		0	BFNN	4		0.034	0.008	
Selenium, Se....mcg	32.9		0	BFNN	4		116.7	28.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0	BFPN	4		0.212	0.051	
Riboflavin....mg	0.180		0	BFPN	4		0.637	0.153	
Niacin....mg	5.521		0	BFPN	4		19.600	4.693	
Pantothenic acid....mg	0.564		0	BFPN	4		2.004	0.480	
Vitamin B-6....mg	0.401		0	BFPN	4		1.424	0.341	
Folate, total....mcg	10		0	BFPN	4		34	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		34	8	
Folate, DFE....mcg_DFE	10		0	NC	4		34	8	
Choline, total....mg	109.4		0	BFPN	4		388.5	93.0	
Betaine....mg	14.4		0	BFPN	4		51.0	12.2	
Vitamin B-12....mcg	1.70		0	BFPN	4		6.02	1.44	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.36		0	BFSN	4		1.27	0.30	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		4.5	1.1	
Lipids:									
Fatty acids, total saturated....g	1.502		0	NC	4		5.330	1.276	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13419

Beef, round, eye of round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.111		0	BFFN	4		0.394	0.094	
15:0....g									
16:0....g	0.929		0	BFFN	4		3.299	0.790	
17:0....g									
18:0....g	0.461		0	BFFN	4		1.637	0.392	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.814		0	NC	4		6.439	1.542	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.168		0	BFFN	4		0.596	0.143	
17:1....g									
18:1 undifferentiated....g	1.646		0	BFFN	4		5.843	1.399	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.161		0	NC	4		0.570	0.137	
18:2 undifferentiated....g	0.125		0	BFFN	4		0.445	0.107	
18:3 undifferentiated....g	0.012		0	BFFN	4		0.042	0.010	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.024		0	BFFN	4		0.084	0.020	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	58		0	BFFN	4		207	49	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.189		0	A	1		0.670	0.161	
Threonine....g	1.148		0	A	1		4.075	0.976	
Isoleucine....g	1.307		0	A	1		4.641	1.111	
Leucine....g	2.286		0	A	1		8.115	1.943	
Lysine....g	2.429		0	A	1		8.621	2.064	
Methionine....g	0.748		0	A	1		2.656	0.636	
Cystine....g	0.371		0	A	1		1.316	0.315	
Phenylalanine....g	1.135		0	A	1		4.029	0.965	
Tyrosine....g	0.916		0	A	1		3.251	0.778	
Valine....g	1.426		0	A	1		5.061	1.212	
Arginine....g	1.858		0	A	1		6.596	1.579	
Histidine....g	0.917		0	A	1		3.256	0.780	
Alanine....g	1.747		0	A	1		6.202	1.485	
Aspartic acid....g	2.617		0	A	1		9.292	2.225	
Glutamic acid....g	4.314		0	A	1		15.314	3.667	
Glycine....g	1.750		0	A	1		6.212	1.487	
Proline....g	1.370		0	A	1		4.863	1.164	
Serine....g	1.132		0	A	1		4.018	0.962	
Hydroxyproline....g	0.302		0	BFPN	4		1.072	0.257	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13419

Beef, round, eye of round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 355g: 1 roast (yield from 445 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13420

Beef, round, eye of round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Cube Steak, URMIS #1480

Refuse: 2% Bone and connective tissue 1%, sep fat 1%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.46	0.317	10	A	1		223.98	56.49	
Energy....kcal	163		0	NC	4		548	138	
Energy....kJ	681		0	NC	4		2293	578	
Protein (N x 6.25)....g	29.92	0.256	10	A	1		100.83	25.43	
Total lipid (fat)....g	3.87	0.231	10	A	1		13.04	3.29	
Ash....g	1.22	0.033	10	A	1		4.11	1.04	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	BFNN	4		21	5	
Iron, Fe....mg	2.42		0	BFNN	4		8.16	2.06	
Magnesium, Mg....mg	20		0	BFNN	4		67	17	
Phosphorus, P....mg	189		0	BFNN	4		636	161	
Potassium, K....mg	246		0	BFNN	4		828	209	
Sodium, Na....mg	39		0	BFNN	4		131	33	
Zinc, Zn....mg	5.08		0	BFNN	4		17.11	4.31	
Copper, Cu....mg	0.082		0	BFNN	4		0.276	0.070	
Manganese, Mn....mg	0.011		0	BFNN	4		0.036	0.009	
Selenium, Se....mcg	36.8		0	BFNN	4		124.1	31.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.072		0	BFPN	4		0.241	0.061	
Riboflavin....mg	0.162		0	BFPN	4		0.546	0.138	
Niacin....mg	5.146		0	BFPN	4		17.340	4.374	
Pantothenic acid....mg	0.590		0	BFPN	4		1.987	0.501	
Vitamin B-6....mg	0.395		0	BFPN	4		1.329	0.335	
Folate, total....mcg	10		0	BFPN	4		34	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		34	9	
Folate, DFE....mcg_DFE	10		0	NC	4		34	9	
Choline, total....mg	114.0		0	BFPN	4		384.0	96.9	
Betaine....mg	15.0		0	BFPN	4		50.5	12.7	
Vitamin B-12....mcg	1.54		0	BFPN	4		5.18	1.31	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.36		0	BFSN	4		1.20	0.30	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		4.3	1.1	
Lipids:									
Fatty acids, total saturated....g	1.349		0	NC	4		4.547	1.147	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13420

Beef, round, eye of round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.100		0	BFFN	4		0.336	0.085	
15:0....g									
16:0....g	0.835		0	BFFN	4		2.815	0.710	
17:0....g									
18:0....g	0.414		0	BFFN	4		1.397	0.352	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.630		0	NC	4		5.493	1.385	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.151		0	BFFN	4		0.508	0.128	
17:1....g									
18:1 undifferentiated....g	1.479		0	BFFN	4		4.985	1.257	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.144		0	NC	4		0.487	0.123	
18:2 undifferentiated....g	0.113		0	BFFN	4		0.379	0.096	
18:3 undifferentiated....g	0.011		0	BFFN	4		0.036	0.009	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.021		0	BFFN	4		0.071	0.018	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	52		0	BFFN	4		176	44	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.197		0	A	1		0.663	0.167	
Threonine....g	1.195		0	A	1		4.028	1.016	
Isoleucine....g	1.361		0	A	1		4.587	1.157	
Leucine....g	2.380		0	A	1		8.021	2.023	
Lysine....g	2.528		0	A	1		8.521	2.149	
Methionine....g	0.779		0	A	1		2.626	0.662	
Cystine....g	0.386		0	A	1		1.301	0.328	
Phenylalanine....g	1.182		0	A	1		3.983	1.004	
Tyrosine....g	0.953		0	A	1		3.213	0.810	
Valine....g	1.484		0	A	1		5.002	1.262	
Arginine....g	1.935		0	A	1		6.520	1.644	
Histidine....g	0.955		0	A	1		3.218	0.812	
Alanine....g	1.819		0	A	1		6.130	1.546	
Aspartic acid....g	2.725		0	A	1		9.184	2.316	
Glutamic acid....g	4.492		0	A	1		15.136	3.818	
Glycine....g	1.822		0	A	1		6.139	1.549	
Proline....g	1.426		0	A	1		4.807	1.212	
Serine....g	1.179		0	A	1		3.972	1.002	
Hydroxyproline....g	0.314		0	BFPN	4		1.059	0.267	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13420

Beef, round, eye of round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Common Measures:

Measure 1 = 337g: 1 roast (yield from 426 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23598

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted

Refuse: 9% Bone and connective tissue, 1.21%, separable fat, 7.42%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.52	0.344	20	A	1		18.57		
Energy....kcal	169		0	NC	4		48		
Energy....kJ	709		0	NC	4		201		
Protein (N x 6.25)....g	29.73	0.254	20	A	1		8.43		
Total lipid (fat)....g	4.71	0.287	20	A	1		1.34		
Ash....g	1.15	0.032	20	A	1		0.33		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	BFNN	4		2		
Iron, Fe....mg	2.46		0	BFNN	4		0.70		
Magnesium, Mg....mg	20		0	BFNN	4		6		
Phosphorus, P....mg	186		0	BFNN	4		53		
Potassium, K....mg	241		0	BFNN	4		68		
Sodium, Na....mg	38		0	BFNN	4		11		
Zinc, Zn....mg	5.06		0	BFNN	4		1.43		
Copper, Cu....mg	0.073		0	BFNN	4		0.021		
Manganese, Mn....mg	0.011		0	BFNN	4		0.003		
Selenium, Se....mcg	33.3		0	BFNN	4		9.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.067		0	BFPN	4		0.019		
Riboflavin....mg	0.168		0	BFPN	4		0.048		
Niacin....mg	5.341		0	BFPN	4		1.514		
Pantothenic acid....mg	0.585		0	BFPN	4		0.166		
Vitamin B-6....mg	0.399		0	BFPN	4		0.113		
Folate, total....mcg	10		0	BFPN	4		3		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	10		0	BFPN	4		3		
Folate, DFE....mcg_DFE	10		0	NC	4		3		
Choline, total....mg	113.2		0	BFPN	4		32.1		
Betaine....mg	14.9		0	BFPN	4		4.2		
Vitamin B-12....mcg	1.64		0	BFPN	4		0.46		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.37		0	BFSN	4		0.10		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.0		
Vitamin D....IU	3		0	BFFN	4		1		
Vitamin K (phylloquinone)....mcg	1.9		0	BFSN	4		0.5		
Lipids:									
Fatty acids, total saturated....g	1.624		0	NC	4		0.461		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 23598

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		0	Z	7		0.000		
10:0 g	0.000		0	BFFN	4		0.000		
12:0 g	0.000		0	BFFN	4		0.000		
13:0 g									
14:0 g	0.115		0	BFFN	4		0.032		
15:0 g									
16:0 g	1.015		0	BFFN	4		0.288		
17:0 g									
18:0 g	0.495		0	BFFN	4		0.140		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.970		0	NC	4		0.559		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.185		0	BFFN	4		0.053		
17:1 g									
18:1 undifferentiated g	1.784		0	BFFN	4		0.506		
20:1 g	0.001		0	BFFN	4		0.000		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.190		0	NC	4		0.054		
18:2 undifferentiated g	0.148		0	BFFN	4		0.042		
18:3 undifferentiated g	0.014		0	BFFN	4		0.004		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.029		0	BFFN	4		0.008		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	62		0	BFFN	4		18		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.195		0	A	1		0.055		
Threonine g	1.188		0	A	1		0.337		
Isoleucine g	1.353		0	A	1		0.383		
Leucine g	2.365		0	A	1		0.671		
Lysine g	2.513		0	A	1		0.712		
Methionine g	0.774		0	A	1		0.220		
Cystine g	0.384		0	A	1		0.109		
Phenylalanine g	1.174		0	A	1		0.333		
Tyrosine g	0.947		0	A	1		0.269		
Valine g	1.475		0	A	1		0.418		
Arginine g	1.923		0	A	1		0.545		
Histidine g	0.949		0	A	1		0.269		
Alanine g	1.808		0	A	1		0.512		
Aspartic acid g	2.708		0	A	1		0.768		
Glutamic acid g	4.464		0	A	1		1.265		
Glycine g	1.810		0	A	1		0.513		
Proline g	1.417		0	A	1		0.402		
Serine g	1.171		0	A	1		0.332		
Hydroxyproline g	0.312		0	A	1		0.089		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23598

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23620

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

URMIS #2295

Refuse: 9% Bone and connective tissue 1%, sep fat 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.73	0.442	10	A	1		18.35	293.62	
Energy....kcal	175		0	NC	4		50	796	
Energy....kJ	734		0	NC	4		208	3329	
Protein (N x 6.25)....g	29.87	0.359	10	A	1		8.47	135.50	
Total lipid (fat)....g	5.30	0.466	10	A	1		1.50	24.06	
Ash....g	1.11	0.041	10	A	1		0.32	5.04	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	BFNN	4		2	28	
Iron, Fe....mg	2.61		0	BFNN	4		0.74	11.83	
Magnesium, Mg....mg	20		0	BFNN	4		6	90	
Phosphorus, P....mg	187		0	BFNN	4		53	847	
Potassium, K....mg	241		0	BFNN	4		68	1094	
Sodium, Na....mg	39		0	BFNN	4		11	175	
Zinc, Zn....mg	5.16		0	BFNN	4		1.46	23.41	
Copper, Cu....mg	0.069		0	BFNN	4		0.020	0.314	
Manganese, Mn....mg	0.010		0	BFNN	4		0.003	0.045	
Selenium, Se....mcg	33.7		0	BFNN	4		9.5	152.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.062		0	BFPN	4		0.018	0.282	
Riboflavin....mg	0.187		0	BFPN	4		0.053	0.846	
Niacin....mg	5.740		0	BFPN	4		1.627	26.035	
Pantothenic acid....mg	0.587		0	BFPN	4		0.166	2.661	
Vitamin B-6....mg	0.417		0	BFPN	4		0.118	1.891	
Folate, total....mcg	10		0	BFPN	4		3	45	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		3	45	
Folate, DFE....mcg_DFE	10		0	NC	4		3	45	
Choline, total....mg	113.8		0	BFPN	4		32.3	516.1	
Betaine....mg	14.9		0	BFPN	4		4.2	67.8	
Vitamin B-12....mcg	1.76		0	BFPN	4		0.50	8.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.38		0	BFSN	4		0.11	1.70	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		0.4	6.1	
Lipids:									
Fatty acids, total saturated....g	1.828		0	NC	4		0.518	8.290	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23620

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.129		0	BFFN	4		0.037	0.584	
15:0....g									
16:0....g	1.141		0	BFFN	4		0.324	5.177	
17:0....g									
18:0....g	0.557		0	BFFN	4		0.158	2.528	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.217		0	NC	4		0.629	10.056	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.209		0	BFFN	4		0.059	0.946	
17:1....g									
18:1 undifferentiated....g	2.007		0	BFFN	4		0.569	9.104	
20:1....g	0.001		0	BFFN	4		0.000	0.006	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.214		0	NC	4		0.061	0.972	
18:2 undifferentiated....g	0.167		0	BFFN	4		0.047	0.756	
18:3 undifferentiated....g	0.015		0	BFFN	4		0.004	0.070	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.032		0	BFFN	4		0.009	0.146	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	70		0	BFFN	4		20	316	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.196		0	A	1		0.056	0.891	
Threonine....g	1.193		0	A	1		0.338	5.413	
Isoleucine....g	1.359		0	A	1		0.385	6.165	
Leucine....g	2.376		0	A	1		0.674	10.779	
Lysine....g	2.525		0	A	1		0.716	11.452	
Methionine....g	0.778		0	A	1		0.221	3.529	
Cystine....g	0.386		0	A	1		0.109	1.749	
Phenylalanine....g	1.180		0	A	1		0.335	5.352	
Tyrosine....g	0.952		0	A	1		0.270	4.318	
Valine....g	1.482		0	A	1		0.420	6.722	
Arginine....g	1.932		0	A	1		0.548	8.762	
Histidine....g	0.953		0	A	1		0.270	4.324	
Alanine....g	1.816		0	A	1		0.515	8.238	
Aspartic acid....g	2.721		0	A	1		0.771	12.343	
Glutamic acid....g	4.485		0	A	1		1.271	20.342	
Glycine....g	1.819		0	A	1		0.516	8.251	
Proline....g	1.424		0	A	1		0.404	6.460	
Serine....g	1.177		0	A	1		0.334	5.338	
Hydroxyproline....g	0.314		0	BFPN	4		0.089	1.424	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23620

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23591

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

URMIS #1480

Refuse: 9% Bone and connective tissue 1%, sep fat 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.31	0.409	10	A	1		18.80	300.78	
Energy....kcal	163		0	NC	4		46	741	
Energy....kJ	684		0	NC	4		194	3102	
Protein (N x 6.25)....g	29.59	0.373	10	A	1		8.39	134.23	
Total lipid (fat)....g	4.11	0.224	10	A	1		1.17	18.64	
Ash....g	1.18	0.048	10	A	1		0.34	5.37	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	BFNN	4		2	28	
Iron, Fe....mg	2.42		0	BFNN	4		0.68	10.96	
Magnesium, Mg....mg	20		0	BFNN	4		6	89	
Phosphorus, P....mg	188		0	BFNN	4		53	854	
Potassium, K....mg	245		0	BFNN	4		69	1111	
Sodium, Na....mg	39		0	BFNN	4		11	176	
Zinc, Zn....mg	5.06		0	BFNN	4		1.43	22.96	
Copper, Cu....mg	0.082		0	BFNN	4		0.023	0.370	
Manganese, Mn....mg	0.011		0	BFNN	4		0.003	0.049	
Selenium, Se....mcg	36.7		0	BFNN	4		10.4	166.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.071		0	BFPN	4		0.020	0.321	
Riboflavin....mg	0.160		0	BFPN	4		0.045	0.726	
Niacin....mg	5.089		0	BFPN	4		1.443	23.085	
Pantothenic acid....mg	0.583		0	BFPN	4		0.165	2.645	
Vitamin B-6....mg	0.390		0	BFPN	4		0.111	1.770	
Folate, total....mcg	10		0	BFPN	4		3	45	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		3	45	
Folate, DFE....mcg_DFE	10		0	NC	4		3	45	
Choline, total....mg	112.7		0	BFPN	4		32.0	511.2	
Betaine....mg	14.8		0	BFPN	4		4.2	67.2	
Vitamin B-12....mcg	1.52		0	BFPN	4		0.43	6.90	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.36		0	BFSN	4		0.10	1.63	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		0.4	5.8	
Lipids:									
Fatty acids, total saturated....g	1.416		0	NC	4		0.401	6.424	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23591

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.000		0	BFFN	4		0.000	0.000	
13:0 g									
14:0 g	0.100		0	BFFN	4		0.028	0.453	
15:0 g									
16:0 g	0.885		0	BFFN	4		0.251	4.012	
17:0 g									
18:0 g	0.432		0	BFFN	4		0.122	1.959	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.718		0	NC	4		0.487	7.792	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.162		0	BFFN	4		0.046	0.733	
17:1 g									
18:1 undifferentiated g	1.555		0	BFFN	4		0.441	7.054	
20:1 g	0.001		0	BFFN	4		0.000	0.005	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.166		0	NC	4		0.047	0.753	
18:2 undifferentiated g	0.129		0	BFFN	4		0.037	0.586	
18:3 undifferentiated g	0.012		0	BFFN	4		0.003	0.054	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.025		0	BFFN	4		0.007	0.113	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	54		0	BFFN	4		15	245	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.194		0	A	1		0.055	0.882	
Threonine g	1.182		0	A	1		0.335	5.362	
Isoleucine g	1.346		0	A	1		0.382	6.107	
Leucine g	2.354		0	A	1		0.667	10.678	
Lysine g	2.501		0	A	1		0.709	11.344	
Methionine g	0.771		0	A	1		0.218	3.495	
Cystine g	0.382		0	A	1		0.108	1.732	
Phenylalanine g	1.169		0	A	1		0.331	5.302	
Tyrosine g	0.943		0	A	1		0.267	4.277	
Valine g	1.468		0	A	1		0.416	6.659	
Arginine g	1.914		0	A	1		0.542	8.680	
Histidine g	0.944		0	A	1		0.268	4.284	
Alanine g	1.799		0	A	1		0.510	8.160	
Aspartic acid g	2.695		0	A	1		0.764	12.227	
Glutamic acid g	4.442		0	A	1		1.259	20.151	
Glycine g	1.802		0	A	1		0.511	8.173	
Proline g	1.411		0	A	1		0.400	6.399	
Serine g	1.166		0	A	1		0.330	5.288	
Hydroxyproline g	0.311		0	BFPN	4		0.088	1.410	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23591

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13877

Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.31	0.490	20	PAK	1		19.65	314.40	
Energy....kcal	166		0	NC	4		47	753	
Energy....kJ	695		0	NC	4		197	3153	
Protein (N x 6.25)....g	21.49	0.240	20	PAK	1		6.09	97.49	
Total lipid (fat)....g	8.24	0.624	20	PAK	1		2.34	37.38	
Ash....g	1.01	0.020	20	PAK	1		0.29	4.59	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	BFNN	4		6	92	
Iron, Fe....mg	1.81		0	BFNN	4		0.51	8.20	
Magnesium, Mg....mg	23		0	BFNN	4		7	105	
Phosphorus, P....mg	207		0	BFNN	4		59	939	
Potassium, K....mg	340		0	BFNN	4		96	1543	
Sodium, Na....mg	58		0	BFNN	4		17	265	
Zinc, Zn....mg	3.98		0	BFNN	4		1.13	18.03	
Copper, Cu....mg	0.094		0	BFNN	4		0.027	0.427	
Manganese, Mn....mg	0.013		0	BFNN	4		0.004	0.059	
Selenium, Se....mcg	25.8		0	BFNN	4		7.3	117.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.085		0	BFPN	4		0.024	0.385	
Riboflavin....mg	0.131		0	BFPN	4		0.037	0.595	
Niacin....mg	6.420		0	BFPN	4		1.820	29.122	
Pantothenic acid....mg	0.618		0	BFPN	4		0.175	2.803	
Vitamin B-6....mg	0.637		0	BFPN	4		0.180	2.887	
Folate, total....mcg	12		0	BFPN	4		3	52	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		0	BFPN	4		3	52	
Folate, DFE....mcg_DFE	12		0	NC	4		3	52	
Choline, total....mg	89.8		0	BFPN	4		25.4	407.2	
Betaine....mg	13.2		0	BFPN	4		3.7	59.9	
Vitamin B-12....mcg	1.55		0	BFPN	4		0.44	7.03	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.33		0	BFSN	4		0.09	1.48	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		0.4	5.9	
Lipids:									
Fatty acids, total saturated....g	3.245		0	NC	4		0.920	14.718	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13877

Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.026		0	BFFN	4		0.007	0.119	
12:0....g	0.018		0	BFFN	4		0.005	0.082	
13:0....g									
14:0....g	0.252		0	BFFN	4		0.072	1.144	
15:0....g									
16:0....g	1.980		0	BFFN	4		0.561	8.979	
17:0....g									
18:0....g	0.969		0	BFFN	4		0.275	4.393	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.561		0	NC	4		1.010	16.152	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.420		0	BFFN	4		0.119	1.903	
17:1....g									
18:1 undifferentiated....g	3.130		0	BFFN	4		0.887	14.198	
20:1....g	0.011		0	BFFN	4		0.003	0.052	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.315		0	NC	4		0.089	1.427	
18:2 undifferentiated....g	0.205		0	BFFN	4		0.058	0.929	
18:3 undifferentiated....g	0.093		0	BFFN	4		0.026	0.424	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.016		0	BFFN	4		0.005	0.074	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	41		0	BFFN	4		12	187	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.141		0	PAK	1		0.040	0.641	
Threonine....g	0.859		0	PAK	1		0.243	3.894	
Isoleucine....g	0.978		0	PAK	1		0.277	4.435	
Leucine....g	1.710		0	PAK	1		0.485	7.755	
Lysine....g	1.816		0	PAK	1		0.515	8.239	
Methionine....g	0.560		0	PAK	1		0.159	2.539	
Cystine....g	0.277		0	PAK	1		0.079	1.258	
Phenylalanine....g	0.849		0	PAK	1		0.241	3.851	
Tyrosine....g	0.685		0	PAK	1		0.194	3.106	
Valine....g	1.066		0	PAK	1		0.302	4.836	
Arginine....g	1.390		0	PAK	1		0.394	6.304	
Histidine....g	0.686		0	PAK	1		0.194	3.111	
Alanine....g	1.307		0	PAK	1		0.370	5.927	
Aspartic acid....g	1.958		0	PAK	1		0.555	8.880	
Glutamic acid....g	3.226		0	PAK	1		0.915	14.635	
Glycine....g	1.309		0	PAK	1		0.371	5.936	
Proline....g	1.025		0	PAK	1		0.290	4.648	
Serine....g	0.847		0	PAK	1		0.240	3.840	
Hydroxyproline....g	0.226		0	BFPN	4		0.064	1.024	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13877

Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13879

Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, raw

URMIS #2295

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.57	0.697	10	PAK	1		19.44	311.03	
Energy....kcal	173		0	NC	4		49	785	
Energy....kJ	724		0	NC	4		205	3283	
Protein (N x 6.25)....g	21.68	0.353	10	PAK	1		6.15	98.36	
Total lipid (fat)....g	8.91	0.892	10	PAK	1		2.53	40.43	
Ash....g	1.03	0.021	10	PAK	1		0.29	4.69	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	BFNN	4		5	74	
Iron, Fe....mg	1.92		0	BFNN	4		0.55	8.73	
Magnesium, Mg....mg	23		0	BFNN	4		7	105	
Phosphorus, P....mg	206		0	BFNN	4		58	935	
Potassium, K....mg	334		0	BFNN	4		95	1514	
Sodium, Na....mg	55		0	BFNN	4		16	251	
Zinc, Zn....mg	3.97		0	BFNN	4		1.13	18.01	
Copper, Cu....mg	0.096		0	BFNN	4		0.027	0.436	
Manganese, Mn....mg	0.013		0	BFNN	4		0.004	0.059	
Selenium, Se....mcg	26.1		0	BFNN	4		7.4	118.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.083		0	BFPN	4		0.024	0.376	
Riboflavin....mg	0.149		0	BFPN	4		0.042	0.677	
Niacin....mg	6.590		0	BFPN	4		1.868	29.890	
Pantothenic acid....mg	0.633		0	BFPN	4		0.179	2.871	
Vitamin B-6....mg	0.640		0	BFPN	4		0.181	2.903	
Folate, total....mcg	12		0	BFPN	4		3	54	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		0	BFPN	4		3	54	
Folate, DFE....mcg_DFE	12		0	NC	4		3	54	
Choline, total....mg	90.6		0	BFPN	4		25.7	410.8	
Betaine....mg	13.3		0	BFPN	4		3.8	60.4	
Vitamin B-12....mcg	1.84		0	BFPN	4		0.52	8.33	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.33		0	BFSN	4		0.09	1.52	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		0.4	6.1	
Lipids:									
Fatty acids, total saturated....g	3.509		0	NC	4		0.995	15.918	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13879

Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000	0.000	
8:0 ... g	0.000		0	BFFN	4		0.000	0.000	
10:0 ... g	0.028		0	BFFN	4		0.008	0.128	
12:0 ... g	0.019		0	BFFN	4		0.005	0.088	
13:0 ... g									
14:0 ... g	0.273		0	BFFN	4		0.077	1.238	
15:0 ... g									
16:0 ... g	2.141		0	BFFN	4		0.607	9.712	
17:0 ... g									
18:0 ... g	1.048		0	BFFN	4		0.297	4.751	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.851		0	NC	4		1.092	17.470	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.454		0	BFFN	4		0.129	2.058	
17:1 ... g									
18:1 undifferentiated ... g	3.385		0	BFFN	4		0.960	15.356	
20:1 ... g	0.012		0	BFFN	4		0.004	0.056	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.340		0	NC	4		0.096	1.543	
18:2 undifferentiated ... g	0.222		0	BFFN	4		0.063	1.005	
18:3 undifferentiated ... g	0.101		0	BFFN	4		0.029	0.458	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.018		0	BFFN	4		0.005	0.080	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	44		0	BFFN	4		13	202	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.143		0	PAK	1		0.040	0.646	
Threonine ... g	0.866		0	PAK	1		0.246	3.929	
Isoleucine ... g	0.987		0	PAK	1		0.280	4.475	
Leucine ... g	1.725		0	PAK	1		0.489	7.824	
Lysine ... g	1.833		0	PAK	1		0.520	8.313	
Methionine ... g	0.565		0	PAK	1		0.160	2.561	
Cystine ... g	0.280		0	PAK	1		0.079	1.269	
Phenylalanine ... g	0.857		0	PAK	1		0.243	3.885	
Tyrosine ... g	0.691		0	PAK	1		0.196	3.134	
Valine ... g	1.076		0	PAK	1		0.305	4.880	
Arginine ... g	1.402		0	PAK	1		0.398	6.360	
Histidine ... g	0.692		0	PAK	1		0.196	3.139	
Alanine ... g	1.318		0	PAK	1		0.374	5.980	
Aspartic acid ... g	1.975		0	PAK	1		0.560	8.959	
Glutamic acid ... g	3.255		0	PAK	1		0.923	14.766	
Glycine ... g	1.320		0	PAK	1		0.374	5.989	
Proline ... g	1.034		0	PAK	1		0.293	4.689	
Serine ... g	0.854		0	PAK	1		0.242	3.875	
Hydroxyproline ... g	0.219		0	BFPN	4		0.062	0.994	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13879

Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13881

Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, raw

URMIS #1480

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.06	0.636	10	PAK	1		19.86	317.78	
Energy....kcal	159		0	NC	4		45	722	
Energy....kJ	666		0	NC	4		189	3022	
Protein (N x 6.25)....g	21.30	0.334	10	PAK	1		6.04	96.62	
Total lipid (fat)....g	7.57	0.866	10	PAK	1		2.15	34.33	
Ash....g	0.99	0.032	10	PAK	1		0.28	4.50	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0	BFNN	4		7	110	
Iron, Fe....mg	1.69		0	BFNN	4		0.48	7.67	
Magnesium, Mg....mg	23		0	BFNN	4		7	105	
Phosphorus, P....mg	208		0	BFNN	4		59	943	
Potassium, K....mg	346		0	BFNN	4		98	1572	
Sodium, Na....mg	62		0	BFNN	4		17	280	
Zinc, Zn....mg	3.98		0	BFNN	4		1.13	18.06	
Copper, Cu....mg	0.092		0	BFNN	4		0.026	0.419	
Manganese, Mn....mg	0.013		0	BFNN	4		0.004	0.059	
Selenium, Se....mcg	25.6		0	BFNN	4		7.2	115.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.087		0	BFPN	4		0.025	0.392	
Riboflavin....mg	0.113		0	BFPN	4		0.032	0.514	
Niacin....mg	6.252		0	BFPN	4		1.773	28.360	
Pantothenic acid....mg	0.603		0	BFPN	4		0.171	2.737	
Vitamin B-6....mg	0.633		0	BFPN	4		0.179	2.871	
Folate, total....mcg	11		0	BFPN	4		3	51	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0	BFPN	4		3	51	
Folate, DFE....mcg_DFE	11		0	NC	4		3	51	
Choline, total....mg	89.0		0	BFPN	4		25.2	403.6	
Betaine....mg	13.1		0	BFPN	4		3.7	59.3	
Vitamin B-12....mcg	1.27		0	BFPN	4		0.36	5.75	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.32		0	BFSN	4		0.09	1.45	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		0.4	5.8	
Lipids:									
Fatty acids, total saturated....g	2.980		0	NC	4		0.845	13.516	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13881

Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.024		0	BFFN	4		0.007	0.109	
12:0 g	0.017		0	BFFN	4		0.005	0.075	
13:0 g									
14:0 g	0.232		0	BFFN	4		0.066	1.051	
15:0 g									
16:0 g	1.818		0	BFFN	4		0.515	8.247	
17:0 g									
18:0 g	0.890		0	BFFN	4		0.252	4.035	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.271		0	NC	4		0.927	14.835	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.385		0	BFFN	4		0.109	1.748	
17:1 g									
18:1 undifferentiated g	2.875		0	BFFN	4		0.815	13.040	
20:1 g	0.011		0	BFFN	4		0.003	0.048	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.289		0	NC	4		0.082	1.310	
18:2 undifferentiated g	0.188		0	BFFN	4		0.053	0.853	
18:3 undifferentiated g	0.086		0	BFFN	4		0.024	0.389	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.015		0	BFFN	4		0.004	0.068	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	38		0	BFFN	4		11	171	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.140		0	PAK	1		0.040	0.635	
Threonine g	0.851		0	PAK	1		0.241	3.860	
Isoleucine g	0.969		0	PAK	1		0.275	4.396	
Leucine g	1.694		0	PAK	1		0.480	7.685	
Lysine g	1.800		0	PAK	1		0.510	8.165	
Methionine g	0.555		0	PAK	1		0.157	2.516	
Cystine g	0.275		0	PAK	1		0.078	1.247	
Phenylalanine g	0.841		0	PAK	1		0.239	3.816	
Tyrosine g	0.679		0	PAK	1		0.192	3.079	
Valine g	1.057		0	PAK	1		0.300	4.793	
Arginine g	1.377		0	PAK	1		0.390	6.247	
Histidine g	0.680		0	PAK	1		0.193	3.083	
Alanine g	1.295		0	PAK	1		0.367	5.874	
Aspartic acid g	1.940		0	PAK	1		0.550	8.800	
Glutamic acid g	3.198		0	PAK	1		0.907	14.504	
Glycine g	1.297		0	PAK	1		0.368	5.883	
Proline g	1.015		0	PAK	1		0.288	4.606	
Serine g	0.839		0	PAK	1		0.238	3.806	
Hydroxyproline g	0.224		0	BFPN	4		0.063	1.015	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13881

Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23597

Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, raw

Refuse: 10% Bone and connective tissue 2%, sep fat 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.43	0.283	20	A	1		20.82	333.08	
Energy....kcal	124		0	NC	4		35	560	
Energy....kJ	517		0	NC	4		147	2345	
Protein (N x 6.25)....g	22.60	0.196	20	A	1		6.41	102.49	
Total lipid (fat)....g	3.00	0.207	20	A	1		0.85	13.61	
Ash....g	1.08	0.022	20	A	1		0.31	4.90	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	BFNN	4		6	92	
Iron, Fe....mg	1.96		0	BFNN	4		0.56	8.89	
Magnesium, Mg....mg	25		0	BFNN	4		7	112	
Phosphorus, P....mg	219		0	BFNN	4		62	992	
Potassium, K....mg	357		0	BFNN	4		101	1620	
Sodium, Na....mg	60		0	BFNN	4		17	272	
Zinc, Zn....mg	4.30		0	BFNN	4		1.22	19.51	
Copper, Cu....mg	0.101		0	BFNN	4		0.029	0.458	
Manganese, Mn....mg	0.014		0	BFNN	4		0.004	0.063	
Selenium, Se....mcg	28.8		0	BFNN	4		8.2	130.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.091		0	BFPN	4		0.026	0.415	
Riboflavin....mg	0.147		0	BFPN	4		0.042	0.666	
Niacin....mg	6.780		0	BFPN	4		1.922	30.754	
Pantothenic acid....mg	0.668		0	BFPN	4		0.189	3.031	
Vitamin B-6....mg	0.667		0	BFPN	4		0.189	3.027	
Folate, total....mcg	13		0	BFPN	4		4	60	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0	BFPN	4		4	60	
Folate, DFE....mcg_DFE	13		0	NC	4		4	60	
Choline, total....mg	94.4		0	BFPN	4		26.8	428.1	
Betaine....mg	13.9		0	BFPN	4		3.9	62.9	
Vitamin B-12....mcg	1.60		0	BFPN	4		0.45	7.27	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.28		0	BFSN	4		0.08	1.26	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.1		0	BFSN	4		0.3	5.0	
Lipids:									
Fatty acids, total saturated....g	1.027		0	NC	4		0.291	4.658	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23597

Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.000		0	BFFN	4		0.000	0.000	
13:0 g									
14:0 g	0.071		0	BFFN	4		0.020	0.320	
15:0 g									
16:0 g	0.651		0	BFFN	4		0.185	2.953	
17:0 g									
18:0 g	0.305		0	BFFN	4		0.087	1.384	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.263		0	NC	4		0.358	5.731	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.124		0	BFFN	4		0.035	0.560	
17:1 g									
18:1 undifferentiated g	1.138		0	BFFN	4		0.323	5.163	
20:1 g	0.002		0	BFFN	4		0.000	0.008	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.129		0	NC	4		0.036	0.583	
18:2 undifferentiated g	0.101		0	BFFN	4		0.028	0.456	
18:3 undifferentiated g	0.007		0	BFFN	4		0.002	0.032	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.021		0	BFFN	4		0.006	0.096	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	41		0	BFFN	4		12	184	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.149		0	A	1		0.042	0.674	
Threonine g	0.903		0	A	1		0.256	4.094	
Isoleucine g	1.028		0	A	1		0.291	4.663	
Leucine g	1.797		0	A	1		0.510	8.153	
Lysine g	1.910		0	A	1		0.541	8.662	
Methionine g	0.588		0	A	1		0.167	2.669	
Cystine g	0.292		0	A	1		0.083	1.323	
Phenylalanine g	0.892		0	A	1		0.253	4.048	
Tyrosine g	0.720		0	A	1		0.204	3.266	
Valine g	1.121		0	A	1		0.318	5.085	
Arginine g	1.461		0	A	1		0.414	6.627	
Histidine g	0.721		0	A	1		0.204	3.271	
Alanine g	1.374		0	A	1		0.389	6.231	
Aspartic acid g	2.058		0	A	1		0.583	9.336	
Glutamic acid g	3.392		0	A	1		0.962	15.386	
Glycine g	1.376		0	A	1		0.390	6.241	
Proline g	1.077		0	A	1		0.305	4.886	
Serine g	0.890		0	A	1		0.252	4.037	
Hydroxyproline g	0.237		0	BFPN	4		0.067	1.077	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23597

Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23616

Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, choice, raw

URMIS #2295

Refuse: 10% Bone and connective tissue 2%, sep fat 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.89	0.368	10	A	1		20.66	330.62	
Energy....kcal	128		0	NC	4		36	582	
Energy....kJ	536		0	NC	4		152	2433	
Protein (N x 6.25)....g	22.88	0.278	10	A	1		6.49	103.77	
Total lipid (fat)....g	3.38	0.351	10	A	1		0.96	15.35	
Ash....g	1.10	0.022	10	A	1		0.31	5.00	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	BFNN	4		6	90	
Iron, Fe....mg	2.12		0	BFNN	4		0.60	9.61	
Magnesium, Mg....mg	25		0	BFNN	4		7	114	
Phosphorus, P....mg	221		0	BFNN	4		63	1004	
Potassium, K....mg	351		0	BFNN	4		100	1593	
Sodium, Na....mg	57		0	BFNN	4		16	259	
Zinc, Zn....mg	4.28		0	BFNN	4		1.21	19.42	
Copper, Cu....mg	0.101		0	BFNN	4		0.028	0.456	
Manganese, Mn....mg	0.014		0	BFNN	4		0.004	0.064	
Selenium, Se....mcg	28.6		0	BFNN	4		8.1	129.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.096		0	BFPN	4		0.027	0.433	
Riboflavin....mg	0.165		0	BFPN	4		0.047	0.747	
Niacin....mg	6.958		0	BFPN	4		1.973	31.563	
Pantothenic acid....mg	0.681		0	BFPN	4		0.193	3.089	
Vitamin B-6....mg	0.672		0	BFPN	4		0.191	3.048	
Folate, total....mcg	14		0	BFPN	4		4	61	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	14		0	BFPN	4		4	61	
Folate, DFE....mcg_DFE	14		0	NC	4		4	61	
Choline, total....mg	95.6		0	BFPN	4		27.1	433.5	
Betaine....mg									
Vitamin B-12....mcg	1.91		0	BFPN	4		0.54	8.65	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		0	BFSN	4		0.08	1.31	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	BFFN	4		0.0	0.2	
Vitamin D....IU	2		0	BFFN	4		1	8	
Vitamin K (phylloquinone)....mcg	1.2		0	BFSN	4		0.3	5.2	
Lipids:									
Fatty acids, total saturated....g	1.158		0	NC	4		0.328	5.253	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23616

Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000	0.000	
8:0 ... g	0.000		0	BFFN	4		0.000	0.000	
10:0 ... g	0.000		0	BFFN	4		0.000	0.000	
12:0 ... g	0.000		0	BFFN	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.080		0	BFFN	4		0.023	0.361	
15:0 ... g									
16:0 ... g	0.734		0	BFFN	4		0.208	3.331	
17:0 ... g									
18:0 ... g	0.344		0	BFFN	4		0.098	1.561	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.425		0	NC	4		0.404	6.462	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.139		0	BFFN	4		0.039	0.632	
17:1 ... g									
18:1 undifferentiated ... g	1.284		0	BFFN	4		0.364	5.822	
20:1 ... g	0.002		0	BFFN	4		0.001	0.009	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.145		0	NC	4		0.041	0.658	
18:2 undifferentiated ... g	0.113		0	BFFN	4		0.032	0.514	
18:3 undifferentiated ... g	0.008		0	BFFN	4		0.002	0.036	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.024		0	BFFN	4		0.007	0.108	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	46		0	BFFN	4		13	208	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.150		0	A	1		0.043	0.682	
Threonine ... g	0.914		0	A	1		0.259	4.146	
Isoleucine ... g	1.041		0	A	1		0.295	4.721	
Leucine ... g	1.820		0	A	1		0.516	8.255	
Lysine ... g	1.933		0	A	1		0.548	8.770	
Methionine ... g	0.596		0	A	1		0.169	2.702	
Cystine ... g	0.295		0	A	1		0.084	1.339	
Phenylalanine ... g	0.904		0	A	1		0.256	4.099	
Tyrosine ... g	0.729		0	A	1		0.207	3.307	
Valine ... g	1.135		0	A	1		0.322	5.148	
Arginine ... g	1.479		0	A	1		0.419	6.710	
Histidine ... g	0.730		0	A	1		0.207	3.312	
Alanine ... g	1.391		0	A	1		0.394	6.309	
Aspartic acid ... g	2.084		0	A	1		0.591	9.452	
Glutamic acid ... g	3.434		0	A	1		0.974	15.579	
Glycine ... g	1.393		0	A	1		0.395	6.319	
Proline ... g	1.091		0	A	1		0.309	4.947	
Serine ... g	0.901		0	A	1		0.255	4.088	
Hydroxyproline ... g	0.240		0	BFPN	4		0.068	1.090	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23616

Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23635

Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, select, raw

URMIS #1480

Refuse: 10% Bone and connective tissue 3%, sep fat 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.97	0.373	10	A	1		20.97	335.51	
Energy....kcal	119		0	NC	4		34	540	
Energy....kJ	498		0	NC	4		141	2257	
Protein (N x 6.25)....g	22.31	0.260	10	A	1		6.33	101.21	
Total lipid (fat)....g	2.62	0.163	10	A	1		0.74	11.90	
Ash....g	1.05	0.037	10	A	1		0.30	4.76	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0	BFNN	4		6	98	
Iron, Fe....mg	1.92		0	BFNN	4		0.54	8.71	
Magnesium, Mg....mg	25		0	BFNN	4		7	111	
Phosphorus, P....mg	219		0	BFNN	4		62	993	
Potassium, K....mg	364		0	BFNN	4		103	1652	
Sodium, Na....mg	62		0	BFNN	4		18	283	
Zinc, Zn....mg	4.46		0	BFNN	4		1.26	20.23	
Copper, Cu....mg	0.104		0	BFNN	4		0.030	0.474	
Manganese, Mn....mg	0.014		0	BFNN	4		0.004	0.063	
Selenium, Se....mcg	31.1		0	BFNN	4		8.8	141.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.091		0	BFPN	4		0.026	0.414	
Riboflavin....mg	0.142		0	BFPN	4		0.040	0.642	
Niacin....mg	6.637		0	BFPN	4		1.882	30.105	
Pantothenic acid....mg	0.655		0	BFPN	4		0.186	2.972	
Vitamin B-6....mg	0.655		0	BFPN	4		0.186	2.973	
Folate, total....mcg	13		0	BFPN	4		4	59	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0	BFPN	4		4	59	
Folate, DFE....mcg_DFE	13		0	NC	4		4	59	
Choline, total....mg	93.2		0	BFPN	4		26.4	422.7	
Betaine....mg	13.7		0	BFPN	4		3.9	62.2	
Vitamin B-12....mcg	1.30		0	BFPN	4		0.37	5.92	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.28		0	BFSN	4		0.08	1.26	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.1		0	BFSN	4		0.3	5.0	
Lipids:									
Fatty acids, total saturated....g	0.898		0	NC	4		0.255	4.074	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23635

Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.000		0	BFFN	4		0.000	0.000	
13:0 g									
14:0 g	0.062		0	BFFN	4		0.017	0.280	
15:0 g									
16:0 g	0.570		0	BFFN	4		0.161	2.583	
17:0 g									
18:0 g	0.267		0	BFFN	4		0.076	1.211	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.105		0	NC	4		0.313	5.012	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.108		0	BFFN	4		0.031	0.490	
17:1 g									
18:1 undifferentiated g	0.996		0	BFFN	4		0.282	4.516	
20:1 g	0.002		0	BFFN	4		0.000	0.007	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.113		0	NC	4		0.032	0.510	
18:2 undifferentiated g	0.088		0	BFFN	4		0.025	0.399	
18:3 undifferentiated g	0.006		0	BFFN	4		0.002	0.028	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.019		0	BFFN	4		0.005	0.084	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	36		0	BFFN	4		10	161	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.147		0	A	1		0.042	0.665	
Threonine g	0.891		0	A	1		0.253	4.043	
Isoleucine g	1.015		0	A	1		0.288	4.605	
Leucine g	1.775		0	A	1		0.503	8.051	
Lysine g	1.886		0	A	1		0.535	8.553	
Methionine g	0.581		0	A	1		0.165	2.636	
Cystine g	0.288		0	A	1		0.082	1.306	
Phenylalanine g	0.881		0	A	1		0.250	3.998	
Tyrosine g	0.711		0	A	1		0.202	3.225	
Valine g	1.107		0	A	1		0.314	5.021	
Arginine g	1.443		0	A	1		0.409	6.545	
Histidine g	0.712		0	A	1		0.202	3.230	
Alanine g	1.356		0	A	1		0.385	6.153	
Aspartic acid g	2.032		0	A	1		0.576	9.219	
Glutamic acid g	3.350		0	A	1		0.950	15.194	
Glycine g	1.359		0	A	1		0.385	6.163	
Proline g	1.064		0	A	1		0.302	4.825	
Serine g	0.879		0	A	1		0.249	3.987	
Hydroxyproline g	0.234		0	BFPN	4		0.066	1.063	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23635

Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13865

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

URMIS #2316

Refuse: 8% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.73		0	PAE	4		177.56	48.22	
Energy....kcal	235		0	NC	4		736	200	
Energy....kJ	983		0		4		3078	836	
Protein (N x 6.25)....g	27.54		0	PAE	4		86.20	23.41	
Total lipid (fat)....g	12.98		0	PAE	4		40.63	11.03	
Ash....g	1.32		0	PAE	4		4.13	1.12	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	PAE	4		19	5	
Iron, Fe....mg	2.55		0	PAE	4		7.98	2.17	
Magnesium, Mg....mg	26		0	PAE	4		81	22	
Phosphorus, P....mg	240		0	PAE	4		751	204	
Potassium, K....mg	395		0	PAE	4		1236	336	
Sodium, Na....mg	62		0	PAE	4		194	53	
Zinc, Zn....mg	4.35		0	PAE	4		13.62	3.70	
Copper, Cu....mg	0.101		0	PAE	4		0.316	0.086	
Manganese, Mn....mg	0.015		0	PAE	4		0.047	0.013	
Selenium, Se....mcg	27.3		0	BFYN	4		85.4	23.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0	PAE	4		0.282	0.077	
Riboflavin....mg	0.210		0	PAE	4		0.657	0.179	
Niacin....mg	4.020		0	PAE	4		12.583	3.417	
Pantothenic acid....mg	0.390		0	PAE	4		1.221	0.332	
Vitamin B-6....mg	0.380		0	PAE	4		1.189	0.323	
Folate, total....mcg	9		0	PAE	4		28	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	PAE	4		28	8	
Folate, DFE....mcg_DFE	9		0	NC	4		28	8	
Choline, total....mg	104.9		0	BFPN	4		328.3	89.2	
Betaine....mg									
Vitamin B-12....mcg	3.03		0	PAE	4		9.48	2.58	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.16		0	BFSN	4		0.52	0.14	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.7	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		0.7	0.2	
Vitamin D....IU	8		0	BFFN	4		27	7	
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		5.1	1.4	
Lipids:									
Fatty acids, total saturated....g	4.900		0	PAE	4		15.337	4.165	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13865

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	Z	7		0.000	0.000	
8:0 ... g	0.000		0	Z	7		0.000	0.000	
10:0 ... g	0.030		0	PAE	4		0.094	0.026	
12:0 ... g	0.020		0	PAE	4		0.063	0.017	
13:0 ... g									
14:0 ... g	0.380		0	PAE	4		1.189	0.323	
15:0 ... g									
16:0 ... g	3.070		0	PAE	4		9.609	2.610	
17:0 ... g									
18:0 ... g	1.400		0	PAE	4		4.382	1.190	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.560		0	PAE	4		17.403	4.726	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.570		0	PAE	4		1.784	0.485	
17:1 ... g									
18:1 undifferentiated ... g	4.970		0	PAE	4		15.556	4.225	
20:1 ... g	0.020		0	PAE	4		0.063	0.017	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.520		0	PAE	4		1.628	0.442	
18:2 undifferentiated ... g	0.360		0	PAE	4		1.127	0.306	
18:3 undifferentiated ... g	0.120		0	PAE	4		0.376	0.102	
18:4 ... g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.040		0	PAE	4		0.125	0.034	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	79		0	PAE	4		247	67	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.308		0	PAE	4		0.964	0.262	
Threonine ... g	1.203		0	PAE	4		3.765	1.023	
Isoleucine ... g	1.238		0	PAE	4		3.875	1.052	
Leucine ... g	2.177		0	PAE	4		6.814	1.850	
Lysine ... g	2.291		0	PAE	4		7.171	1.947	
Methionine ... g	0.705		0	PAE	4		2.207	0.599	
Cystine ... g	0.308		0	PAE	4		0.964	0.262	
Phenylalanine ... g	1.075		0	PAE	4		3.365	0.914	
Tyrosine ... g	0.925		0	PAE	4		2.895	0.786	
Valine ... g	1.339		0	PAE	4		4.191	1.138	
Arginine ... g	1.740		0	PAE	4		5.446	1.479	
Histidine ... g	0.943		0	PAE	4		2.952	0.802	
Alanine ... g	1.661		0	PAE	4		5.199	1.412	
Aspartic acid ... g	2.516		0	PAE	4		7.875	2.139	
Glutamic acid ... g	4.137		0	PAE	4		12.949	3.516	
Glycine ... g	1.503		0	PAE	4		4.704	1.278	
Proline ... g	1.216		0	PAE	4		3.806	1.034	
Serine ... g	1.053		0	PAE	4		3.296	0.895	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13865

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 313g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13864

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw

URMIS #2316

Refuse: 6% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.44		0	PAE	4		18.55	296.84	
Energy....kcal	195		0	NC	4		55	885	
Energy....kJ	816		0		4		231	3701	
Protein (N x 6.25)....g	20.56		0	PAE	4		5.83	93.26	
Total lipid (fat)....g	11.92		0	PAE	4		3.38	54.07	
Ash....g	0.98		0	PAE	4		0.28	4.45	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	PAE	4		1	18	
Iron, Fe....mg	1.99		0	PAE	4		0.56	9.03	
Magnesium, Mg....mg	22		0	PAE	4		6	100	
Phosphorus, P....mg	199		0	PAE	4		56	903	
Potassium, K....mg	342		0	PAE	4		97	1551	
Sodium, Na....mg	54		0	PAE	4		15	245	
Zinc, Zn....mg	3.24		0	PAE	4		0.92	14.70	
Copper, Cu....mg	0.075		0	PAE	4		0.021	0.340	
Manganese, Mn....mg	0.013		0	PAE	4		0.004	0.059	
Selenium, Se....mcg	19.6		0	BFNN	4		5.6	88.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0	PAE	4		0.028	0.454	
Riboflavin....mg	0.170		0	PAE	4		0.048	0.771	
Niacin....mg	3.740		0	PAE	4		1.060	16.965	
Pantothenic acid....mg	0.360		0	PAE	4		0.102	1.633	
Vitamin B-6....mg	0.470		0	PAE	4		0.133	2.132	
Folate, total....mcg	8		0	PAE	4		2	36	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0	PAE	4		2	36	
Folate, DFE....mcg_DFE	8		0	NC	4		2	36	
Choline, total....mg	85.9		0	BFPN	4		24.3	389.5	
Betaine....mg									
Vitamin B-12....mcg	2.82		0	PAE	4		0.80	12.79	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		0	BFSN	4		0.05	0.80	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.0	0.8	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		0.0	0.8	
Vitamin D....IU	6		0	BFFN	4		2	29	
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		0.4	6.7	
Lipids:									
Fatty acids, total saturated....g	4.630		0	PAE	4		1.313	21.002	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13864

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.030		0	PAE	4		0.009	0.136	
12:0....g	0.020		0	PAE	4		0.006	0.091	
13:0....g									
14:0....g	0.360		0	PAE	4		0.102	1.633	
15:0....g									
16:0....g	2.840		0	PAE	4		0.805	12.882	
17:0....g									
18:0....g	1.380		0	PAE	4		0.391	6.260	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.140		0	PAE	4		1.457	23.315	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.600		0	PAE	4		0.170	2.722	
17:1....g									
18:1 undifferentiated....g	4.530		0	PAE	4		1.284	20.548	
20:1....g	0.010		0	PAE	4		0.003	0.045	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.460		0	PAE	4		0.130	2.087	
18:2 undifferentiated....g	0.310		0	PAE	4		0.088	1.406	
18:3 undifferentiated....g	0.120		0	PAE	4		0.034	0.544	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	62		0	PAE	4		18	281	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.230		0	PAE	4		0.065	1.043	
Threonine....g	0.898		0	PAE	4		0.255	4.073	
Isoleucine....g	0.924		0	PAE	4		0.262	4.191	
Leucine....g	1.625		0	PAE	4		0.461	7.371	
Lysine....g	1.711		0	PAE	4		0.485	7.761	
Methionine....g	0.526		0	PAE	4		0.149	2.386	
Cystine....g	0.230		0	PAE	4		0.065	1.043	
Phenylalanine....g	0.803		0	PAE	4		0.228	3.642	
Tyrosine....g	0.691		0	PAE	4		0.196	3.134	
Valine....g	1.000		0	PAE	4		0.284	4.536	
Arginine....g	1.299		0	PAE	4		0.368	5.892	
Histidine....g	0.704		0	PAE	4		0.200	3.193	
Alanine....g	1.240		0	PAE	4		0.352	5.625	
Aspartic acid....g	1.878		0	PAE	4		0.532	8.519	
Glutamic acid....g	3.089		0	PAE	4		0.876	14.012	
Glycine....g	1.122		0	PAE	4		0.318	5.089	
Proline....g	0.908		0	PAE	4		0.257	4.119	
Serine....g	0.786		0	PAE	4		0.223	3.565	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13864

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13867

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

URMIS #1501

Refuse: 8% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.49		0	PAE	4		183.07	49.72	
Energy....kcal	218		0	NC	4		682	185	
Energy....kJ	912		0		4		2855	775	
Protein (N x 6.25)....g	27.58		0	PAE	4		86.33	23.44	
Total lipid (fat)....g	11.08		0	PAE	4		34.68	9.42	
Ash....g	1.33		0	PAE	4		4.16	1.13	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	PAE	4		19	5	
Iron, Fe....mg	2.56		0	PAE	4		8.01	2.18	
Magnesium, Mg....mg	26		0	PAE	4		81	22	
Phosphorus, P....mg	240		0	PAE	4		751	204	
Potassium, K....mg	395		0	PAE	4		1236	336	
Sodium, Na....mg	62		0	PAE	4		194	53	
Zinc, Zn....mg	4.36		0	PAE	4		13.65	3.71	
Copper, Cu....mg	0.101		0	PAE	4		0.316	0.086	
Manganese, Mn....mg	0.015		0	PAE	4		0.047	0.013	
Selenium, Se....mcg	27.4		0	BFYN	4		85.8	23.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0	PAE	4		0.313	0.085	
Riboflavin....mg	0.210		0	PAE	4		0.657	0.179	
Niacin....mg	4.020		0	PAE	4		12.583	3.417	
Pantothenic acid....mg	0.390		0	PAE	4		1.221	0.332	
Vitamin B-6....mg	0.380		0	PAE	4		1.189	0.323	
Folate, total....mcg	9		0	PAE	4		28	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	PAE	4		28	8	
Folate, DFE....mcg_DFE	9		0	NC	4		28	8	
Choline, total....mg	105.0		0	BFPN	4		328.8	89.3	
Betaine....mg	13.8		0	BFPN	4		43.2	11.7	
Vitamin B-12....mcg	3.03		0	PAE	4		9.48	2.58	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.230		0	PAE	4		13.240	3.596	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13867

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.030		0	PAE	4		0.094	0.026	
12:0....g	0.020		0	PAE	4		0.063	0.017	
13:0....g									
14:0....g	0.330		0	PAE	4		1.033	0.281	
15:0....g									
16:0....g	2.650		0	PAE	4		8.295	2.253	
17:0....g									
18:0....g	1.200		0	PAE	4		3.756	1.020	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.760		0	PAE	4		14.899	4.046	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.490		0	PAE	4		1.534	0.417	
17:1....g									
18:1 undifferentiated....g	4.250		0	PAE	4		13.303	3.613	
20:1....g	0.020		0	PAE	4		0.063	0.017	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.440		0	PAE	4		1.377	0.374	
18:2 undifferentiated....g	0.300		0	PAE	4		0.939	0.255	
18:3 undifferentiated....g	0.110		0	PAE	4		0.344	0.094	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.094	0.026	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	79		0	PAE	4		247	67	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.309		0	PAE	4		0.967	0.263	
Threonine....g	1.205		0	PAE	4		3.772	1.024	
Isoleucine....g	1.240		0	PAE	4		3.881	1.054	
Leucine....g	2.180		0	PAE	4		6.823	1.853	
Lysine....g	2.295		0	PAE	4		7.183	1.951	
Methionine....g	0.706		0	PAE	4		2.210	0.600	
Cystine....g	0.309		0	PAE	4		0.967	0.263	
Phenylalanine....g	1.077		0	PAE	4		3.371	0.915	
Tyrosine....g	0.927		0	PAE	4		2.902	0.788	
Valine....g	1.341		0	PAE	4		4.197	1.140	
Arginine....g	1.743		0	PAE	4		5.456	1.482	
Histidine....g	0.944		0	PAE	4		2.955	0.802	
Alanine....g	1.664		0	PAE	4		5.208	1.414	
Aspartic acid....g	2.520		0	PAE	4		7.888	2.142	
Glutamic acid....g	4.144		0	PAE	4		12.971	3.522	
Glycine....g	1.505		0	PAE	4		4.711	1.279	
Proline....g	1.218		0	PAE	4		3.812	1.035	
Serine....g	1.055		0	PAE	4		3.302	0.897	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13867

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Common Measures:

Measure 1 = 313g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13866

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw

URMIS #1501

Refuse: 6% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.62		0	PAE	4		18.89	302.19	
Energy	kcal	184		0	NC	4		52	835	
Energy	kJ	770		0		4		218	3492	
Protein (N x 6.25)	g	20.56		0	PAE	4		5.83	93.26	
Total lipid (fat)	g	10.68		0	PAE	4		3.03	48.44	
Ash	g	0.98		0	PAE	4		0.28	4.45	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0	PAE	4		1	18	
Iron, Fe	mg	2.00		0	PAE	4		0.57	9.07	
Magnesium, Mg	mg	22		0	PAE	4		6	100	
Phosphorus, P	mg	199		0	PAE	4		56	903	
Potassium, K	mg	342		0	PAE	4		97	1551	
Sodium, Na	mg	54		0	PAE	4		15	245	
Zinc, Zn	mg	3.24		0	PAE	4		0.92	14.70	
Copper, Cu	mg	0.075		0	PAE	4		0.021	0.340	
Manganese, Mn	mg	0.013		0	PAE	4		0.004	0.059	
Selenium, Se	mcg	19.7		0	BFNN	4		5.6	89.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.100		0	PAE	4		0.028	0.454	
Riboflavin	mg	0.180		0	PAE	4		0.051	0.816	
Niacin	mg	3.740		0	PAE	4		1.060	16.965	
Pantothenic acid	mg	0.360		0	PAE	4		0.102	1.633	
Vitamin B-6	mg	0.470		0	PAE	4		0.133	2.132	
Folate, total	mcg	8		0	PAE	4		2	36	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0	PAE	4		2	36	
Folate, DFE	mcg_DFE	8		0	NC	4		2	36	
Choline, total	mg	85.9		0	BFPN	4		24.3	389.5	
Betaine	mg	12.6		0	BFPN	4		3.6	57.3	
Vitamin B-12	mcg	2.82		0	PAE	4		0.80	12.79	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg									
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.200		0	PAE	4		1.191	19.051	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 13866

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 ... g	0.000		0	Z	7		0.000	0.000	
10:0 ... g	0.030		0	PAE	4		0.009	0.136	
12:0 ... g	0.020		0	PAE	4		0.006	0.091	
13:0 ... g									
14:0 ... g	0.330		0	PAE	4		0.094	1.497	
15:0 ... g									
16:0 ... g	2.570		0	PAE	4		0.729	11.658	
17:0 ... g									
18:0 ... g	1.250		0	PAE	4		0.354	5.670	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.620		0	PAE	4		1.310	20.956	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.550		0	PAE	4		0.156	2.495	
17:1 ... g									
18:1 undifferentiated ... g	4.060		0	PAE	4		1.151	18.416	
20:1 ... g	0.010		0	PAE	4		0.003	0.045	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.410		0	PAE	4		0.116	1.860	
18:2 undifferentiated ... g	0.260		0	PAE	4		0.074	1.179	
18:3 undifferentiated ... g	0.120		0	PAE	4		0.034	0.544	
18:4 ... g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	62		0	PAE	4		18	281	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.230		0	PAE	4		0.065	1.043	
Threonine ... g	0.898		0	PAE	4		0.255	4.073	
Isoleucine ... g	0.924		0	PAE	4		0.262	4.191	
Leucine ... g	1.625		0	PAE	4		0.461	7.371	
Lysine ... g	1.710		0	PAE	4		0.485	7.757	
Methionine ... g	0.526		0	PAE	4		0.149	2.386	
Cystine ... g	0.230		0	PAE	4		0.065	1.043	
Phenylalanine ... g	0.802		0	PAE	4		0.227	3.638	
Tyrosine ... g	0.691		0	PAE	4		0.196	3.134	
Valine ... g	1.000		0	PAE	4		0.284	4.536	
Arginine ... g	1.299		0	PAE	4		0.368	5.892	
Histidine ... g	0.704		0	PAE	4		0.200	3.193	
Alanine ... g	1.240		0	PAE	4		0.352	5.625	
Aspartic acid ... g	1.878		0	PAE	4		0.532	8.519	
Glutamic acid ... g	3.088		0	PAE	4		0.875	14.007	
Glycine ... g	1.121		0	PAE	4		0.318	5.085	
Proline ... g	0.908		0	PAE	4		0.257	4.119	
Serine ... g	0.786		0	PAE	4		0.223	3.565	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13866

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13156

Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 17% 8% bone, 9% separable fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.50		0		1		172.43	51.43	
Energy....kcal	191		0	NC	4		544	162	
Energy....kJ	799		0		4		2278	679	
Protein (N x 6.25)....g	29.21		0		1		83.25	24.83	
Total lipid (fat)....g	7.31		0		1		20.83	6.21	
Ash....g	1.41		0		1		4.02	1.20	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0		1		14	4	
Iron, Fe....mg	2.70		0		1		7.70	2.30	
Magnesium, Mg....mg	28		0		1		80	24	
Phosphorus, P....mg	256		0		1		730	218	
Potassium, K....mg	422		0		1		1203	359	
Sodium, Na....mg	64		0		1		182	54	
Zinc, Zn....mg	4.64		0		1		13.22	3.94	
Copper, Cu....mg	0.106		0		1		0.302	0.090	
Manganese, Mn....mg	0.016		0		1		0.046	0.014	
Selenium, Se....mcg	27.7		0	BFYN	4		78.9	23.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0		1		0.285	0.085	
Riboflavin....mg	0.220		0		1		0.627	0.187	
Niacin....mg	4.260		0		1		12.141	3.621	
Pantothenic acid....mg	0.410		0		1		1.169	0.349	
Vitamin B-6....mg	0.400		0		1		1.140	0.340	
Folate, total....mcg	10		0		1		29	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0		1		29	9	
Folate, DFE....mcg_DFE	10		0	NC	4		29	9	
Choline, total....mg	111.3		0	BFPN	4		317.1	94.6	
Betaine....mg	14.6		0	BFPN	4		41.7	12.4	
Vitamin B-12....mcg	3.17		0		1		9.03	2.69	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.14		0	NR	4		0.40	0.12	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.3	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.3	0.1	
Vitamin D....IU	5		0	BFFN	4		14	4	
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		4.3	1.3	
Lipids:									
Fatty acids, total saturated....g	2.560		0		1		7.296	2.176	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13156

Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.180		0		1		0.513	0.153	
15:0....g									
16:0....g	1.610		0		1		4.589	1.369	
17:0....g									
18:0....g	0.760		0		1		2.166	0.646	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.100		0		1		8.835	2.635	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.320		0		1		0.912	0.272	
17:1....g									
18:1 undifferentiated....g	2.780		0		1		7.923	2.363	
20:1....g	0.010		0		1		0.029	0.009	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.310		0		1		0.884	0.264	
18:2 undifferentiated....g	0.240		0		1		0.684	0.204	
18:3 undifferentiated....g	0.030		0		1		0.086	0.026	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0		1		0.114	0.034	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	78		0		1		222	66	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.192		0	NR	4		0.547	0.163	
Threonine....g	1.167		0	NR	4		3.326	0.992	
Isoleucine....g	1.329		0	NR	4		3.787	1.130	
Leucine....g	2.324		0	NR	4		6.622	1.975	
Lysine....g	2.469		0	NR	4		7.036	2.098	
Methionine....g	0.761		0	NR	4		2.168	0.647	
Cystine....g	0.377		0	NR	4		1.074	0.320	
Phenylalanine....g	1.154		0	NR	4		3.288	0.981	
Tyrosine....g	0.931		0	NR	4		2.653	0.791	
Valine....g	1.449		0	NR	4		4.130	1.232	
Arginine....g	1.889		0	NR	4		5.383	1.605	
Histidine....g	0.932		0	NR	4		2.657	0.792	
Alanine....g	1.776		0	NR	4		5.061	1.509	
Aspartic acid....g	2.661		0	NR	4		7.583	2.262	
Glutamic acid....g	4.385		0	NR	4		12.498	3.727	
Glycine....g	1.779		0	NR	4		5.069	1.512	
Proline....g	1.393		0	NR	4		3.969	1.184	
Serine....g	1.151		0	NR	4		3.279	0.978	
Hydroxyproline....g	0.307		0	BFPN	4		0.875	0.261	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13156

Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 285g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13158

Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled

Refuse: 17% Bone, 8%, separable fat, 9%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.44		0		1		176.08	53.07	
Energy....kcal	172		0	NC	4		485	146	
Energy....kJ	720		0		4		2029	612	
Protein (N x 6.25)....g	29.25		0		1		82.49	24.86	
Total lipid (fat)....g	5.22		0		1		14.72	4.44	
Ash....g	1.41		0		1		3.98	1.20	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0		1		14	4	
Iron, Fe....mg	2.71		0		1		7.64	2.30	
Magnesium, Mg....mg	28		0		1		79	24	
Phosphorus, P....mg	256		0		1		722	218	
Potassium, K....mg	423		0		1		1193	360	
Sodium, Na....mg	64		0		1		180	54	
Zinc, Zn....mg	4.66		0		1		13.14	3.96	
Copper, Cu....mg	0.107		0		1		0.302	0.091	
Manganese, Mn....mg	0.016		0		1		0.045	0.014	
Selenium, Se....mcg	27.7		0	BFZN	4		78.1	23.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0		1		0.282	0.085	
Riboflavin....mg	0.220		0		1		0.620	0.187	
Niacin....mg	4.270		0		1		12.041	3.630	
Pantothenic acid....mg	0.410		0		1		1.156	0.349	
Vitamin B-6....mg	0.410		0		1		1.156	0.349	
Folate, total....mcg	10		0		1		28	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0		1		28	9	
Folate, DFE....mcg_DFE	10		0	NC	4		28	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.17		0		1		8.94	2.69	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.830		0		1		5.161	1.556	
4:0....g									
6:0....g									
8:0....g									

NDB No. 13158

Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.000		0		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.130		0		1		0.367	0.111	
15:0 ... g									
16:0 ... g	1.150		0		1		3.243	0.978	
17:0 ... g									
18:0 ... g	0.540		0		1		1.523	0.459	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.220		0		1		6.260	1.887	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.230		0		1		0.649	0.196	
17:1 ... g									
18:1 undifferentiated ... g	1.990		0		1		5.612	1.692	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.220		0		1		0.620	0.187	
18:2 undifferentiated ... g	0.170		0		1		0.479	0.145	
18:3 undifferentiated ... g	0.020		0		1		0.056	0.017	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.030		0		1		0.085	0.026	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	78		0		1		220	66	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.328		0		1		0.925	0.279	
Threonine ... g	1.278		0		1		3.604	1.086	
Isoleucine ... g	1.315		0		1		3.708	1.118	
Leucine ... g	2.312		0		1		6.520	1.965	
Lysine ... g	2.434		0		1		6.864	2.069	
Methionine ... g	0.749		0		1		2.112	0.637	
Cystine ... g	0.328		0		1		0.925	0.279	
Phenylalanine ... g	1.142		0		1		3.220	0.971	
Tyrosine ... g	0.983		0		1		2.772	0.836	
Valine ... g	1.423		0		1		4.013	1.210	
Arginine ... g	1.849		0		1		5.214	1.572	
Histidine ... g	1.002		0		1		2.826	0.852	
Alanine ... g	1.765		0		1		4.977	1.500	
Aspartic acid ... g	2.673		0		1		7.538	2.272	
Glutamic acid ... g	4.395		0		1		12.394	3.736	
Glycine ... g	1.596		0		1		4.501	1.357	
Proline ... g	1.292		0		1		3.643	1.098	
Serine ... g	1.119		0		1		3.156	0.951	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 282g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13158

Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23062

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Beef Value Cut, Rectus Femoris, Sirloin Tip Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.46		16	A	1		98.19		
Energy....kcal	177		0	NC	4		265		
Energy....kJ	740		0	NC	4		1110		
Protein (N x 6.25)....g	27.12		16	A	1		40.67		
Total lipid (fat)....g	6.78		16	A	1		10.17		
Ash....g	1.00		16	A	1		1.50		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		3	A	1		8		
Iron, Fe....mg	2.51		3	A	1		3.76		
Magnesium, Mg....mg	26		3	A	1		39		
Phosphorus, P....mg	240		3	A	1		360		
Potassium, K....mg	377		3	A	1		566		
Sodium, Na....mg	52		3	A	1		77		
Zinc, Zn....mg	6.84		3	A	1		10.26		
Copper, Cu....mg	0.089		3	A	1		0.134		
Manganese, Mn....mg	0.011		3	A	1		0.017		
Selenium, Se....mcg	39.0		3	A	1		58.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.059		3	A	1		0.088		
Riboflavin....mg	0.217		3	A	1		0.326		
Niacin....mg	5.177		3	A	1		7.765		
Pantothenic acid....mg	0.751		3	A	1		1.126		
Vitamin B-6....mg	0.496		3	A	1		0.743		
Folate, total....mcg	10		1	A	1		15		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	10		1	A	1		15		
Folate, DFE....mcg_DFE	10		0	NC	4		15		
Choline, total....mg	104.3		0	AS	1		156.4		
Betaine....mg	14.9		2	A	1		22.3		
Vitamin B-12....mcg	3.23		3	A	1		4.84		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		1	A	1		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.20		1	A	1		0.30		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		1	A	1		0.00		
Tocopherol, gamma....mg	0.03		1	A	1		0.04		
Tocopherol, delta....mg	0.01		1	A	1		0.02		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.2		1	A	1		0.3		
Lipids:									
Fatty acids, total saturated....g	2.527		0	NC	4		3.791		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 23062

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		3	A	1		0.000		
10:0 g	0.000		3	A	1		0.000		
12:0 g	0.000		3	A	1		0.000		
13:0 g									
14:0 g	0.184		3	A	1		0.275		
15:0 g	0.027		3	A	1		0.040		
16:0 g	1.531		3	A	1		2.296		
17:0 g	0.064		3	A	1		0.096		
18:0 g	0.703		3	A	1		1.054		
20:0 g	0.000		3	A	1		0.000		
22:0 g	0.020		3	A	1		0.030		
24:0 g									
Fatty acids, total monounsaturated g	2.712		0	NC	4		4.069		
14:1 g	0.045		3	A	1		0.068		
15:1 g	0.000		3	A	1		0.000		
16:1 undifferentiated g	0.200		3	A	1		0.300		
17:1 g	0.000		3	A	1		0.000		
18:1 undifferentiated g	2.467		0	AS	1		3.700		
18:1 c g	2.282		3	A	1		3.422		
18:1-11c (18:1c n-7) g									
18:1 t g	0.185		3	A	1		0.278		
18:1-11t (18:1t n-7) g									
20:1 g	0.000		3	A	1		0.000		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.358		0	NC	4		0.537		
18:2 undifferentiated g	0.293		0	AS	1		0.439		
18:2 n-6 c,c g	0.244		3	A	1		0.365		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.049		3	A	1		0.074		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.012		0	AS	1		0.017		
18:3 n-3 c,c,c (ALA) g	0.012		3	A	1		0.017		
18:3 n-6 c,c,c g	0.000		3	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		3	A	1		0.000		
20:3 undifferentiated g	0.000		3	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.054		3	A	1		0.080		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.235		0	NC	4		0.352		
Fatty acids, total trans-monoenoic g	0.185		0	NC	4		0.278		
Fatty acids, total trans-polyenoic g	0.049		0	NC	4		0.074		
Cholesterol mg	77		13	A	1		115		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.178		0	A	1		0.267		
Threonine g	1.083		0	A	1		1.625		
Isoleucine g	1.234		0	A	1		1.850		
Leucine g	2.157		0	A	1		3.235		
Lysine g	2.292		0	A	1		3.437		
Methionine g	0.706		0	A	1		1.059		

NDB No. 23062

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.706			A	1				
Cystine....g	0.350		0	A	1		0.525		
Phenylalanine....g	1.071		0	A	1		1.607		
Tyrosine....g	0.864		0	A	1		1.296		
Valine....g	1.345		0	A	1		2.018		
Arginine....g	1.753		0	A	1		2.630		
Histidine....g	0.865		0	A	1		1.298		
Alanine....g	1.648		0	A	1		2.473		
Aspartic acid....g	2.470		0	A	1		3.705		
Glutamic acid....g	4.071		0	A	1		6.106		
Glycine....g	1.651		0	A	1		2.477		
Proline....g	1.293		0	A	1		1.939		
Serine....g	1.068		0	A	1		1.602		
Hydroxyproline....g	0.285		0	BFPN	4		0.427		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23061

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Beef Value Cut, Rectus Femoris, Sirloin Tip Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.45		16	A	1		142.72		
Energy....kcal	143		0	NC	4		281		
Energy....kJ	596		0	NC	4		1175		
Protein (N x 6.25)....g	20.93		16	A	1		41.24		
Total lipid (fat)....g	5.89		16	A	1		11.61		
Ash....g	0.96		16	A	1		1.90		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		3	A	1		9		
Iron, Fe....mg	1.96		3	A	1		3.87		
Magnesium, Mg....mg	24		3	A	1		47		
Phosphorus, P....mg	215		3	A	1		423		
Potassium, K....mg	363		3	A	1		715		
Sodium, Na....mg	54		3	A	1		106		
Zinc, Zn....mg	5.32		3	A	1		10.48		
Copper, Cu....mg	0.074		3	A	1		0.146		
Manganese, Mn....mg	0.011		3	A	1		0.022		
Selenium, Se....mcg	30.0		3	A	1		59.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.071		3	A	1		0.140		
Riboflavin....mg	0.185		3	A	1		0.364		
Niacin....mg	5.010		3	A	1		9.870		
Pantothenic acid....mg	0.733		3	A	1		1.443		
Vitamin B-6....mg	0.527		3	A	1		1.037		
Folate, total....mcg	11		1	A	1		22		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	11		1	A	1		22		
Folate, DFE....mcg_DFE	11		0	NC	4		22		
Choline, total....mg	83.6		0	AS	1		164.6		
Betaine....mg	14.8		2	A	1		29.2		
Vitamin B-12....mcg	4.49		3	A	1		8.85		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		1	A	1		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.21		1	A	1		0.41		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.01		1	A	1		0.03		
Tocopherol, gamma....mg	0.03		1	A	1		0.06		
Tocopherol, delta....mg	0.01		1	A	1		0.03		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	2.163		0	NC	4		4.261		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 23061

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		3	A	1		0.000		
10:0 g	0.000		3	A	1		0.000		
12:0 g	0.000		3	A	1		0.000		
13:0 g									
14:0 g	0.160		3	A	1		0.314		
15:0 g	0.023		3	A	1		0.045		
16:0 g	1.304		3	A	1		2.569		
17:0 g	0.054		3	A	1		0.107		
18:0 g	0.605		3	A	1		1.191		
20:0 g	0.000		3	A	1		0.000		
22:0 g	0.017		3	A	1		0.034		
24:0 g									
Fatty acids, total monounsaturated g	2.336		0	NC	4		4.603		
14:1 g	0.040		3	A	1		0.078		
15:1 g	0.000		3	A	1		0.000		
16:1 undifferentiated g	0.172		3	A	1		0.339		
17:1 g	0.000		3	A	1		0.000		
18:1 undifferentiated g	2.123		0	AS	1		4.182		
18:1 c g	1.960		3	A	1		3.860		
18:1-11c (18:1c n-7) g									
18:1 t g	0.163		3	A	1		0.321		
18:1-11t (18:1t n-7) g									
20:1 g	0.002		3	A	1		0.004		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.312		0	NC	4		0.615		
18:2 undifferentiated g	0.253		0	AS	1		0.498		
18:2 n-6 c,c g	0.207		3	A	1		0.408		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.046		3	A	1		0.090		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.011		0	AS	1		0.022		
18:3 n-3 c,c,c (ALA) g	0.011		3	A	1		0.022		
18:3 n-6 c,c,c g	0.000		3	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		3	A	1		0.000		
20:3 undifferentiated g	0.000		3	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.049		3	A	1		0.096		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.209		0	NC	4		0.411		
Fatty acids, total trans-monoenoic g	0.163		0	NC	4		0.321		
Fatty acids, total trans-polyenoic g	0.046		0	NC	4		0.090		
Cholesterol mg	59		13	A	1		116		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.138		0	A	1		0.271		
Threonine g	0.836		0	A	1		1.648		
Isoleucine g	0.952		0	A	1		1.876		
Leucine g	1.665		0	A	1		3.281		
Lysine g	1.769		0	A	1		3.485		
Methionine g	0.545		0	A	1		1.074		

NDB No. 23061

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.545			A	1				
Cystine....g	0.270		0	A	1		0.532		
Phenylalanine....g	0.827		0	A	1		1.629		
Tyrosine....g	0.667		0	A	1		1.314		
Valine....g	1.039		0	A	1		2.046		
Arginine....g	1.354		0	A	1		2.667		
Histidine....g	0.668		0	A	1		1.316		
Alanine....g	1.273		0	A	1		2.507		
Aspartic acid....g	1.907		0	A	1		3.757		
Glutamic acid....g	3.143		0	A	1		6.191		
Glycine....g	1.275		0	A	1		2.511		
Proline....g	0.998		0	A	1		1.966		
Serine....g	0.825		0	A	1		1.625		
Hydroxyproline....g	0.108		2	A	1		0.214		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 197g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23046

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Beef Value Cut, Rectus Femoris, Sirloin Tip Steak, URMIS #2365

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.53		8	A	1		100.67		
Energy....kcal	188		0	NC	4		293		
Energy....kJ	787		0	NC	4		1228		
Protein (N x 6.25)....g	26.88		8	A	1		41.94		
Total lipid (fat)....g	8.13		8	A	1		12.68		
Ash....g	0.97		8	A	1		1.51		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		2	A	1		8		
Iron, Fe....mg	2.51		2	A	1		3.92		
Magnesium, Mg....mg	26		2	A	1		40		
Phosphorus, P....mg	238		2	A	1		371		
Potassium, K....mg	373		2	A	1		582		
Sodium, Na....mg	51		2	A	1		80		
Zinc, Zn....mg	6.56		2	A	1		10.23		
Copper, Cu....mg	0.090		2	A	1		0.140		
Manganese, Mn....mg	0.011		2	A	1		0.017		
Selenium, Se....mcg	39.8		2	A	1		62.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.054		2	A	1		0.085		
Riboflavin....mg	0.213		2	A	1		0.333		
Niacin....mg	5.435		2	A	1		8.479		
Pantothenic acid....mg	0.702		2	A	1		1.095		
Vitamin B-6....mg	0.515		2	A	1		0.803		
Folate, total....mcg	10		1	A	1		16		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	10		1	A	1		16		
Folate, DFE....mcg_DFE	10		0	NC	4		16		
Choline, total....mg	103.8		0	AS	1		161.9		
Betaine....mg	16.4		1	A	1		25.5		
Vitamin B-12....mcg	2.92		2	A	1		4.56		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		1	A	1		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.20		1	A	1		0.31		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		1	A	1		0.00		
Tocopherol, gamma....mg	0.03		1	A	1		0.05		
Tocopherol, delta....mg	0.01		1	A	1		0.02		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.2		1	A	1		0.3		
Lipids:									
Fatty acids, total saturated....g	2.759		0	NC	4		4.304		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 23046

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		2	A	1		0.000		
10:0 g	0.000		2	A	1		0.000		
12:0 g	0.000		2	A	1		0.000		
13:0 g									
14:0 g	0.198		2	A	1		0.309		
15:0 g	0.028		2	A	1		0.044		
16:0 g	1.686		2	A	1		2.630		
17:0 g	0.069		2	A	1		0.107		
18:0 g	0.758		2	A	1		1.182		
20:0 g	0.000		2	A	1		0.000		
22:0 g	0.021		2	A	1		0.033		
24:0 g									
Fatty acids, total monounsaturated g	2.983		0	NC	4		4.653		
14:1 g	0.047		2	A	1		0.074		
15:1 g	0.000		2	A	1		0.000		
16:1 undifferentiated g	0.218		2	A	1		0.341		
17:1 g	0.000		2	A	1		0.000		
18:1 undifferentiated g	2.717		0	AS	1		4.238		
18:1 c g	2.522		2	A	1		3.935		
18:1-11c (18:1c n-7) g									
18:1 t g	0.194		2	A	1		0.303		
18:1-11t (18:1t n-7) g									
20:1 g	0.000		2	A	1		0.000		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.367		0	NC	4		0.572		
18:2 undifferentiated g	0.300		0	AS	1		0.468		
18:2 n-6 c,c g	0.248		2	A	1		0.388		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.052		2	A	1		0.080		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.011		0	AS	1		0.018		
18:3 n-3 c,c,c (ALA) g	0.011		2	A	1		0.018		
18:3 n-6 c,c,c g	0.000		2	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		2	A	1		0.000		
20:3 undifferentiated g	0.000		2	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.055		2	A	1		0.087		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.246		0	NC	4		0.384		
Fatty acids, total trans-monoenoic g	0.194		0	NC	4		0.303		
Fatty acids, total trans-polyenoic g	0.052		0	NC	4		0.080		
Cholesterol mg	75		6	A	1		117		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.177		0	A	1		0.276		
Threonine g	1.074		0	A	1		1.675		
Isoleucine g	1.223		0	A	1		1.908		
Leucine g	2.139		0	A	1		3.336		
Lysine g	2.272		0	A	1		3.544		
Methionine g	0.700		0	A	1		1.092		

NDB No. 23046

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.700			A	1				
Cystine....g	0.347		0	A	1		0.541		
Phenylalanine....g	1.062		0	A	1		1.657		
Tyrosine....g	0.857		0	A	1		1.336		
Valine....g	1.334		0	A	1		2.081		
Arginine....g	1.738		0	A	1		2.712		
Histidine....g	0.858		0	A	1		1.338		
Alanine....g	1.634		0	A	1		2.550		
Aspartic acid....g	2.449		0	A	1		3.820		
Glutamic acid....g	4.036		0	A	1		6.296		
Glycine....g	1.637		0	A	1		2.554		
Proline....g	1.282		0	A	1		1.999		
Serine....g	1.059		0	A	1		1.652		
Hydroxyproline....g	0.282		0	BFPN	4		0.441		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 156g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23045

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Beef Value Cut, Rectus Femoris, Sirloin Tip Steak, URMIS #2365

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.05		8	A	1		150.59		
Energy....kcal	150		0	NC	4		314		
Energy....kJ	629		0	NC	4		1315		
Protein (N x 6.24)....g	20.74		8	A	1		43.34		
Total lipid (fat)....g	6.85		8	A	1		14.32		
Ash....g	0.96		8	A	1		2.02		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		2	A	1		10		
Iron, Fe....mg	1.94		2	A	1		4.05		
Magnesium, Mg....mg	24		2	A	1		50		
Phosphorus, P....mg	214		2	A	1		447		
Potassium, K....mg	365		2	A	1		762		
Sodium, Na....mg	54		2	A	1		112		
Zinc, Zn....mg	5.15		2	A	1		10.77		
Copper, Cu....mg	0.077		2	A	1		0.161		
Manganese, Mn....mg	0.011		2	A	1		0.023		
Selenium, Se....mcg	30.6		2	A	1		64.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.073		2	A	1		0.152		
Riboflavin....mg	0.176		2	A	1		0.369		
Niacin....mg	4.895		2	A	1		10.230		
Pantothenic acid....mg	0.711		2	A	1		1.486		
Vitamin B-6....mg	0.526		2	A	1		1.100		
Folate, total....mcg	11		1	A	1		23		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	11		1	A	1		23		
Folate, DFE....mcg_DFE	11		0	NC	4		23		
Choline, total....mg	81.3		0	AS	1		169.9		
Betaine....mg	16.6		1	A	1		34.6		
Vitamin B-12....mcg	4.04		2	A	1		8.45		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		1	A	1		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.21		1	A	1		0.44		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.01		1	A	1		0.03		
Tocopherol, gamma....mg	0.03		1	A	1		0.06		
Tocopherol, delta....mg	0.01		1	A	1		0.03		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	2.300		0	NC	4		4.806		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 23045

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		2	A	1		0.000		
10:0 g	0.000		2	A	1		0.000		
12:0 g	0.000		2	A	1		0.000		
13:0 g									
14:0 g	0.164		2	A	1		0.344		
15:0 g	0.023		2	A	1		0.048		
16:0 g	1.392		2	A	1		2.909		
17:0 g	0.056		2	A	1		0.118		
18:0 g	0.645		2	A	1		1.349		
20:0 g	0.000		2	A	1		0.000		
22:0 g	0.018		2	A	1		0.038		
24:0 g									
Fatty acids, total monounsaturated g	2.497		0	NC	4		5.220		
14:1 g	0.039		2	A	1		0.082		
15:1 g	0.000		2	A	1		0.000		
16:1 undifferentiated g	0.180		2	A	1		0.375		
17:1 g	0.000		2	A	1		0.000		
18:1 undifferentiated g	2.279		0	AS	1		4.763		
18:1 c g	2.115		2	A	1		4.421		
18:1-11c (18:1c n-7) g									
18:1 t g	0.164		2	A	1		0.342		
18:1-11t (18:1t n-7) g									
20:1 g	0.000		2	A	1		0.000		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.321		0	NC	4		0.672		
18:2 undifferentiated g	0.259		0	AS	1		0.542		
18:2 n-6 c,c g	0.213		2	A	1		0.445		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.047		2	A	1		0.097		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.011		0	AS	1		0.023		
18:3 n-3 c,c,c (ALA) g	0.011		2	A	1		0.023		
18:3 n-6 c,c,c g	0.000		2	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		2	A	1		0.000		
20:3 undifferentiated g	0.000		2	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.051		2	A	1		0.106		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.210		0	NC	4		0.439		
Fatty acids, total trans-monoenoic g	0.164		0	NC	4		0.342		
Fatty acids, total trans-polyenoic g	0.047		0	NC	4		0.097		
Cholesterol mg	58		6	A	1		121		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.136		0	A	1		0.285		
Threonine g	0.828		0	A	1		1.731		
Isoleucine g	0.943		0	A	1		1.972		
Leucine g	1.649		0	A	1		3.447		
Lysine g	1.752		0	A	1		3.663		
Methionine g	0.540		0	A	1		1.129		

NDB No. 23045

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.540			A	1				
Cystine....g	0.268		0	A	1		0.559		
Phenylalanine....g	0.819		0	A	1		1.712		
Tyrosine....g	0.661		0	A	1		1.381		
Valine....g	1.029		0	A	1		2.150		
Arginine....g	1.341		0	A	1		2.802		
Histidine....g	0.662		0	A	1		1.383		
Alanine....g	1.261		0	A	1		2.635		
Aspartic acid....g	1.889		0	A	1		3.947		
Glutamic acid....g	3.113		0	A	1		6.506		
Glycine....g	1.263		0	A	1		2.639		
Proline....g	0.989		0	A	1		2.066		
Serine....g	0.817		0	A	1		1.707		
Hydroxyproline....g	0.100		1	A	1		0.209		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 209g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23048

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Beef Value Cut, Rectus Femoris, Sirloin Tip Steak, URMIS #1550

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.13		5	A	1		107.40		
Energy....kcal	162		0	NC	4		259		
Energy....kJ	676		0	NC	4		1082		
Protein (N x 6.25)....g	26.61		5	A	1		42.58		
Total lipid (fat)....g	5.32		5	A	1		8.51		
Ash....g	0.97		5	A	1		1.54		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		1	A	1		8		
Iron, Fe....mg	2.49		1	A	1		3.98		
Magnesium, Mg....mg	26		1	A	1		42		
Phosphorus, P....mg	243		1	A	1		389		
Potassium, K....mg	386		1	A	1		618		
Sodium, Na....mg	53		1	A	1		84		
Zinc, Zn....mg	7.41		1	A	1		11.86		
Copper, Cu....mg	0.088		1	A	1		0.141		
Manganese, Mn....mg	0.011		1	A	1		0.018		
Selenium, Se....mcg	37.5		1	A	1		60.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.067		1	A	1		0.107		
Riboflavin....mg	0.225		1	A	1		0.360		
Niacin....mg	4.660		1	A	1		7.456		
Pantothenic acid....mg	0.848		1	A	1		1.357		
Vitamin B-6....mg	0.457		1	A	1		0.731		
Folate, total....mcg	10		0	BFPN	4		16		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	10		0	BFPN	4		16		
Folate, DFE....mcg_DFE	10		0	NC	4		16		
Choline, total....mg	104.7		0	AS	1		167.6		
Betaine....mg	13.3		1	A	1		21.3		
Vitamin B-12....mcg	3.83		1	A	1		6.13		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	BFSN	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.19		0	BFSN	4		0.30		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	BFSN	4		0.00		
Tocopherol, gamma....mg	0.03		0	BFSN	4		0.04		
Tocopherol, delta....mg	0.01		0	BFSN	4		0.02		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.2		0	BFSN	4		0.3		
Lipids:									
Fatty acids, total saturated....g	2.063		0	NC	4		3.301		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 23048

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.000		1	A	1		0.000		
12:0 g	0.000		1	A	1		0.000		
13:0 g									
14:0 g	0.155		1	A	1		0.248		
15:0 g	0.024		1	A	1		0.038		
16:0 g	1.220		1	A	1		1.952		
17:0 g	0.054		1	A	1		0.086		
18:0 g	0.592		1	A	1		0.947		
20:0 g	0.000		1	A	1		0.000		
22:0 g	0.018		1	A	1		0.029		
24:0 g									
Fatty acids, total monounsaturated g	2.172		0	NC	4		3.475		
14:1 g	0.041		1	A	1		0.066		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	0.164		1	A	1		0.262		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	1.967		0	AS	1		3.147		
18:1 c g	1.800		1	A	1		2.880		
18:1-11c (18:1c n-7) g									
18:1 t g	0.167		1	A	1		0.267		
18:1-11t (18:1t n-7) g									
20:1 g	0.000		1	A	1		0.000		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.341		0	NC	4		0.545		
18:2 undifferentiated g	0.279		0	AS	1		0.446		
18:2 n-6 c,c g	0.234		1	A	1		0.374		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.045		1	A	1		0.072		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.012		0	AS	1		0.019		
18:3 n-3 c,c,c (ALA) g	0.012		1	A	1		0.019		
18:3 n-6 c,c,c g	0.000		1	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		1	A	1		0.000		
20:3 undifferentiated g	0.000		1	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.050		1	A	1		0.080		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.212		0	NC	4		0.339		
Fatty acids, total trans-monoenoic g	0.167		0	NC	4		0.267		
Fatty acids, total trans-polyenoic g	0.045		0	NC	4		0.072		
Cholesterol mg	74		4	A	1		119		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.175		0	A	1		0.280		
Threonine g	1.063		0	A	1		1.701		
Isoleucine g	1.211		0	A	1		1.937		
Leucine g	2.117		0	A	1		3.387		
Lysine g	2.249		0	A	1		3.598		
Methionine g	0.693		0	A	1		1.109		

NDB No. 23048

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.693			A	1				
Cystine....g	0.343		0	A	1		0.549		
Phenylalanine....g	1.051		0	A	1		1.682		
Tyrosine....g	0.848		0	A	1		1.357		
Valine....g	1.320		0	A	1		2.112		
Arginine....g	1.721		0	A	1		2.753		
Histidine....g	0.849		0	A	1		1.359		
Alanine....g	1.618		0	A	1		2.588		
Aspartic acid....g	2.424		0	A	1		3.878		
Glutamic acid....g	3.995		0	A	1		6.392		
Glycine....g	1.620		0	A	1		2.592		
Proline....g	1.269		0	A	1		2.030		
Serine....g	1.048		0	A	1		1.677		
Hydroxyproline....g	0.280		0	BFPN	4		0.447		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 160g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23047

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw

Beef Value Cut, Rectus Femoris, Sirloin Tip Steak, URMIS #1550

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.72		5	A	1		147.63		
Energy....kcal	137		0	NC	4		279		
Energy....kJ	574		0	NC	4		1165		
Protein (N x 6.25)....g	20.98		5	A	1		42.58		
Total lipid (fat)....g	5.21		5	A	1		10.57		
Ash....g	0.92		5	A	1		1.87		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		1	A	1		10		
Iron, Fe....mg	2.01		1	A	1		4.08		
Magnesium, Mg....mg	24		1	A	1		49		
Phosphorus, P....mg	216		1	A	1		438		
Potassium, K....mg	360		1	A	1		731		
Sodium, Na....mg	53		1	A	1		108		
Zinc, Zn....mg	5.65		1	A	1		11.47		
Copper, Cu....mg	0.068		1	A	1		0.138		
Manganese, Mn....mg	0.011		1	A	1		0.023		
Selenium, Se....mcg	28.8		1	A	1		58.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.067		1	A	1		0.136		
Riboflavin....mg	0.201		1	A	1		0.408		
Niacin....mg	5.240		1	A	1		10.637		
Pantothenic acid....mg	0.776		1	A	1		1.575		
Vitamin B-6....mg	0.527		1	A	1		1.070		
Folate, total....mcg	11		0	BFPN	4		23		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	11		0	BFPN	4		23		
Folate, DFE....mcg_DFE	11		0	NC	4		23		
Choline, total....mg	85.8		0	AS	1		174.2		
Betaine....mg	13.0		1	A	1		26.5		
Vitamin B-12....mcg	5.39		1	A	1		10.94		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	BFSN	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.20		0	BFSN	4		0.42		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.01		0	BFSN	4		0.03		
Tocopherol, gamma....mg	0.03		0	BFSN	4		0.06		
Tocopherol, delta....mg	0.01		0	BFSN	4		0.03		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0		
Lipids:									
Fatty acids, total saturated....g	1.890		0	NC	4		3.836		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 23047

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.000		1	A	1		0.000		
12:0 g	0.000		1	A	1		0.000		
13:0 g									
14:0 g	0.150		1	A	1		0.305		
15:0 g	0.023		1	A	1		0.047		
16:0 g	1.129		1	A	1		2.292		
17:0 g	0.050		1	A	1		0.102		
18:0 g	0.523		1	A	1		1.062		
20:0 g	0.000		1	A	1		0.000		
22:0 g	0.015		1	A	1		0.030		
24:0 g									
Fatty acids, total monounsaturated g	2.014		0	NC	4		4.088		
14:1 g	0.041		1	A	1		0.083		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	0.157		1	A	1		0.319		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	1.810		0	AS	1		3.674		
18:1 c g	1.648		1	A	1		3.345		
18:1-11c (18:1c n-7) g									
18:1 t g	0.162		1	A	1		0.329		
18:1-11t (18:1t n-7) g									
20:1 g	0.006		1	A	1		0.012		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.295		0	NC	4		0.598		
18:2 undifferentiated g	0.239		0	AS	1		0.485		
18:2 n-6 c,c g	0.195		1	A	1		0.396		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.044		1	A	1		0.089		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.012		0	AS	1		0.024		
18:3 n-3 c,c,c (ALA) g	0.012		1	A	1		0.024		
18:3 n-6 c,c,c g	0.000		1	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		1	A	1		0.000		
20:3 undifferentiated g	0.000		1	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.044		1	A	1		0.089		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.206		0	NC	4		0.418		
Fatty acids, total trans-monoenoic g	0.162		0	NC	4		0.329		
Fatty acids, total trans-polyenoic g	0.044		0	NC	4		0.089		
Cholesterol mg	59		4	A	1		119		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.138		0	A	1		0.280		
Threonine g	0.838		0	A	1		1.701		
Isoleucine g	0.954		0	A	1		1.937		
Leucine g	1.669		0	A	1		3.387		
Lysine g	1.773		0	A	1		3.599		
Methionine g	0.546		0	A	1		1.109		

NDB No. 23047

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.546			A	1				
Cystine....g	0.271		0	A	1		0.550		
Phenylalanine....g	0.829		0	A	1		1.682		
Tyrosine....g	0.668		0	A	1		1.357		
Valine....g	1.041		0	A	1		2.113		
Arginine....g	1.356		0	A	1		2.754		
Histidine....g	0.669		0	A	1		1.359		
Alanine....g	1.275		0	A	1		2.589		
Aspartic acid....g	1.911		0	A	1		3.879		
Glutamic acid....g	3.149		0	A	1		6.393		
Glycine....g	1.277		0	A	1		2.593		
Proline....g	1.000		0	A	1		2.030		
Serine....g	0.826		0	A	1		1.677		
Hydroxyproline....g	0.117		1	A	1		0.237		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 203g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23032

Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw

Beef Value Cut, Sirloin Tip Steak, URMIS #1543, Vastas Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.52		5	A	1		147.05		
Energy....kcal	124		0	NC	4		247		
Energy....kJ	517		0	NC	4		1034		
Protein (N x 6.25)....g	21.96		5	A	1		43.92		
Total lipid (fat)....g	3.24		5	A	1		6.47		
Ash....g	1.12		5	A	1		2.23		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		1	A	1		9		
Iron, Fe....mg	2.38		1	A	1		4.76		
Magnesium, Mg....mg	25		1	A	1		49		
Phosphorus, P....mg	219		1	A	1		438		
Potassium, K....mg	386		1	A	1		772		
Sodium, Na....mg	57		1	A	1		114		
Zinc, Zn....mg	5.74		1	A	1		11.48		
Copper, Cu....mg	0.098		1	A	1		0.196		
Manganese, Mn....mg	0.011		1	A	1		0.022		
Selenium, Se....mcg	31.3		1	A	1		62.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.080		1	A	1		0.160		
Riboflavin....mg	0.204		1	A	1		0.408		
Niacin....mg	5.760		1	A	1		11.520		
Pantothenic acid....mg	0.820		1	A	1		1.640		
Vitamin B-6....mg	0.622		1	A	1		1.244		
Folate, total....mcg	7		0	BFPN	4		14		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	7		0	BFPN	4		14		
Folate, DFE....mcg_DFE	7		0	NC	4		14		
Choline, total....mg	91.1		0	AS	1		182.2		
Betaine....mg	8.1		1	A	1		16.1		
Vitamin B-12....mcg	2.87		1	A	1		5.74		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	BFSN	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.17		0	BFSN	4		0.33		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.01		0	BFSN	4		0.03		
Tocopherol, gamma....mg	0.02		0	BFSN	4		0.04		
Tocopherol, delta....mg	0.01		0	BFSN	4		0.03		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.2		0	BFSN	4		0.4		
Lipids:									
Fatty acids, total saturated....g	1.225		0	NC	4		2.449		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 23032

Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.084		1	A	1		0.168		
15:0....g	0.013		1	A	1		0.026		
16:0....g	0.712		1	A	1		1.424		
17:0....g	0.031		1	A	1		0.062		
18:0....g	0.370		1	A	1		0.740		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.015		1	A	1		0.030		
24:0....g									
Fatty acids, total monounsaturated....g	1.338		0	NC	4		2.675		
14:1....g	0.022		1	A	1		0.044		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.095		1	A	1		0.190		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.216		0	AS	1		2.432		
18:1 c....g	1.125		1	A	1		2.250		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.091		1	A	1		0.182		
18:1-11t (18:1t n-7)....g									
20:1....g	0.005		1	A	1		0.010		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.269		0	NC	4		0.538		
18:2 undifferentiated....g	0.211		0	AS	1		0.422		
18:2 n-6 c,c....g	0.185		1	A	1		0.370		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.026		1	A	1		0.052		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.009		0	AS	1		0.018		
18:3 n-3 c,c,c (ALA)....g	0.009		1	A	1		0.018		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.049		1	A	1		0.098		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.117		0	NC	4		0.234		
Fatty acids, total trans-monoenoic....g	0.091		0	NC	4		0.182		
Fatty acids, total trans-polyenoic....g	0.026		0	NC	4		0.052		
Cholesterol....mg	61		4	A	1		123		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.144		0	A	1		0.289		
Threonine....g	0.877		0	A	1		1.754		
Isoleucine....g	0.999		0	A	1		1.998		
Leucine....g	1.747		0	A	1		3.493		
Lysine....g	1.856		0	A	1		3.711		
Methionine....g	0.572		0	A	1		1.144		

NDB No. 23032

Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.572			A	1				
Cystine....g	0.283		0	A	1		0.567		
Phenylalanine....g	0.867		0	A	1		1.735		
Tyrosine....g	0.700		0	A	1		1.399		
Valine....g	1.089		0	A	1		2.179		
Arginine....g	1.420		0	A	1		2.840		
Histidine....g	0.701		0	A	1		1.402		
Alanine....g	1.335		0	A	1		2.670		
Aspartic acid....g	2.000		0	A	1		4.000		
Glutamic acid....g	3.296		0	A	1		6.593		
Glycine....g	1.337		0	A	1		2.674		
Proline....g	1.047		0	A	1		2.094		
Serine....g	0.865		0	A	1		1.730		
Hydroxyproline....g	0.087		1	A	1		0.174		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 200g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23056

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Beef Value Cut, Sirloin Tip Steak, Vastas Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.68		10	A	1		110.34	55.83	
Energy....kcal	168		0	NC	4		282	143	
Energy....kJ	702		0	NC	4		1180	597	
Protein (N x 6.25)....g	29.08		10	A	1		48.85	24.72	
Total lipid (fat)....g	4.84		10	A	1		8.13	4.11	
Ash....g	1.16		10	A	1		1.94	0.98	
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		3	A	1		9	4	
Iron, Fe....mg	2.77		3	A	1		4.65	2.35	
Magnesium, Mg....mg	26		3	A	1		44	22	
Phosphorus, P....mg	239		3	A	1		401	203	
Potassium, K....mg	365		3	A	1		613	310	
Sodium, Na....mg	54		3	A	1		91	46	
Zinc, Zn....mg	7.25		3	A	1		12.18	6.16	
Copper, Cu....mg	0.112		3	A	1		0.189	0.095	
Manganese, Mn....mg	0.014		3	A	1		0.023	0.012	
Selenium, Se....mcg	42.1		3	A	1		70.8	35.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.066		3	A	1		0.111	0.056	
Riboflavin....mg	0.198		3	A	1		0.332	0.168	
Niacin....mg	5.873		3	A	1		9.867	4.992	
Pantothenic acid....mg	0.797		3	A	1		1.339	0.678	
Vitamin B-6....mg	0.559		3	A	1		0.940	0.475	
Folate, total....mcg	8		1	A	1		13	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		1	A	1		13	7	
Folate, DFE....mcg_DFE	8		0	NC	4		13	7	
Choline, total....mg	102.6		0	AS	1		172.4	87.2	
Betaine....mg	12.0		2	A	1		20.1	10.2	
Vitamin B-12....mcg	4.18		3	A	1		7.02	3.55	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20		1	A	1		0.34	0.17	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.01		1	A	1		0.02	0.01	
Tocopherol, gamma....mg	0.02		1	A	1		0.03	0.02	
Tocopherol, delta....mg	0.01		1	A	1		0.02	0.01	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.901		0	NC	4		3.193	1.616	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23056

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		3	A	1		0.000	0.000	
10:0 g	0.000		3	A	1		0.000	0.000	
12:0 g	0.000		3	A	1		0.000	0.000	
13:0 g									
14:0 g	0.127		3	A	1		0.213	0.108	
15:0 g	0.019		3	A	1		0.032	0.016	
16:0 g	1.159		3	A	1		1.947	0.985	
17:0 g	0.046		3	A	1		0.078	0.039	
18:0 g	0.533		3	A	1		0.895	0.453	
20:0 g	0.000		3	A	1		0.000	0.000	
22:0 g	0.017		3	A	1		0.029	0.015	
24:0 g									
Fatty acids, total monounsaturated g	2.239		0	NC	4		3.761	1.903	
14:1 g	0.036		3	A	1		0.061	0.031	
15:1 g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated g	0.174		3	A	1		0.293	0.148	
17:1 g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated g	2.023		0	AS	1		3.399	1.720	
18:1 c g	1.893		3	A	1		3.180	1.609	
18:1-11c (18:1c n-7) g									
18:1 t g	0.131		3	A	1		0.219	0.111	
18:1-11t (18:1t n-7) g									
20:1 g	0.005		3	A	1		0.008	0.004	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.301		0	NC	4		0.506	0.256	
18:2 undifferentiated g	0.246		0	AS	1		0.414	0.209	
18:2 n-6 c,c g	0.209		3	A	1		0.350	0.177	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.038		3	A	1		0.063	0.032	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.006		0	AS	1		0.009	0.005	
18:3 n-3 c,c,c (ALA) g	0.006		3	A	1		0.009	0.005	
18:3 n-6 c,c,c g	0.000		3	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		3	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.050		3	A	1		0.083	0.042	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.168		0	NC	4		0.283	0.143	
Fatty acids, total trans-monoenoic g	0.131		0	NC	4		0.219	0.111	
Fatty acids, total trans-polyenoic g	0.038		0	NC	4		0.063	0.032	
Cholesterol mg	80		7	A	1		134	68	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.191		0	A	1		0.321	0.162	
Threonine g	1.162		0	A	1		1.952	0.987	
Isoleucine g	1.323		0	A	1		2.223	1.125	
Leucine g	2.313		0	A	1		3.886	1.966	
Lysine g	2.458		0	A	1		4.129	2.089	
Methionine g	0.757		0	A	1		1.272		

NDB No. 23056

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.757			A	1			0.644	
Cystine....g	0.375		0	A	1		0.630	0.319	
Phenylalanine....g	1.149		0	A	1		1.930	0.976	
Tyrosine....g	0.927		0	A	1		1.557	0.788	
Valine....g	1.443		0	A	1		2.424	1.226	
Arginine....g	1.880		0	A	1		3.159	1.598	
Histidine....g	0.928		0	A	1		1.559	0.789	
Alanine....g	1.768		0	A	1		2.970	1.503	
Aspartic acid....g	2.649		0	A	1		4.450	2.252	
Glutamic acid....g	4.366		0	A	1		7.334	3.711	
Glycine....g	1.771		0	A	1		2.975	1.505	
Proline....g	1.386		0	A	1		2.329	1.178	
Serine....g	1.146		0	A	1		1.924	0.974	
Hydroxyproline....g	0.306		0	A	1		0.513	0.260	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 168g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23055

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Beef Value Cut, Sirloin Tip Steak, Vastas Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.25		10	A	1		151.63		
Energy....kcal	129		0	NC	4		266		
Energy....kJ	539		0	NC	4		1115		
Protein (N x 6.25)....g	21.69		10	A	1		44.90		
Total lipid (fat)....g	4.00		10	A	1		8.29		
Ash....g	1.09		10	A	1		2.26		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		3	A	1		10		
Iron, Fe....mg	2.22		3	A	1		4.60		
Magnesium, Mg....mg	24		3	A	1		51		
Phosphorus, P....mg	215		3	A	1		444		
Potassium, K....mg	381		3	A	1		788		
Sodium, Na....mg	61		3	A	1		125		
Zinc, Zn....mg	5.23		3	A	1		10.83		
Copper, Cu....mg	0.095		3	A	1		0.196		
Manganese, Mn....mg	0.011		3	A	1		0.023		
Selenium, Se....mcg	31.4		3	A	1		64.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.066		3	A	1		0.137		
Riboflavin....mg	0.181		3	A	1		0.375		
Niacin....mg	5.557		3	A	1		11.502		
Pantothenic acid....mg	0.758		3	A	1		1.570		
Vitamin B-6....mg	0.616		3	A	1		1.274		
Folate, total....mcg	7		1	A	1		14		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	7		1	A	1		14		
Folate, DFE....mcg_DFE	7		0	NC	4		14		
Choline, total....mg	88.8		0	AS	1		183.8		
Betaine....mg	9.8		2	A	1		20.3		
Vitamin B-12....mcg	3.07		3	A	1		6.35		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		1	A	1		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.17		1	A	1		0.35		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.01		1	A	1		0.03		
Tocopherol, gamma....mg	0.02		1	A	1		0.04		
Tocopherol, delta....mg	0.01		1	A	1		0.03		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.2		1	A	1		0.5		
Lipids:									
Fatty acids, total saturated....g	1.578		0	NC	4		3.267		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 23055

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		3	A	1		0.000		
10:0 g	0.000		3	A	1		0.000		
12:0 g	0.000		3	A	1		0.000		
13:0 g									
14:0 g	0.110		3	A	1		0.227		
15:0 g	0.016		3	A	1		0.033		
16:0 g	0.958		3	A	1		1.984		
17:0 g	0.039		3	A	1		0.081		
18:0 g	0.440		3	A	1		0.910		
20:0 g	0.000		3	A	1		0.000		
22:0 g	0.016		3	A	1		0.033		
24:0 g									
Fatty acids, total monounsaturated g	1.881		0	NC	4		3.893		
14:1 g	0.032		3	A	1		0.065		
15:1 g	0.000		3	A	1		0.000		
16:1 undifferentiated g	0.149		3	A	1		0.308		
17:1 g	0.000		3	A	1		0.000		
18:1 undifferentiated g	1.694		0	AS	1		3.507		
18:1 c g	1.587		3	A	1		3.285		
18:1-11c (18:1c n-7) g									
18:1 t g	0.107		3	A	1		0.222		
18:1-11t (18:1t n-7) g									
20:1 g	0.006		3	A	1		0.013		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.275		0	NC	4		0.568		
18:2 undifferentiated g	0.215		0	AS	1		0.444		
18:2 n-6 c,c g	0.183		3	A	1		0.378		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.032		3	A	1		0.066		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.009		0	AS	1		0.018		
18:3 n-3 c,c,c (ALA) g	0.009		3	A	1		0.018		
18:3 n-6 c,c,c g	0.000		3	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		3	A	1		0.000		
20:3 undifferentiated g	0.000		3	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.051		3	A	1		0.106		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.139		0	NC	4		0.288		
Fatty acids, total trans-monoenoic g	0.107		0	NC	4		0.222		
Fatty acids, total trans-polyenoic g	0.032		0	NC	4		0.066		
Cholesterol mg	61		7	A	1		127		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.143		0	A	1		0.295		
Threonine g	0.866		0	A	1		1.794		
Isoleucine g	0.987		0	A	1		2.043		
Leucine g	1.725		0	A	1		3.571		
Lysine g	1.833		0	A	1		3.794		
Methionine g	0.565		0	A	1		1.169		

NDB No. 23055

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.565			A	1				
Cystine....g	0.280		0	A	1		0.579		
Phenylalanine....g	0.857		0	A	1		1.773		
Tyrosine....g	0.691		0	A	1		1.431		
Valine....g	1.076		0	A	1		2.227		
Arginine....g	1.402		0	A	1		2.903		
Histidine....g	0.692		0	A	1		1.433		
Alanine....g	1.319		0	A	1		2.729		
Aspartic acid....g	1.976		0	A	1		4.090		
Glutamic acid....g	3.256		0	A	1		6.740		
Glycine....g	1.321		0	A	1		2.734		
Proline....g	1.034		0	A	1		2.140		
Serine....g	0.854		0	A	1		1.769		
Hydroxyproline....g	0.093		2	A	1		0.193		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 207g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23031

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Beef Value Cut, Sirloin Tip Steak, URMIS #2358, Vastas Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.10		8	A	1		91.80	55.34	
Energy....kcal	174		0	NC	4		246	148	
Energy....kJ	730		0	NC	4		1029	620	
Protein (N x 6.25)....g	28.79		8	A	1		40.59	24.47	
Total lipid (fat)....g	5.71		8	A	1		8.05	4.85	
Ash....g	1.15		8	A	1		1.62	0.97	
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		2	A	1		7	4	
Iron, Fe....mg	2.67		2	A	1		3.76	2.27	
Magnesium, Mg....mg	26		2	A	1		36	22	
Phosphorus, P....mg	236		2	A	1		332	200	
Potassium, K....mg	365		2	A	1		515	310	
Sodium, Na....mg	55		2	A	1		77	46	
Zinc, Zn....mg	6.84		2	A	1		9.65	5.82	
Copper, Cu....mg	0.097		2	A	1		0.137	0.083	
Manganese, Mn....mg	0.011		2	A	1		0.016	0.009	
Selenium, Se....mcg	42.8		2	A	1		60.3	36.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.067		2	A	1		0.094	0.057	
Riboflavin....mg	0.192		2	A	1		0.271	0.163	
Niacin....mg	5.815		2	A	1		8.199	4.943	
Pantothenic acid....mg	0.766		2	A	1		1.081	0.651	
Vitamin B-6....mg	0.577		2	A	1		0.813	0.490	
Folate, total....mcg	8		1	A	1		11	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		1	A	1		11	7	
Folate, DFE....mcg_DFE	8		0	NC	4		11	7	
Choline, total....mg	103.4		0	AS	1		145.7	87.9	
Betaine....mg	17.1		1	A	1		24.1	14.5	
Vitamin B-12....mcg	4.25		2	A	1		5.99	3.61	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20		1	A	1		0.28	0.17	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.01		1	A	1		0.02	0.01	
Tocopherol, gamma....mg	0.02		1	A	1		0.03	0.02	
Tocopherol, delta....mg	0.01		1	A	1		0.02	0.01	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.218		0	NC	4		3.127	1.885	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23031

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		2	A	1		0.000	0.000	
10:0 g	0.000		2	A	1		0.000	0.000	
12:0 g	0.000		2	A	1		0.000	0.000	
13:0 g									
14:0 g	0.148		2	A	1		0.209	0.126	
15:0 g	0.022		2	A	1		0.031	0.019	
16:0 g	1.368		2	A	1		1.930	1.163	
17:0 g	0.054		2	A	1		0.075	0.045	
18:0 g	0.606		2	A	1		0.855	0.515	
20:0 g	0.000		2	A	1		0.000	0.000	
22:0 g	0.019		2	A	1		0.027	0.016	
24:0 g									
Fatty acids, total monounsaturated g	2.666		0	NC	4		3.759	2.266	
14:1 g	0.043		2	A	1		0.061	0.037	
15:1 g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated g	0.211		2	A	1		0.298	0.179	
17:1 g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated g	2.406		0	AS	1		3.393	2.045	
18:1 c g	2.254		2	A	1		3.179	1.916	
18:1-11c (18:1c n-7) g									
18:1 t g	0.152		2	A	1		0.214	0.129	
18:1-11t (18:1t n-7) g									
20:1 g	0.005		2	A	1		0.007	0.004	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.325		0	NC	4		0.458	0.276	
18:2 undifferentiated g	0.265		0	AS	1		0.374	0.226	
18:2 n-6 c,c g	0.222		2	A	1		0.313	0.189	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.044		2	A	1		0.061	0.037	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.005		0	AS	1		0.007	0.004	
18:3 n-3 c,c,c (ALA) g	0.005		2	A	1		0.007	0.004	
18:3 n-6 c,c,c g	0.000		2	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.054		2	A	1		0.077	0.046	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.195		0	NC	4		0.276	0.166	
Fatty acids, total trans-monoenoic g	0.152		0	NC	4		0.214	0.129	
Fatty acids, total trans-polyenoic g	0.044		0	NC	4		0.061	0.037	
Cholesterol mg	82		6	A	1		116	70	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.189		0	A	1		0.267	0.161	
Threonine g	1.150		0	A	1		1.622	0.978	
Isoleucine g	1.310		0	A	1		1.847	1.113	
Leucine g	2.290		0	A	1		3.229	1.947	
Lysine g	2.433		0	A	1		3.431	2.068	
Methionine g	0.750		0	A	1		1.057		

NDB No. 23031

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.750			A	1			0.637	
Cystine....g	0.372		0	A	1		0.524	0.316	
Phenylalanine....g	1.137		0	A	1		1.603	0.967	
Tyrosine....g	0.917		0	A	1		1.294	0.780	
Valine....g	1.428		0	A	1		2.014	1.214	
Arginine....g	1.862		0	A	1		2.625	1.582	
Histidine....g	0.919		0	A	1		1.296	0.781	
Alanine....g	1.750		0	A	1		2.468	1.488	
Aspartic acid....g	2.622		0	A	1		3.698	2.229	
Glutamic acid....g	4.322		0	A	1		6.094	3.674	
Glycine....g	1.753		0	A	1		2.472	1.490	
Proline....g	1.373		0	A	1		1.935	1.167	
Serine....g	1.134		0	A	1		1.599	0.964	
Hydroxyproline....g	0.302		0	A	1		0.426	0.257	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 141g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23030

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Beef Value Cut, Sirloin Tip Steak, URMIS #2358, Vastas Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.00		8	A	1		139.43		
Energy....kcal	133		0	NC	4		255		
Energy....kJ	558		0	NC	4		1066		
Protein (N x 6.25)....g	21.41		8	A	1		40.89		
Total lipid (fat)....g	4.66		8	A	1		8.90		
Ash....g	1.05		8	A	1		2.01		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		2	A	1		9		
Iron, Fe....mg	2.14		2	A	1		4.09		
Magnesium, Mg....mg	24		2	A	1		46		
Phosphorus, P....mg	213		2	A	1		406		
Potassium, K....mg	378		2	A	1		722		
Sodium, Na....mg	62		2	A	1		119		
Zinc, Zn....mg	4.97		2	A	1		9.50		
Copper, Cu....mg	0.093		2	A	1		0.178		
Manganese, Mn....mg	0.011		2	A	1		0.021		
Selenium, Se....mcg	31.4		2	A	1		60.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.059		2	A	1		0.114		
Riboflavin....mg	0.170		2	A	1		0.325		
Niacin....mg	5.455		2	A	1		10.419		
Pantothenic acid....mg	0.727		2	A	1		1.389		
Vitamin B-6....mg	0.612		2	A	1		1.170		
Folate, total....mcg	7		1	A	1		13		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	7		1	A	1		13		
Folate, DFE....mcg_DFE	7		0	NC	4		13		
Choline, total....mg	86.5		0	AS	1		165.2		
Betaine....mg	11.6		1	A	1		22.1		
Vitamin B-12....mcg	3.17		2	A	1		6.05		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		1	A	1		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.17		1	A	1		0.32		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.01		1	A	1		0.03		
Tocopherol, gamma....mg	0.02		1	A	1		0.04		
Tocopherol, delta....mg	0.01		1	A	1		0.03		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.2		1	A	1		0.4		
Lipids:									
Fatty acids, total saturated....g	1.755		0	NC	4		3.352		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 23030

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		2	A	1		0.000		
10:0 g	0.000		2	A	1		0.000		
12:0 g	0.000		2	A	1		0.000		
13:0 g									
14:0 g	0.123		2	A	1		0.234		
15:0 g	0.017		2	A	1		0.033		
16:0 g	1.081		2	A	1		2.066		
17:0 g	0.043		2	A	1		0.082		
18:0 g	0.474		2	A	1		0.906		
20:0 g	0.000		2	A	1		0.000		
22:0 g	0.017		2	A	1		0.032		
24:0 g									
Fatty acids, total monounsaturated g	2.152		0	NC	4		4.111		
14:1 g	0.036		2	A	1		0.070		
15:1 g	0.000		2	A	1		0.000		
16:1 undifferentiated g	0.175		2	A	1		0.335		
17:1 g	0.000		2	A	1		0.000		
18:1 undifferentiated g	1.933		0	AS	1		3.693		
18:1 c g	1.818		2	A	1		3.472		
18:1-11c (18:1c n-7) g									
18:1 t g	0.115		2	A	1		0.221		
18:1-11t (18:1t n-7) g									
20:1 g	0.007		2	A	1		0.013		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.277		0	NC	4		0.530		
18:2 undifferentiated g	0.216		0	AS	1		0.413		
18:2 n-6 c,c g	0.182		2	A	1		0.347		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.035		2	A	1		0.067		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.008		0	AS	1		0.016		
18:3 n-3 c,c,c (ALA) g	0.008		2	A	1		0.016		
18:3 n-6 c,c,c g	0.000		2	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		2	A	1		0.000		
20:3 undifferentiated g	0.000		2	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.052		2	A	1		0.100		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.150		0	NC	4		0.287		
Fatty acids, total trans-monoenoic g	0.115		0	NC	4		0.221		
Fatty acids, total trans-polyenoic g	0.035		0	NC	4		0.067		
Cholesterol mg	61		6	A	1		117		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.141		0	A	1		0.269		
Threonine g	0.855		0	A	1		1.634		
Isoleucine g	0.974		0	A	1		1.861		
Leucine g	1.703		0	A	1		3.253		
Lysine g	1.809		0	A	1		3.456		
Methionine g	0.558		0	A	1		1.065		

NDB No. 23030

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.558			A	1				
Cystine....g	0.276		0	A	1		0.528		
Phenylalanine....g	0.846		0	A	1		1.615		
Tyrosine....g	0.682		0	A	1		1.303		
Valine....g	1.062		0	A	1		2.029		
Arginine....g	1.384		0	A	1		2.644		
Histidine....g	0.683		0	A	1		1.305		
Alanine....g	1.302		0	A	1		2.486		
Aspartic acid....g	1.950		0	A	1		3.725		
Glutamic acid....g	3.214		0	A	1		6.139		
Glycine....g	1.304		0	A	1		2.490		
Proline....g	1.021		0	A	1		1.950		
Serine....g	0.843		0	A	1		1.611		
Hydroxyproline....g	0.100		1	A	1		0.191		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 191g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23033

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Beef Value Cut, Sirloin Tip Steak, URMIS #1543, Vastas Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.28		5	A	1		115.33	56.34	
Energy....kcal	160		0	NC	4		279	136	
Energy....kJ	670		0	NC	4		1166	570	
Protein (N x 6.25)....g	29.24		5	A	1		50.88	24.85	
Total lipid (fat)....g	3.91		5	A	1		6.81	3.33	
Ash....g	1.17		5	A	1		2.04	1.00	
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		1	A	1		9	5	
Iron, Fe....mg	2.98		1	A	1		5.19	2.53	
Magnesium, Mg....mg	27		1	A	1		46	23	
Phosphorus, P....mg	245		1	A	1		426	208	
Potassium, K....mg	365		1	A	1		635	310	
Sodium, Na....mg	52		1	A	1		91	44	
Zinc, Zn....mg	8.06		1	A	1		14.02	6.85	
Copper, Cu....mg	0.142		1	A	1		0.247	0.121	
Manganese, Mn....mg	0.019		1	A	1		0.033	0.016	
Selenium, Se....mcg	40.8		1	A	1		71.0	34.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.065		1	A	1		0.113	0.055	
Riboflavin....mg	0.210		1	A	1		0.365	0.178	
Niacin....mg	5.990		1	A	1		10.422	5.091	
Pantothenic acid....mg	0.859		1	A	1		1.495	0.730	
Vitamin B-6....mg	0.524		1	A	1		0.912	0.445	
Folate, total....mcg	8		0	BFPN	4		14	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0	BFPN	4		14	7	
Folate, DFE....mcg_DFE	8		0	NC	4		14	7	
Choline, total....mg	101.9		0	AS	1		177.3	86.6	
Betaine....mg	6.9		1	A	1		12.0	5.9	
Vitamin B-12....mcg	4.04		1	A	1		7.03	3.43	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.19		0	BFSN	4		0.34	0.16	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.01		0	BFSN	4		0.02	0.01	
Tocopherol, gamma....mg	0.02		0	BFSN	4		0.03	0.02	
Tocopherol, delta....mg	0.01		0	BFSN	4		0.02	0.01	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.267		0	NC	4		2.204	1.077	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23033

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		1	A	1		0.000	0.000	
10:0 g	0.000		1	A	1		0.000	0.000	
12:0 g	0.000		1	A	1		0.000	0.000	
13:0 g									
14:0 g	0.083		1	A	1		0.144	0.070	
15:0 g	0.013		1	A	1		0.023	0.011	
16:0 g	0.740		1	A	1		1.288	0.629	
17:0 g	0.032		1	A	1		0.056	0.027	
18:0 g	0.385		1	A	1		0.670	0.327	
20:0 g	0.000		1	A	1		0.000	0.000	
22:0 g	0.014		1	A	1		0.024	0.012	
24:0 g									
Fatty acids, total monounsaturated g	1.385		0	NC	4		2.409	1.177	
14:1 g	0.022		1	A	1		0.038	0.019	
15:1 g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated g	0.101		1	A	1		0.176	0.086	
17:1 g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated g	1.257		0	AS	1		2.187	1.068	
18:1 c g	1.169		1	A	1		2.034	0.994	
18:1-11c (18:1c n-7) g									
18:1 t g	0.088		1	A	1		0.153	0.075	
18:1-11t (18:1t n-7) g									
20:1 g	0.005		1	A	1		0.009	0.004	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.255		0	NC	4		0.443	0.217	
18:2 undifferentiated g	0.208		0	AS	1		0.362	0.177	
18:2 n-6 c,c g	0.182		1	A	1		0.317	0.155	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.026		1	A	1		0.045	0.022	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.007		0	AS	1		0.012	0.006	
18:3 n-3 c,c,c (ALA) g	0.007		1	A	1		0.012	0.006	
18:3 n-6 c,c,c g	0.000		1	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		1	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.040		1	A	1		0.069	0.034	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.114		0	NC	4		0.198	0.097	
Fatty acids, total trans-monoenoic g	0.088		0	NC	4		0.153	0.075	
Fatty acids, total trans-polyenoic g	0.026		0	NC	4		0.045	0.022	
Cholesterol mg	78		4	A	1		136	67	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.192		0	A	1		0.334	0.163	
Threonine g	1.168		0	A	1		2.033	0.993	
Isoleucine g	1.330		0	A	1		2.315	1.131	
Leucine g	2.326		0	A	1		4.047	1.977	
Lysine g	2.471		0	A	1		4.300	2.101	
Methionine g	0.761		0	A	1		1.325		

NDB No. 23033

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.761			A	1			0.647	
Cystine....g	0.377		0	A	1		0.657	0.321	
Phenylalanine....g	1.155		0	A	1		2.010	0.982	
Tyrosine....g	0.932		0	A	1		1.621	0.792	
Valine....g	1.451		0	A	1		2.524	1.233	
Arginine....g	1.891		0	A	1		3.290	1.607	
Histidine....g	0.933		0	A	1		1.624	0.793	
Alanine....g	1.778		0	A	1		3.093	1.511	
Aspartic acid....g	2.663		0	A	1		4.634	2.264	
Glutamic acid....g	4.390		0	A	1		7.638	3.731	
Glycine....g	1.781		0	A	1		3.098	1.513	
Proline....g	1.394		0	A	1		2.426	1.185	
Serine....g	1.152		0	A	1		2.004	0.979	
Hydroxyproline....g	0.307		0	A	1		0.535	0.261	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 174g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23064

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Beef Value Cut, Biceps Femoris, London Broil, Western Griller Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.28		13	A	1		151.70	54.64	
Energy....kcal	182		0	NC	4		428	154	
Energy....kJ	760		0	NC	4		1793	646	
Protein (N x 6.25)....g	27.52		13	A	1		64.96	23.40	
Total lipid (fat)....g	7.10		13	A	1		16.76	6.03	
Ash....g	1.16		13	A	1		2.75	0.99	
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		3	A	1		11	4	
Iron, Fe....mg	2.99		3	A	1		7.05	2.54	
Magnesium, Mg....mg	25		3	A	1		60	22	
Phosphorus, P....mg	233		3	A	1		551	198	
Potassium, K....mg	363		3	A	1		857	309	
Sodium, Na....mg	58		3	A	1		136	49	
Zinc, Zn....mg	5.10		3	A	1		12.04	4.34	
Copper, Cu....mg	0.115		3	A	1		0.271	0.098	
Manganese, Mn....mg	0.020		3	A	1		0.046	0.017	
Selenium, Se....mcg	43.6		3	A	1		102.9	37.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.066		3	A	1		0.156	0.056	
Riboflavin....mg	0.212		3	A	1		0.499	0.180	
Niacin....mg	7.557		3	A	1		17.834	6.423	
Pantothenic acid....mg	0.792		3	A	1		1.870	0.673	
Vitamin B-6....mg	0.673		3	A	1		1.588	0.572	
Folate, total....mcg	7		1	A	1		17	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		1	A	1		17	6	
Folate, DFE....mcg_DFE	7		0	NC	4		17	6	
Choline, total....mg	92.9		0	AS	1		219.2	78.9	
Betaine....mg	11.5		2	A	1		27.2	9.8	
Vitamin B-12....mcg	4.03		3	A	1		9.50	3.42	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.10		1	A	1		0.24	0.09	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.02		1	A	1		0.05	0.02	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.541		0	NC	4		5.997	2.160	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23064

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		3	A	1		0.000	0.000	
10:0 g	0.000		3	A	1		0.000	0.000	
12:0 g	0.000		3	A	1		0.000	0.000	
13:0 g									
14:0 g	0.195		3	A	1		0.461	0.166	
15:0 g	0.028		3	A	1		0.066	0.024	
16:0 g	1.562		3	A	1		3.685	1.327	
17:0 g	0.065		3	A	1		0.152	0.055	
18:0 g	0.675		3	A	1		1.592	0.573	
20:0 g	0.000		3	A	1		0.000	0.000	
22:0 g	0.017		3	A	1		0.040	0.014	
24:0 g									
Fatty acids, total monounsaturated g	3.174		0	NC	4		7.492	2.698	
14:1 g	0.063		3	A	1		0.148	0.053	
15:1 g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated g	0.298		3	A	1		0.704	0.254	
17:1 g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated g	2.802		0	AS	1		6.613	2.382	
18:1 c g	2.639		3	A	1		6.229	2.243	
18:1-11c (18:1c n-7) g									
18:1 t g	0.163		3	A	1		0.385	0.138	
18:1-11t (18:1t n-7) g									
20:1 g	0.011		3	A	1		0.027	0.010	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.321		0	NC	4		0.757	0.273	
18:2 undifferentiated g	0.269		0	AS	1		0.635	0.229	
18:2 n-6 c,c g	0.221		3	A	1		0.522	0.188	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.048		3	A	1		0.112	0.040	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.006		0	AS	1		0.014	0.005	
18:3 n-3 c,c,c (ALA) g	0.006		3	A	1		0.014	0.005	
18:3 n-6 c,c,c g	0.000		3	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		3	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.046		3	A	1		0.108	0.039	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.211		0	NC	4		0.497	0.179	
Fatty acids, total trans-monoenoic g	0.163		0	NC	4		0.385	0.138	
Fatty acids, total trans-polyenoic g	0.048		0	NC	4		0.112	0.040	
Cholesterol mg	77		10	A	1		182	65	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.181		0	A	1		0.427	0.154	
Threonine g	1.100		0	A	1		2.595	0.935	
Isoleucine g	1.252		0	A	1		2.955	1.064	
Leucine g	2.190		0	A	1		5.167	1.861	
Lysine g	2.326		0	A	1		5.490	1.977	
Methionine g	0.717		0	A	1		1.692		

NDB No. 23064

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.717			A	1			0.609	
Cystine....g	0.355		0	A	1		0.838	0.302	
Phenylalanine....g	1.087		0	A	1		2.566	0.924	
Tyrosine....g	0.877		0	A	1		2.070	0.746	
Valine....g	1.365		0	A	1		3.223	1.161	
Arginine....g	1.780		0	A	1		4.200	1.513	
Histidine....g	0.878		0	A	1		2.073	0.747	
Alanine....g	1.673		0	A	1		3.949	1.422	
Aspartic acid....g	2.507		0	A	1		5.917	2.131	
Glutamic acid....g	4.132		0	A	1		9.752	3.512	
Glycine....g	1.676		0	A	1		3.955	1.425	
Proline....g	1.312		0	A	1		3.097	1.115	
Serine....g	1.084		0	A	1		2.559	0.922	
Hydroxyproline....g	0.289		0	A	1		0.682	0.246	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 236g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23063

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Beef Value Cut, Biceps Femoris, London Broil, Western Griller Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.19		13	A	1		220.18		
Energy....kcal	142		0	NC	4		433		
Energy....kJ	594		0	NC	4		1812		
Protein (N x 6.25)....g	21.59		13	A	1		65.84		
Total lipid (fat)....g	5.53		13	A	1		16.86		
Ash....g	1.05		13	A	1		3.19		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		3	A	1		15		
Iron, Fe....mg	2.53		3	A	1		7.72		
Magnesium, Mg....mg	24		3	A	1		74		
Phosphorus, P....mg	211		3	A	1		645		
Potassium, K....mg	345		3	A	1		1052		
Sodium, Na....mg	62		3	A	1		190		
Zinc, Zn....mg	3.94		3	A	1		12.03		
Copper, Cu....mg	0.134		3	A	1		0.410		
Manganese, Mn....mg	0.019		3	A	1		0.057		
Selenium, Se....mcg	32.3		3	A	1		98.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.073		3	A	1		0.222		
Riboflavin....mg	0.204		3	A	1		0.622		
Niacin....mg	6.380		3	A	1		19.459		
Pantothenic acid....mg	0.690		3	A	1		2.103		
Vitamin B-6....mg	0.721		3	A	1		2.199		
Folate, total....mcg	6		1	A	1		18		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	6		1	A	1		18		
Folate, DFE....mcg_DFE	6		0	NC	4		18		
Choline, total....mg	87.4		0	AS	1		266.5		
Betaine....mg	12.7		2	A	1		38.6		
Vitamin B-12....mcg	4.34		3	A	1		13.24		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		1	A	1		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.08		1	A	1		0.24		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.01		1	A	1		0.05		
Tocopherol, gamma....mg	0.02		1	A	1		0.06		
Tocopherol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	2.000		0	NC	4		6.101		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 23063

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		3	A	1		0.000		
10:0....g	0.000		3	A	1		0.000		
12:0....g	0.000		3	A	1		0.000		
13:0....g									
14:0....g	0.155		3	A	1		0.473		
15:0....g	0.022		3	A	1		0.066		
16:0....g	1.227		3	A	1		3.742		
17:0....g	0.050		3	A	1		0.152		
18:0....g	0.529		3	A	1		1.614		
20:0....g	0.000		3	A	1		0.000		
22:0....g	0.018		3	A	1		0.054		
24:0....g									
Fatty acids, total monounsaturated....g	2.503		0	NC	4		7.635		
14:1....g	0.050		3	A	1		0.151		
15:1....g	0.000		3	A	1		0.000		
16:1 undifferentiated....g	0.235		3	A	1		0.718		
17:1....g	0.000		3	A	1		0.000		
18:1 undifferentiated....g	2.213		0	AS	1		6.748		
18:1 c....g	2.081		3	A	1		6.346		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.132		3	A	1		0.402		
18:1-11t (18:1t n-7)....g									
20:1....g	0.006		3	A	1		0.018		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.309		0	NC	4		0.943		
18:2 undifferentiated....g	0.249		0	AS	1		0.759		
18:2 n-6 c,c....g	0.212		3	A	1		0.647		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.037		3	A	1		0.112		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.003		0	AS	1		0.008		
18:3 n-3 c,c,c (ALA)....g	0.003		3	A	1		0.008		
18:3 n-6 c,c,c....g	0.000		3	A	1		0.000		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		3	A	1		0.000		
20:3 undifferentiated....g	0.000		3	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.058		3	A	1		0.176		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.169		0	NC	4		0.514		
Fatty acids, total trans-monoenoic....g	0.132		0	NC	4		0.402		
Fatty acids, total trans-polyenoic....g	0.037		0	NC	4		0.112		
Cholesterol....mg	61		10	A	1		185		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.142		0	A	1		0.433		
Threonine....g	0.862		0	A	1		2.630		
Isoleucine....g	0.982		0	A	1		2.995		
Leucine....g	1.717		0	A	1		5.237		
Lysine....g	1.824		0	A	1		5.564		
Methionine....g	0.562		0	A	1		1.714		

NDB No. 23063

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.562			A	1				
Cystine....g	0.279		0	A	1		0.850		
Phenylalanine....g	0.853		0	A	1		2.601		
Tyrosine....g	0.688		0	A	1		2.098		
Valine....g	1.071		0	A	1		3.266		
Arginine....g	1.396		0	A	1		4.257		
Histidine....g	0.689		0	A	1		2.101		
Alanine....g	1.312		0	A	1		4.003		
Aspartic acid....g	1.966		0	A	1		5.997		
Glutamic acid....g	3.241		0	A	1		9.884		
Glycine....g	1.314		0	A	1		4.009		
Proline....g	1.029		0	A	1		3.139		
Serine....g	0.850		0	A	1		2.593		
Hydroxyproline....g	0.098		2	A	1		0.300		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 305g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23050

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Beef Value Cut, Biceps Femoris, London Broil, URMIS #2277, Western Griller Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.35		8	A	1		142.55	53.85	
Energy....kcal	191		0	NC	4		430	162	
Energy....kJ	800		0	NC	4		1799	680	
Protein (N x 6.25)....g	27.22		8	A	1		61.25	23.14	
Total lipid (fat)....g	8.30		8	A	1		18.68	7.06	
Ash....g	1.14		8	A	1		2.58	0.97	
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		2	A	1		11	4	
Iron, Fe....mg	2.92		2	A	1		6.57	2.48	
Magnesium, Mg....mg	25		2	A	1		57	22	
Phosphorus, P....mg	232		2	A	1		521	197	
Potassium, K....mg	361		2	A	1		811	306	
Sodium, Na....mg	57		2	A	1		127	48	
Zinc, Zn....mg	4.81		2	A	1		10.83	4.09	
Copper, Cu....mg	0.109		2	A	1		0.245	0.093	
Manganese, Mn....mg	0.014		2	A	1		0.030	0.012	
Selenium, Se....mcg	44.8		2	A	1		100.7	38.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.058		2	A	1		0.132	0.050	
Riboflavin....mg	0.196		2	A	1		0.442	0.167	
Niacin....mg	7.310		2	A	1		16.447	6.213	
Pantothenic acid....mg	0.763		2	A	1		1.718	0.649	
Vitamin B-6....mg	0.680		2	A	1		1.529	0.578	
Folate, total....mcg	7		1	A	1		16	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		1	A	1		16	6	
Folate, DFE....mcg_DFE	7		0	NC	4		16	6	
Choline, total....mg	94.2		0	AS	1		211.9	80.1	
Betaine....mg	11.2		1	A	1		25.2	9.5	
Vitamin B-12....mcg	3.83		2	A	1		8.63	3.26	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.10		1	A	1		0.23	0.09	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.02		1	A	1		0.04	0.02	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.954		0	NC	4		6.646	2.511	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23050

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		2	A	1		0.000	0.000	
10:0 g	0.000		2	A	1		0.000	0.000	
12:0 g	0.000		2	A	1		0.000	0.000	
13:0 g									
14:0 g	0.225		2	A	1		0.506	0.191	
15:0 g	0.033		2	A	1		0.073	0.028	
16:0 g	1.834		2	A	1		4.126	1.559	
17:0 g	0.076		2	A	1		0.171	0.065	
18:0 g	0.768		2	A	1		1.728	0.653	
20:0 g	0.000		2	A	1		0.000	0.000	
22:0 g	0.018		2	A	1		0.042	0.016	
24:0 g									
Fatty acids, total monounsaturated g	3.759		0	NC	4		8.457	3.195	
14:1 g	0.074		2	A	1		0.167	0.063	
15:1 g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated g	0.354		2	A	1		0.797	0.301	
17:1 g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated g	3.317		0	AS	1		7.463	2.819	
18:1 c g	3.133		2	A	1		7.049	2.663	
18:1-11c (18:1c n-7) g									
18:1 t g	0.184		2	A	1		0.414	0.156	
18:1-11t (18:1t n-7) g									
20:1 g	0.013		2	A	1		0.029	0.011	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.338		0	NC	4		0.761	0.288	
18:2 undifferentiated g	0.282		0	AS	1		0.635	0.240	
18:2 n-6 c,c g	0.227		2	A	1		0.512	0.193	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.055		2	A	1		0.124	0.047	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.005		0	AS	1		0.012	0.005	
18:3 n-3 c,c,c (ALA) g	0.005		2	A	1		0.012	0.005	
18:3 n-6 c,c,c g	0.000		2	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.050		2	A	1		0.114	0.043	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.239		0	NC	4		0.538	0.203	
Fatty acids, total trans-monoenoic g	0.184		0	NC	4		0.414	0.156	
Fatty acids, total trans-polyenoic g	0.055		0	NC	4		0.124	0.047	
Cholesterol mg	78		6	A	1		176	67	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.179		0	A	1		0.403	0.152	
Threonine g	1.087		0	A	1		2.447	0.924	
Isoleucine g	1.238		0	A	1		2.786	1.053	
Leucine g	2.165		0	A	1		4.872	1.841	
Lysine g	2.300		0	A	1		5.176	1.955	
Methionine g	0.709		0	A	1		1.595		

NDB No. 23050

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.709			A	1			0.603	
Cystine....g	0.351		0	A	1		0.790	0.299	
Phenylalanine....g	1.075		0	A	1		2.419	0.914	
Tyrosine....g	0.867		0	A	1		1.952	0.737	
Valine....g	1.350		0	A	1		3.038	1.148	
Arginine....g	1.760		0	A	1		3.960	1.496	
Histidine....g	0.869		0	A	1		1.955	0.738	
Alanine....g	1.655		0	A	1		3.723	1.407	
Aspartic acid....g	2.479		0	A	1		5.579	2.108	
Glutamic acid....g	4.086		0	A	1		9.194	3.473	
Glycine....g	1.657		0	A	1		3.729	1.409	
Proline....g	1.298		0	A	1		2.920	1.103	
Serine....g	1.072		0	A	1		2.413	0.911	
Hydroxyproline....g	0.286		0	A	1		0.643	0.243	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 225g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23049

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Beef Value Cut, Biceps Femoris, London Broil, URMIS #2277, Western Griller Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.51		8	A	1		209.53		
Energy....kcal	150		0	NC	4		440		
Energy....kJ	628		0	NC	4		1840		
Protein (N x 6.25)....g	21.24		8	A	1		62.22		
Total lipid (fat)....g	6.59		8	A	1		19.30		
Ash....g	1.04		8	A	1		3.04		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		2	A	1		14		
Iron, Fe....mg	2.34		2	A	1		6.86		
Magnesium, Mg....mg	24		2	A	1		70		
Phosphorus, P....mg	209		2	A	1		611		
Potassium, K....mg	338		2	A	1		989		
Sodium, Na....mg	63		2	A	1		183		
Zinc, Zn....mg	3.76		2	A	1		11.02		
Copper, Cu....mg	0.136		2	A	1		0.397		
Manganese, Mn....mg	0.018		2	A	1		0.053		
Selenium, Se....mcg	33.3		2	A	1		97.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.064		2	A	1		0.189		
Riboflavin....mg	0.186		2	A	1		0.544		
Niacin....mg	6.390		2	A	1		18.723		
Pantothenic acid....mg	0.650		2	A	1		1.906		
Vitamin B-6....mg	0.720		2	A	1		2.108		
Folate, total....mcg	6		1	A	1		18		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	6		1	A	1		18		
Folate, DFE....mcg_DFE	6		0	NC	4		18		
Choline, total....mg	83.5		0	AS	1		244.7		
Betaine....mg	14.7		1	A	1		43.0		
Vitamin B-12....mcg	4.70		2	A	1		13.79		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		1	A	1		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.08		1	A	1		0.23		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.01		1	A	1		0.04		
Tocopherol, gamma....mg	0.02		1	A	1		0.06		
Tocopherol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	2.301		0	NC	4		6.741		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 23049

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.176		2	A	1		0.517		
15:0....g	0.025		2	A	1		0.073		
16:0....g	1.428		2	A	1		4.185		
17:0....g	0.058		2	A	1		0.170		
18:0....g	0.594		2	A	1		1.740		
20:0....g	0.000		2	A	1		0.000		
22:0....g	0.019		2	A	1		0.055		
24:0....g									
Fatty acids, total monounsaturated....g	2.940		0	NC	4		8.615		
14:1....g	0.059		2	A	1		0.173		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.280		2	A	1		0.820		
17:1....g	0.000		2	A	1		0.000		
18:1 undifferentiated....g	2.595		0	AS	1		7.604		
18:1 c....g	2.451		2	A	1		7.183		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.144		2	A	1		0.422		
18:1-11t (18:1t n-7)....g									
20:1....g	0.006		2	A	1		0.018		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.309		0	NC	4		0.906		
18:2 undifferentiated....g	0.250		0	AS	1		0.732		
18:2 n-6 c,c....g	0.209		2	A	1		0.612		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.041		2	A	1		0.120		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		0	AS	1		0.000		
18:3 n-3 c,c,c (ALA)....g	0.000		2	A	1		0.000		
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		2	A	1		0.000		
20:3 undifferentiated....g	0.000		2	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.060		2	A	1		0.174		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.185		0	NC	4		0.542		
Fatty acids, total trans-monoenoic....g	0.144		0	NC	4		0.422		
Fatty acids, total trans-polyenoic....g	0.041		0	NC	4		0.120		
Cholesterol....mg	61		6	A	1		178		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.140		0	A	1		0.409		
Threonine....g	0.848		0	A	1		2.486		
Isoleucine....g	0.966		0	A	1		2.831		
Leucine....g	1.689		0	A	1		4.949		
Lysine....g	1.795		0	A	1		5.258		
Methionine....g	0.553		0	A	1		1.620		

NDB No. 23049

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.553			A	1				
Cystine....g	0.274		0	A	1		0.803		
Phenylalanine....g	0.839		0	A	1		2.458		
Tyrosine....g	0.677		0	A	1		1.983		
Valine....g	1.054		0	A	1		3.087		
Arginine....g	1.373		0	A	1		4.023		
Histidine....g	0.678		0	A	1		1.986		
Alanine....g	1.291		0	A	1		3.783		
Aspartic acid....g	1.934		0	A	1		5.667		
Glutamic acid....g	3.188		0	A	1		9.341		
Glycine....g	1.293		0	A	1		3.789		
Proline....g	1.012		0	A	1		2.966		
Serine....g	0.837		0	A	1		2.451		
Hydroxyproline....g	0.109		1	A	1		0.319		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 293g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23052

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Beef Value Cut, Biceps Femoris, London Broil, URMIS #1462, Western Griller Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	65.76		5	A	1		166.36	55.89	
Energy ... kcal	166		0	NC	4		421	141	
Energy ... kJ	696		0	NC	4		1760	591	
Protein (N x 6.25) ... g	28.01		5	A	1		70.87	23.81	
Total lipid (fat) ... g	5.17		5	A	1		13.09	4.40	
Ash ... g	1.20		5	A	1		3.02	1.02	
Carbohydrate, by difference ... g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	5		1	A	1		12	4	
Iron, Fe ... mg	3.12		1	A	1		7.89	2.65	
Magnesium, Mg ... mg	26		1	A	1		65	22	
Phosphorus, P ... mg	237		1	A	1		600	201	
Potassium, K ... mg	368		1	A	1		931	313	
Sodium, Na ... mg	60		1	A	1		152	51	
Zinc, Zn ... mg	5.68		1	A	1		14.37	4.83	
Copper, Cu ... mg	0.127		1	A	1		0.321	0.108	
Manganese, Mn ... mg	0.032		1	A	1		0.081	0.027	
Selenium, Se ... mcg	41.3		1	A	1		104.5	35.1	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.081		1	A	1		0.205	0.069	
Riboflavin ... mg	0.242		1	A	1		0.612	0.206	
Niacin ... mg	8.050		1	A	1		20.367	6.843	
Pantothenic acid ... mg	0.850		1	A	1		2.151	0.723	
Vitamin B-6 ... mg	0.660		1	A	1		1.670	0.561	
Folate, total ... mcg	8		0	BFPN	4		20	7	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	8		0	BFPN	4		20	7	
Folate, DFE ... mcg_DFE	8		0	NC	4		20	7	
Choline, total ... mg	91.6		0	AS	1		231.6	77.8	
Betaine ... mg	11.8		1	A	1		29.9	10.0	
Vitamin B-12 ... mcg	4.41		1	A	1		11.16	3.75	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	AS	1		0	0	
Retinol ... mcg	0		0	BFSN	4		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0	AS	1		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.10		0	BFSN	4		0.24	0.08	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg	0.02		0	BFSN	4		0.05	0.02	
Tocopherol, gamma ... mg	0.02		0	BFSN	4		0.06	0.02	
Tocopherol, delta ... mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated ... g	1.716		0	NC	4		4.341	1.458	
4:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 23052

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		1	A	1		0.000	0.000	
10:0 g	0.000		1	A	1		0.000	0.000	
12:0 g	0.000		1	A	1		0.000	0.000	
13:0 g									
14:0 g	0.136		1	A	1		0.344	0.116	
15:0 g	0.019		1	A	1		0.048	0.016	
16:0 g	1.017		1	A	1		2.573	0.864	
17:0 g	0.042		1	A	1		0.106	0.036	
18:0 g	0.488		1	A	1		1.235	0.415	
20:0 g	0.000		1	A	1		0.000	0.000	
22:0 g	0.014		1	A	1		0.035	0.012	
24:0 g									
Fatty acids, total monounsaturated g	2.006		0	NC	4		5.075	1.705	
14:1 g	0.039		1	A	1		0.099	0.033	
15:1 g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated g	0.186		1	A	1		0.471	0.158	
17:1 g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated g	1.773		0	AS	1		4.485	1.507	
18:1 c g	1.652		1	A	1		4.179	1.404	
18:1-11c (18:1c n-7) g									
18:1 t g	0.121		1	A	1		0.306	0.103	
18:1-11t (18:1t n-7) g									
20:1 g	0.008		1	A	1		0.020	0.007	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.286		0	NC	4		0.723	0.243	
18:2 undifferentiated g	0.242		0	AS	1		0.612	0.206	
18:2 n-6 c,c g	0.209		1	A	1		0.529	0.178	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.033		1	A	1		0.083	0.028	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.007		0	AS	1		0.018	0.006	
18:3 n-3 c,c,c (ALA) g	0.007		1	A	1		0.018	0.006	
18:3 n-6 c,c,c g	0.000		1	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		1	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.037		1	A	1		0.094	0.031	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.154		0	NC	4		0.389	0.131	
Fatty acids, total trans-monoenoic g	0.121		0	NC	4		0.306	0.103	
Fatty acids, total trans-polyenoic g	0.033		0	NC	4		0.083	0.028	
Cholesterol mg	75		4	A	1		190	64	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.184		0	A	1		0.466	0.156	
Threonine g	1.119		0	A	1		2.831	0.951	
Isoleucine g	1.274		0	A	1		3.224	1.083	
Leucine g	2.228		0	A	1		5.637	1.894	
Lysine g	2.367		0	A	1		5.989	2.012	
Methionine g	0.729		0	A	1		1.845		

NDB No. 23052

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.729			A	1			0.620	
Cystine....g	0.361		0	A	1		0.915	0.307	
Phenylalanine....g	1.106		0	A	1		2.799	0.940	
Tyrosine....g	0.893		0	A	1		2.258	0.759	
Valine....g	1.390		0	A	1		3.516	1.181	
Arginine....g	1.811		0	A	1		4.583	1.540	
Histidine....g	0.894		0	A	1		2.262	0.760	
Alanine....g	1.703		0	A	1		4.308	1.447	
Aspartic acid....g	2.551		0	A	1		6.455	2.169	
Glutamic acid....g	4.205		0	A	1		10.639	3.574	
Glycine....g	1.706		0	A	1		4.315	1.450	
Proline....g	1.335		0	A	1		3.378	1.135	
Serine....g	1.103		0	A	1		2.792	0.938	
Hydroxyproline....g	0.294		0	A	1		0.745	0.250	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23051

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw

Beef Value Cut, Biceps Femoris, London Broil, URMIS #1462, Western Griller Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	73.28		5	A	1				
Energy ... kcal	129		0	NC	4				
Energy ... kJ	540		0	NC	4				
Protein (N x 6.25) ... g	22.15		5	A	1				
Total lipid (fat) ... g	3.83		5	A	1				
Ash ... g	1.06		5	A	1				
Carbohydrate, by difference ... g	0.00		0	NC	4				
Fiber, total dietary ... g	0.0		0	Z	7				
Sugars, total ... g	0.00		0	Z	7				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	5		1	A	1				
Iron, Fe ... mg	2.91		1	A	1				
Magnesium, Mg ... mg	24		1	A	1				
Phosphorus, P ... mg	217		1	A	1				
Potassium, K ... mg	360		1	A	1				
Sodium, Na ... mg	62		1	A	1				
Zinc, Zn ... mg	4.31		1	A	1				
Copper, Cu ... mg	0.132		1	A	1				
Manganese, Mn ... mg	0.020		1	A	1				
Selenium, Se ... mcg	30.3		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7				
Thiamin ... mg	0.089		1	A	1				
Riboflavin ... mg	0.241		1	A	1				
Niacin ... mg	6.360		1	A	1				
Pantothenic acid ... mg	0.768		1	A	1				
Vitamin B-6 ... mg	0.724		1	A	1				
Folate, total ... mcg	6		0	BFPN	4				
Folic acid ... mcg	0		0	Z	7				
Folate, food ... mcg	6		0	BFPN	4				
Folate, DFE ... mcg_DFE	6		0	NC	4				
Choline, total ... mg	91.3		0	AS	1				
Betaine ... mg	10.6		1	A	1				
Vitamin B-12 ... mcg	3.61		1	A	1				
Vitamin B-12, added ... mcg	0.00		0	Z	7				
Vitamin A, RAE ... mcg_RAE	0		0	AS	1				
Retinol ... mcg	0		0	BFSN	4				
Carotene, beta ... mcg	0		0	Z	7				
Carotene, alpha ... mcg	0		0	Z	7				
Cryptoxanthin, beta ... mcg	0		0	Z	7				
Vitamin A, IU ... IU	0		0	AS	1				
Lycopene ... mcg	0		0	Z	7				
Lutein + zeaxanthin ... mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol) ... mg	0.07		0	BFSN	4				
Vitamin E, added ... mg	0.00		0	Z	7				
Tocopherol, beta ... mg	0.00		0	BFSN	4				
Tocopherol, gamma ... mg	0.01		0	BFSN	4				
Tocopherol, delta ... mg	0.00		0	BFSN	4				
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	0.0		0	BFSN	4				
Lipids:									
Fatty acids, total saturated ... g	1.400		0	NC	4				
4:0 ... g	0.000		0	Z	7				

NDB No. 23051

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7				
8:0....g	0.000		1	A	1				
10:0....g	0.000		1	A	1				
12:0....g	0.000		1	A	1				
13:0....g									
14:0....g	0.112		1	A	1				
15:0....g	0.015		1	A	1				
16:0....g	0.824		1	A	1				
17:0....g	0.034		1	A	1				
18:0....g	0.400		1	A	1				
20:0....g	0.000		1	A	1				
22:0....g	0.015		1	A	1				
24:0....g									
Fatty acids, total monounsaturated....g	1.630		0	NC	4				
14:1....g	0.031		1	A	1				
15:1....g	0.000		1	A	1				
16:1 undifferentiated....g	0.146		1	A	1				
17:1....g	0.000		1	A	1				
18:1 undifferentiated....g	1.447		0	AS	1				
18:1 c....g	1.339		1	A	1				
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.108		1	A	1				
18:1-11t (18:1t n-7)....g									
20:1....g	0.006		1	A	1				
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.309		0	NC	4				
18:2 undifferentiated....g	0.247		0	AS	1				
18:2 n-6 c,c....g	0.219		1	A	1				
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.028		1	A	1				
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.008		0	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.008		1	A	1				
18:3 n-6 c,c,c....g	0.000		1	A	1				
18:3i....g									
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g	0.000		1	A	1				
20:3 undifferentiated....g	0.000		1	A	1				
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.054		1	A	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.136		0	NC	4				
Fatty acids, total trans-monoenoic....g	0.108		0	NC	4				
Fatty acids, total trans-polyenoic....g	0.028		0	NC	4				
Cholesterol....mg	61		4	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.146		0	A	1				
Threonine....g	0.885		0	A	1				
Isoleucine....g	1.008		0	A	1				
Leucine....g	1.762		0	A	1				
Lysine....g	1.872		0	A	1				
Methionine....g	0.577		0	A	1				

NDB No. 23051

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.577			A	1				
Cystine....g	0.286		0	A	1				
Phenylalanine....g	0.875		0	A	1				
Tyrosine....g	0.706		0	A	1				
Valine....g	1.099		0	A	1				
Arginine....g	1.432		0	A	1				
Histidine....g	0.707		0	A	1				
Alanine....g	1.346		0	A	1				
Aspartic acid....g	2.017		0	A	1				
Glutamic acid....g	3.325		0	A	1				
Glycine....g	1.349		0	A	1				
Proline....g	1.056		0	A	1				
Serine....g	0.872		0	A	1				
Hydroxyproline....g	0.088		1	A	1				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13421

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Cube steak

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.67	0.526	20	PAK	1		213.42	54.97	
Energy....kcal	188		0	NC	4		622	160	
Energy....kJ	788		0	NC	4		2602	670	
Protein (N x 6.25)....g	26.79	0.222	20	PAK	1		88.41	22.77	
Total lipid (fat)....g	8.21	0.455	20	PAK	1		27.10	6.98	
Ash....g	1.11	0.024	20	PAK	1		3.66	0.94	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	BFFN	4		21	5	
Iron, Fe....mg	2.18		0	BFFN	4		7.21	1.86	
Magnesium, Mg....mg	17		0	BFFN	4		58	15	
Phosphorus, P....mg	166		0	BFFN	4		549	141	
Potassium, K....mg	217		0	BFFN	4		717	185	
Sodium, Na....mg	35		0	BFFN	4		116	30	
Zinc, Zn....mg	4.49		0	BFFN	4		14.81	3.82	
Copper, Cu....mg	0.064		0	BFFN	4		0.211	0.054	
Manganese, Mn....mg	0.009		0	BFFN	4		0.031	0.008	
Selenium, Se....mcg	27.4		0	BFFN	4		90.4	23.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.062		0	BFPN	4		0.203	0.052	
Riboflavin....mg	0.143		0	BFPN	4		0.470	0.121	
Niacin....mg	4.682		0	BFPN	4		15.452	3.980	
Pantothenic acid....mg	0.528		0	BFPN	4		1.743	0.449	
Vitamin B-6....mg	0.352		0	BFPN	4		1.161	0.299	
Folate, total....mcg	8		0	BFPN	4		28	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0	BFPN	4		28	7	
Folate, DFE....mcg_DFE	8		0	NC	4		28	7	
Choline, total....mg	102.0		0	BFPN	4		336.7	86.7	
Betaine....mg									
Vitamin B-12....mcg	1.49		0	BFPN	4		4.92	1.27	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.38		0	BFSN	4		1.24	0.32	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.5	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	PAK	1		0.5	0.1	
Vitamin D....IU	6		0	PAK	1		21	5	
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		4.4	1.1	
Lipids:									
Fatty acids, total saturated....g	3.007		0	NC	4		9.922	2.556	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13421

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.006		0	BFFN	4		0.020	0.005	
12:0....g	0.006		0	BFFN	4		0.020	0.005	
13:0....g									
14:0....g	0.224		0	BFFN	4		0.740	0.190	
15:0....g									
16:0....g	1.849		0	BFFN	4		6.101	1.571	
17:0....g									
18:0....g	0.921		0	BFFN	4		3.040	0.783	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.405		0	NC	4		11.237	2.894	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.305		0	BFFN	4		1.007	0.259	
17:1....g									
18:1 undifferentiated....g	3.094		0	BFFN	4		10.210	2.630	
20:1....g	0.006		0	BFFN	4		0.020	0.005	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.305		0	NC	4		1.006	0.259	
18:2 undifferentiated....g	0.230		0	BFFN	4		0.760	0.196	
18:3 undifferentiated....g	0.044		0	BFFN	4		0.144	0.037	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.031		0	BFFN	4		0.103	0.026	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	93		0	BFFN	4		308	79	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.176		0	PAK	1		0.581	0.150	
Threonine....g	1.070		0	PAK	1		3.532	0.910	
Isoleucine....g	1.219		0	PAK	1		4.022	1.036	
Leucine....g	2.131		0	PAK	1		7.033	1.811	
Lysine....g	2.264		0	PAK	1		7.471	1.924	
Methionine....g	0.698		0	PAK	1		2.302	0.593	
Cystine....g	0.346		0	PAK	1		1.141	0.294	
Phenylalanine....g	1.058		0	PAK	1		3.492	0.899	
Tyrosine....g	0.854		0	PAK	1		2.817	0.726	
Valine....g	1.329		0	PAK	1		4.386	1.130	
Arginine....g	1.732		0	PAK	1		5.717	1.472	
Histidine....g	0.855		0	PAK	1		2.821	0.727	
Alanine....g	1.629		0	PAK	1		5.375	1.384	
Aspartic acid....g	2.440		0	PAK	1		8.053	2.074	
Glutamic acid....g	4.022		0	PAK	1		13.272	3.419	
Glycine....g	1.631		0	PAK	1		5.383	1.387	
Proline....g	1.277		0	PAK	1		4.215	1.086	
Serine....g	1.055		0	PAK	1		3.483	0.897	
Hydroxyproline....g	0.281		0	BFPN	4		0.929	0.239	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13421

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Common Measures:

Measure 1 = 330g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13422

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Cube Steak, URMIS #2340

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.80	0.732	10	PAK	1		726.09		
Energy....kcal	196		0	NC	4		2226		
Energy....kJ	818		0	NC	4		9312		
Protein (N x 6.25)....g	27.01	0.241	10	PAK	1		307.41		
Total lipid (fat)....g	8.90	0.748	10	PAK	1		101.23		
Ash....g	1.10	0.026	10	PAK	1		12.49		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	BFFN	4		66		
Iron, Fe....mg	2.22		0	BFFN	4		25.27		
Magnesium, Mg....mg	17		0	BFFN	4		196		
Phosphorus, P....mg	164		0	BFFN	4		1862		
Potassium, K....mg	216		0	BFFN	4		2461		
Sodium, Na....mg	35		0	BFFN	4		397		
Zinc, Zn....mg	4.44		0	BFFN	4		50.56		
Copper, Cu....mg	0.059		0	BFFN	4		0.667		
Manganese, Mn....mg	0.009		0	BFFN	4		0.105		
Selenium, Se....mcg	28.3		0	BFFN	4		322.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.056		0	BFPN	4		0.637		
Riboflavin....mg	0.152		0	BFPN	4		1.727		
Niacin....mg	4.884		0	BFPN	4		55.581		
Pantothenic acid....mg	0.532		0	BFPN	4		6.052		
Vitamin B-6....mg	0.355		0	BFPN	4		4.038		
Folate, total....mcg	8		0	BFPN	4		96		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	8		0	BFPN	4		96		
Folate, DFE....mcg_DFE	8		0	NC	4		96		
Choline, total....mg	102.9		0	BFPN	4		1170.8		
Betaine....mg									
Vitamin B-12....mcg	1.62		0	BFPN	4		18.46		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.39		0	BFSN	4		4.39		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		15.6		
Lipids:									
Fatty acids, total saturated....g	3.257		0	NC	4		37.065		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13422

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.007		0	BFFN	4		0.076		
12:0 g	0.007		0	BFFN	4		0.076		
13:0 g									
14:0 g	0.243		0	BFFN	4		2.762		
15:0 g									
16:0 g	2.003		0	BFFN	4		22.793		
17:0 g									
18:0 g	0.998		0	BFFN	4		11.357		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.689		0	NC	4		41.977		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.330		0	BFFN	4		3.760		
17:1 g									
18:1 undifferentiated g	3.352		0	BFFN	4		38.141		
20:1 g	0.007		0	BFFN	4		0.076		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.330		0	NC	4		3.760		
18:2 undifferentiated g	0.250		0	BFFN	4		2.839		
18:3 undifferentiated g	0.047		0	BFFN	4		0.537		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.034		0	BFFN	4		0.384		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	101		0	BFFN	4		1151		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.178		0	PAK	1		2.020		
Threonine g	1.079		0	PAK	1		12.280		
Isoleucine g	1.229		0	PAK	1		13.986		
Leucine g	2.149		0	PAK	1		24.454		
Lysine g	2.283		0	PAK	1		25.980		
Methionine g	0.703		0	PAK	1		8.005		
Cystine g	0.349		0	PAK	1		3.967		
Phenylalanine g	1.067		0	PAK	1		12.142		
Tyrosine g	0.861		0	PAK	1		9.796		
Valine g	1.340		0	PAK	1		15.251		
Arginine g	1.747		0	PAK	1		19.878		
Histidine g	0.862		0	PAK	1		9.811		
Alanine g	1.642		0	PAK	1		18.689		
Aspartic acid g	2.461		0	PAK	1		28.001		
Glutamic acid g	4.055		0	PAK	1		46.149		
Glycine g	1.645		0	PAK	1		18.718		
Proline g	1.288		0	PAK	1		14.655		
Serine g	1.064		0	PAK	1		12.109		
Hydroxyproline g	0.284		0	BFPN	4		3.230		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13422

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 1138g: 1 roast (yield from 1405 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13423

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Cube Steak, URMIS #1525

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.54	0.682	10	PAK	1		747.80		
Energy....kcal	181		0	NC	4		2069		
Energy....kJ	759		0	NC	4		8657		
Protein (N x 6.25)....g	26.57	0.483	10	PAK	1		303.13		
Total lipid (fat)....g	7.53	0.458	10	PAK	1		85.88		
Ash....g	1.12	0.041	10	PAK	1		12.81		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFFN	4		78		
Iron, Fe....mg	2.15		0	BFFN	4		24.50		
Magnesium, Mg....mg	18		0	BFFN	4		201		
Phosphorus, P....mg	169		0	BFFN	4		1931		
Potassium, K....mg	218		0	BFFN	4		2491		
Sodium, Na....mg	35		0	BFFN	4		403		
Zinc, Zn....mg	4.53		0	BFFN	4		51.74		
Copper, Cu....mg	0.069		0	BFFN	4		0.786		
Manganese, Mn....mg	0.009		0	BFFN	4		0.107		
Selenium, Se....mcg	26.5		0	BFFN	4		302.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.067		0	BFPN	4		0.763		
Riboflavin....mg	0.133		0	BFPN	4		1.522		
Niacin....mg	4.483		0	BFPN	4		51.145		
Pantothenic acid....mg	0.524		0	BFPN	4		5.982		
Vitamin B-6....mg	0.349		0	BFPN	4		3.980		
Folate, total....mcg	8		0	BFPN	4		94		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	8		0	BFPN	4		94		
Folate, DFE....mcg_DFE	8		0	NC	4		94		
Choline, total....mg	101.2		0	BFPN	4		1154.5		
Betaine....mg									
Vitamin B-12....mcg	1.36		0	BFPN	4		15.52		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.37		0	BFSN	4		4.19		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		14.9		
Lipids:									
Fatty acids, total saturated....g	2.756		0	NC	4		31.446		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13423

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.006		0	BFFN	4		0.065		
12:0 g	0.006		0	BFFN	4		0.065		
13:0 g									
14:0 g	0.205		0	BFFN	4		2.344		
15:0 g									
16:0 g	1.695		0	BFFN	4		19.337		
17:0 g									
18:0 g	0.845		0	BFFN	4		9.636		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.121		0	NC	4		35.613		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.280		0	BFFN	4		3.190		
17:1 g									
18:1 undifferentiated g	2.836		0	BFFN	4		32.358		
20:1 g	0.006		0	BFFN	4		0.065		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.280		0	NC	4		3.189		
18:2 undifferentiated g	0.211		0	BFFN	4		2.409		
18:3 undifferentiated g	0.040		0	BFFN	4		0.455		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.029		0	BFFN	4		0.325		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	86		0	BFFN	4		977		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.175		0	PAK	1		1.992		
Threonine g	1.061		0	PAK	1		12.109		
Isoleucine g	1.209		0	PAK	1		13.791		
Leucine g	2.113		0	PAK	1		24.113		
Lysine g	2.245		0	PAK	1		25.618		
Methionine g	0.692		0	PAK	1		7.894		
Cystine g	0.343		0	PAK	1		3.912		
Phenylalanine g	1.049		0	PAK	1		11.973		
Tyrosine g	0.847		0	PAK	1		9.659		
Valine g	1.318		0	PAK	1		15.038		
Arginine g	1.718		0	PAK	1		19.601		
Histidine g	0.848		0	PAK	1		9.674		
Alanine g	1.615		0	PAK	1		18.429		
Aspartic acid g	2.420		0	PAK	1		27.611		
Glutamic acid g	3.988		0	PAK	1		45.507		
Glycine g	1.618		0	PAK	1		18.458		
Proline g	1.267		0	PAK	1		14.451		
Serine g	1.047		0	PAK	1		11.941		
Hydroxyproline g	0.279		0	BFPN	4		3.185		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13423

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Common Measures:

Measure 1 = 1141g: 1 roast (yield from 1388 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13884

Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Refuse: 4% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.56		0	PAE	4		200.69	52.33	
Energy....kcal	219		0	NC	4		714	186	
Energy....kJ	916		0		4		2987	779	
Protein (N x 6.25)....g	27.45		0	PAE	4		89.49	23.33	
Total lipid (fat)....g	11.34		0	PAE	4		36.97	9.64	
Ash....g	1.13		0	PAE	4		3.68	0.96	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	PAE	4		20	5	
Iron, Fe....mg	2.81		0	PAE	4		9.16	2.39	
Magnesium, Mg....mg	26		0	PAE	4		85	22	
Phosphorus, P....mg	230		0	PAE	4		750	196	
Potassium, K....mg	367		0	PAE	4		1196	312	
Sodium, Na....mg	63		0	PAE	4		205	54	
Zinc, Zn....mg	6.67		0	PAE	4		21.74	5.67	
Copper, Cu....mg	0.119		0	PAE	4		0.388	0.101	
Manganese, Mn....mg	0.016		0	PAE	4		0.052	0.014	
Selenium, Se....mcg	26.8		0	BFZN	4		87.4	22.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0	PAE	4		0.293	0.077	
Riboflavin....mg	0.260		0	PAE	4		0.848	0.221	
Niacin....mg	3.590		0	PAE	4		11.703	3.052	
Pantothenic acid....mg	0.450		0	PAE	4		1.467	0.383	
Vitamin B-6....mg	0.380		0	PAE	4		1.239	0.323	
Folate, total....mcg	8		0	PAE	4		26	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0	PAE	4		26	7	
Folate, DFE....mcg_DFE	8		0	NC	4		26	7	
Choline, total....mg	104.5		0	BFPN	4		340.8	88.9	
Betaine....mg	13.7		0	BFPN	4		44.8	11.7	
Vitamin B-12....mcg	2.80		0	PAE	4		9.13	2.38	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.17		0	BFNN	4		0.57	0.15	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.6	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		0.6	0.2	
Vitamin D....IU	7		0	BFFN	4		24	6	
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		4.8	1.2	
Lipids:									
Fatty acids, total saturated....g	4.240		0	PAE	4		13.822	3.604	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13884

Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.020		0	PAE	4		0.065	0.017	
12:0 g	0.020		0	PAE	4		0.065	0.017	
13:0 g									
14:0 g	0.330		0	PAE	4		1.076	0.281	
15:0 g									
16:0 g	2.590		0	PAE	4		8.443	2.202	
17:0 g									
18:0 g	1.290		0	PAE	4		4.205	1.097	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.680		0	PAE	4		15.257	3.978	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.430		0	PAE	4		1.402	0.366	
17:1 g									
18:1 undifferentiated g	4.240		0	PAE	4		13.822	3.604	
20:1 g	0.010		0	PAE	4		0.033	0.009	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.440		0	PAE	4		1.434	0.374	
18:2 undifferentiated g	0.320		0	PAE	4		1.043	0.272	
18:3 undifferentiated g	0.090		0	PAE	4		0.293	0.077	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	PAE	4		0.098	0.026	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	82		0	PAE	4		267	70	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.307		0	PAE	4		1.001	0.261	
Threonine g	1.199		0	PAE	4		3.909	1.019	
Isoleucine g	1.234		0	PAE	4		4.023	1.049	
Leucine g	2.169		0	PAE	4		7.071	1.844	
Lysine g	2.284		0	PAE	4		7.446	1.941	
Methionine g	0.703		0	PAE	4		2.292	0.598	
Cystine g	0.307		0	PAE	4		1.001	0.261	
Phenylalanine g	1.072		0	PAE	4		3.495	0.911	
Tyrosine g	0.922		0	PAE	4		3.006	0.784	
Valine g	1.335		0	PAE	4		4.352	1.135	
Arginine g	1.735		0	PAE	4		5.656	1.475	
Histidine g	0.940		0	PAE	4		3.064	0.799	
Alanine g	1.656		0	PAE	4		5.399	1.408	
Aspartic acid g	2.508		0	PAE	4		8.176	2.132	
Glutamic acid g	4.124		0	PAE	4		13.444	3.505	
Glycine g	1.498		0	PAE	4		4.883	1.273	
Proline g	1.212		0	PAE	4		3.951	1.030	
Serine g	1.050		0	PAE	4		3.423	0.893	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13884

Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Common Measures:

Measure 1 = 326g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13886

Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

URMIS # 2340

Refuse: 4% Connective tissue

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.92		0	PAE	4		197.99	51.78	
Energy	kcal	228		0	NC	4		741	194	
Energy	kJ	954		0		4		3100	811	
Protein (N x 6.25)	g	27.27		0	PAE	4		88.63	23.18	
Total lipid (fat)	g	12.34		0	PAE	4		40.11	10.49	
Ash	g	1.12		0	PAE	4		3.64	0.95	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	PAE	4		20	5	
Iron, Fe	mg	2.79		0	PAE	4		9.07	2.37	
Magnesium, Mg	mg	25		0	PAE	4		81	21	
Phosphorus, P	mg	229		0	PAE	4		744	195	
Potassium, K	mg	365		0	PAE	4		1186	310	
Sodium, Na	mg	63		0	PAE	4		205	54	
Zinc, Zn	mg	6.62		0	PAE	4		21.52	5.63	
Copper, Cu	mg	0.119		0	PAE	4		0.387	0.101	
Manganese, Mn	mg	0.016		0	PAE	4		0.052	0.014	
Selenium, Se	mcg	26.8		0	BFZN	4		87.1	22.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.090		0	PAE	4		0.293	0.077	
Riboflavin	mg	0.250		0	PAE	4		0.813	0.213	
Niacin	mg	3.570		0	PAE	4		11.603	3.035	
Pantothenic acid	mg	0.440		0	PAE	4		1.430	0.374	
Vitamin B-6	mg	0.380		0	PAE	4		1.235	0.323	
Folate, total	mcg	8		0	PAE	4		26	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0	PAE	4		26	7	
Folate, DFE	mcg_DFE	8		0	NC	4		26	7	
Choline, total	mg	103.9		0	BFPN	4		337.6	88.3	
Betaine	mg									
Vitamin B-12	mcg	2.79		0	PAE	4		9.07	2.37	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	BFSN	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.18		0	BFSN	4		0.57	0.15	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.2		0	AS	1		0.7	0.2	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.2		0	BFFN	4		0.7	0.2	
Vitamin D	IU	8		0	BFFN	4		26	7	
Vitamin K (phylloquinone)	mcg	1.5		0	BFSN	4		4.8	1.3	
Lipids:										
Fatty acids, total saturated	g	4.630		0	PAE	4		15.048	3.936	
4:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 13886

Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.020		0	PAE	4		0.065	0.017	
12:0 g	0.020		0	PAE	4		0.065	0.017	
13:0 g									
14:0 g	0.360		0	PAE	4		1.170	0.306	
15:0 g									
16:0 g	2.830		0	PAE	4		9.198	2.406	
17:0 g									
18:0 g	1.400		0	PAE	4		4.550	1.190	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.110		0	PAE	4		16.608	4.344	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.480		0	PAE	4		1.560	0.408	
17:1 g									
18:1 undifferentiated g	4.620		0	PAE	4		15.015	3.927	
20:1 g	0.010		0	PAE	4		0.033	0.009	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.480		0	PAE	4		1.560	0.408	
18:2 undifferentiated g	0.340		0	PAE	4		1.105	0.289	
18:3 undifferentiated g	0.100		0	PAE	4		0.325	0.085	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0	PAE	4		0.130	0.034	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	82		0	PAE	4		267	70	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.305		0	PAE	4		0.991	0.259	
Threonine g	1.191		0	PAE	4		3.871	1.012	
Isoleucine g	1.226		0	PAE	4		3.985	1.042	
Leucine g	2.155		0	PAE	4		7.004	1.832	
Lysine g	2.269		0	PAE	4		7.374	1.929	
Methionine g	0.698		0	PAE	4		2.269	0.593	
Cystine g	0.305		0	PAE	4		0.991	0.259	
Phenylalanine g	1.065		0	PAE	4		3.461	0.905	
Tyrosine g	0.916		0	PAE	4		2.977	0.779	
Valine g	1.326		0	PAE	4		4.310	1.127	
Arginine g	1.723		0	PAE	4		5.600	1.465	
Histidine g	0.934		0	PAE	4		3.036	0.794	
Alanine g	1.645		0	PAE	4		5.346	1.398	
Aspartic acid g	2.491		0	PAE	4		8.096	2.117	
Glutamic acid g	4.097		0	PAE	4		13.315	3.482	
Glycine g	1.488		0	PAE	4		4.836	1.265	
Proline g	1.204		0	PAE	4		3.913	1.023	
Serine g	1.043		0	PAE	4		3.390	0.887	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13886

Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 325g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13888

Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

URMIS # 1525

Refuse: 4% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.31		0	PAE	4		203.75	52.96	
Energy....kcal	210		0	NC	4		687	179	
Energy....kJ	879		0		4		2873	747	
Protein (N x 6.25)....g	27.63		0	PAE	4		90.35	23.49	
Total lipid (fat)....g	10.24		0	PAE	4		33.48	8.70	
Ash....g	1.14		0	PAE	4		3.73	0.97	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	PAE	4		20	5	
Iron, Fe....mg	2.83		0	PAE	4		9.25	2.41	
Magnesium, Mg....mg	26		0	PAE	4		85	22	
Phosphorus, P....mg	232		0	PAE	4		759	197	
Potassium, K....mg	370		0	PAE	4		1210	315	
Sodium, Na....mg	64		0	PAE	4		209	54	
Zinc, Zn....mg	6.73		0	PAE	4		22.01	5.72	
Copper, Cu....mg	0.120		0	PAE	4		0.392	0.102	
Manganese, Mn....mg	0.016		0	PAE	4		0.052	0.014	
Selenium, Se....mcg	26.9		0	BFZN	4		88.0	22.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0	PAE	4		0.294	0.077	
Riboflavin....mg	0.260		0	PAE	4		0.850	0.221	
Niacin....mg	3.610		0	PAE	4		11.805	3.069	
Pantothenic acid....mg	0.450		0	PAE	4		1.472	0.383	
Vitamin B-6....mg	0.380		0	PAE	4		1.243	0.323	
Folate, total....mcg	8		0	PAE	4		26	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0	PAE	4		26	7	
Folate, DFE....mcg_DFE	8		0	NC	4		26	7	
Choline, total....mg	105.2		0	BFPN	4		344.1	89.4	
Betaine....mg									
Vitamin B-12....mcg	2.81		0	PAE	4		9.19	2.39	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.14		0	BFSN	4		0.47	0.12	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.5	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		0.5	0.1	
Vitamin D....IU	7		0	BFFN	4		22	6	
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		4.7	1.2	
Lipids:									
Fatty acids, total saturated....g	3.810		0	PAE	4		12.459	3.239	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13888

Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.020		0	PAE	4		0.065	0.017	
12:0 g	0.020		0	PAE	4		0.065	0.017	
13:0 g									
14:0 g	0.290		0	PAE	4		0.948	0.247	
15:0 g									
16:0 g	2.330		0	PAE	4		7.619	1.981	
17:0 g									
18:0 g	1.160		0	PAE	4		3.793	0.986	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.220		0	PAE	4		13.799	3.587	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.390		0	PAE	4		1.275	0.332	
17:1 g									
18:1 undifferentiated g	3.820		0	PAE	4		12.491	3.247	
20:1 g	0.010		0	PAE	4		0.033	0.009	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.400		0	PAE	4		1.308	0.340	
18:2 undifferentiated g	0.290		0	PAE	4		0.948	0.247	
18:3 undifferentiated g	0.080		0	PAE	4		0.262	0.068	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	PAE	4		0.098	0.026	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	82		0	PAE	4		268	70	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.309		0	PAE	4		1.010	0.263	
Threonine g	1.207		0	PAE	4		3.947	1.026	
Isoleucine g	1.242		0	PAE	4		4.061	1.056	
Leucine g	2.184		0	PAE	4		7.142	1.856	
Lysine g	2.299		0	PAE	4		7.518	1.954	
Methionine g	0.707		0	PAE	4		2.312	0.601	
Cystine g	0.309		0	PAE	4		1.010	0.263	
Phenylalanine g	1.079		0	PAE	4		3.528	0.917	
Tyrosine g	0.928		0	PAE	4		3.035	0.789	
Valine g	1.344		0	PAE	4		4.395	1.142	
Arginine g	1.746		0	PAE	4		5.709	1.484	
Histidine g	0.946		0	PAE	4		3.093	0.804	
Alanine g	1.667		0	PAE	4		5.451	1.417	
Aspartic acid g	2.524		0	PAE	4		8.253	2.145	
Glutamic acid g	4.151		0	PAE	4		13.574	3.528	
Glycine g	1.507		0	PAE	4		4.928	1.281	
Proline g	1.220		0	PAE	4		3.989	1.037	
Serine g	1.057		0	PAE	4		3.456	0.898	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13888

Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Common Measures:

Measure 1 = 327g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13424

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Refuse: 6% Bone and connective tissue, 4.0%, separable fat, 4.1%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.75	0.467	20	A	1		213.61	56.74	
Energy....kcal	174		0	NC	4		555	148	
Energy....kJ	726		0	NC	4		2323	617	
Protein (N x 6.25)....g	27.53	0.331	20	A	1		88.08	23.40	
Total lipid (fat)....g	6.20	0.361	20	A	1		19.83	5.27	
Ash....g	0.81	0.025	20	A	1		2.61	0.69	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	BFNN	4		18	5	
Iron, Fe....mg	2.30		0	BFNN	4		7.37	1.96	
Magnesium, Mg....mg	18		0	BFNN	4		59	16	
Phosphorus, P....mg	174		0	BFNN	4		557	148	
Potassium, K....mg	226		0	BFNN	4		723	192	
Sodium, Na....mg	36		0	BFNN	4		115	31	
Zinc, Zn....mg	4.73		0	BFNN	4		15.15	4.02	
Copper, Cu....mg	0.068		0	BFNN	4		0.219	0.058	
Manganese, Mn....mg	0.010		0	BFNN	4		0.031	0.008	
Selenium, Se....mcg	31.1		0	BFNN	4		99.6	26.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.062		0	BFPN	4		0.199	0.053	
Riboflavin....mg	0.155		0	BFPN	4		0.497	0.132	
Niacin....mg	4.945		0	BFPN	4		15.823	4.203	
Pantothenic acid....mg	0.542		0	BFPN	4		1.733	0.460	
Vitamin B-6....mg	0.369		0	BFPN	4		1.181	0.314	
Folate, total....mcg	9		0	BFPN	4		29	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		29	8	
Folate, DFE....mcg_DFE	9		0	NC	4		29	8	
Choline, total....mg	104.8		0	BFPN	4		335.5	89.1	
Betaine....mg	13.8		0	BFPN	4		44.1	11.7	
Vitamin B-12....mcg	1.52		0	BFPN	4		4.85	1.29	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.35		0	BFSN	4		1.13	0.30	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.3	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.3	0.1	
Vitamin D....IU	4		0	BFFN	4		13	3	
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		4.0	1.1	
Lipids:									
Fatty acids, total saturated....g	2.209		0	NC	4		7.069	1.878	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13424

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.158		0	BFFN	4		0.505	0.134	
15:0....g									
16:0....g	1.350		0	BFFN	4		4.320	1.148	
17:0....g									
18:0....g	0.701		0	BFFN	4		2.244	0.596	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.537		0	NC	4		8.117	2.156	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.216		0	BFFN	4		0.692	0.184	
17:1....g									
18:1 undifferentiated....g	2.320		0	BFFN	4		7.425	1.972	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.228		0	NC	4		0.729	0.194	
18:2 undifferentiated....g	0.181		0	BFFN	4		0.580	0.154	
18:3 undifferentiated....g	0.018		0	BFFN	4		0.056	0.015	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	BFFN	4		0.093	0.025	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	88		0	BFFN	4		281	75	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.181		0	A	1		0.579	0.154	
Threonine....g	1.100		0	A	1		3.519	0.935	
Isoleucine....g	1.252		0	A	1		4.007	1.064	
Leucine....g	2.190		0	A	1		7.007	1.861	
Lysine....g	2.326		0	A	1		7.444	1.977	
Methionine....g	0.717		0	A	1		2.294	0.609	
Cystine....g	0.355		0	A	1		1.137	0.302	
Phenylalanine....g	1.087		0	A	1		3.479	0.924	
Tyrosine....g	0.877		0	A	1		2.807	0.746	
Valine....g	1.366		0	A	1		4.370	1.161	
Arginine....g	1.780		0	A	1		5.696	1.513	
Histidine....g	0.878		0	A	1		2.811	0.747	
Alanine....g	1.673		0	A	1		5.355	1.422	
Aspartic acid....g	2.507		0	A	1		8.023	2.131	
Glutamic acid....g	4.132		0	A	1		13.223	3.512	
Glycine....g	1.676		0	A	1		5.363	1.425	
Proline....g	1.312		0	A	1		4.199	1.115	
Serine....g	1.084		0	A	1		3.470	0.922	
Hydroxyproline....g	0.289		0	BFPN	4		0.925	0.246	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13424

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Common Measures:

Measure 1 = 320g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.04 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13425

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Cube Steak, URMIS # 2340

Refuse: 7% Bone and connective tissue 4%, sep fat 3%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.62	0.595	10	A	1		746.80		
Energy....kcal	176		0	NC	4		2004		
Energy....kJ	737		0	NC	4		8383		
Protein (N x 6.25)....g	27.68	0.445	10	A	1		315.02		
Total lipid (fat)....g	6.42	0.553	10	A	1		73.00		
Ash....g	1.12	0.028	10	A	1		12.79		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		10	BFNN	4		65		
Iron, Fe....mg	2.43		0	BFNN	4		27.70		
Magnesium, Mg....mg	19		0	BFNN	4		211		
Phosphorus, P....mg	174		0	BFNN	4		1982		
Potassium, K....mg	225		0	BFNN	4		2561		
Sodium, Na....mg	36		0	BFNN	4		411		
Zinc, Zn....mg	4.81		0	BFNN	4		54.79		
Copper, Cu....mg	0.065		0	BFNN	4		0.734		
Manganese, Mn....mg	0.009		0	BFNN	4		0.106		
Selenium, Se....mcg	31.4		0	BFNN	4		357.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.058		0	BFPN	4		0.657		
Riboflavin....mg	0.173		0	BFPN	4		1.968		
Niacin....mg	5.319		0	BFPN	4		60.527		
Pantothenic acid....mg	0.544		0	BFPN	4		6.187		
Vitamin B-6....mg	0.386		0	BFPN	4		4.396		
Folate, total....mcg	9		0	BFPN	4		105		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFPN	4		105		
Folate, DFE....mcg_DFE	9		0	NC	4		105		
Choline, total....mg	105.4		0	BFPN	4		1199.8		
Betaine....mg									
Vitamin B-12....mcg	1.63		0	BFPN	4		18.60		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.37		0	BFSN	4		4.17		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		14.8		
Lipids:									
Fatty acids, total saturated....g	2.288		0	NC	4		26.032		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13425

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.000		0	BFFN	4		0.000		
12:0 g	0.000		0	BFFN	4		0.000		
13:0 g									
14:0 g	0.163		0	BFFN	4		1.859		
15:0 g									
16:0 g	1.398		0	BFFN	4		15.908		
17:0 g									
18:0 g	0.726		0	BFFN	4		8.264		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.626		0	NC	4		29.888		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.224		0	BFFN	4		2.548		
17:1 g									
18:1 undifferentiated g	2.403		0	BFFN	4		27.340		
20:1 g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.236		0	NC	4		2.685		
18:2 undifferentiated g	0.188		0	BFFN	4		2.135		
18:3 undifferentiated g	0.018		0	BFFN	4		0.206		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	BFFN	4		0.344		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	91		0	BFFN	4		1033		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.182		0	A	1		2.070		
Threonine g	1.106		0	A	1		12.584		
Isoleucine g	1.259		0	A	1		14.332		
Leucine g	2.202		0	A	1		25.059		
Lysine g	2.339		0	A	1		26.623		
Methionine g	0.721		0	A	1		8.203		
Cystine g	0.357		0	A	1		4.065		
Phenylalanine g	1.093		0	A	1		12.443		
Tyrosine g	0.882		0	A	1		10.038		
Valine g	1.373		0	A	1		15.628		
Arginine g	1.790		0	A	1		20.370		
Histidine g	0.883		0	A	1		10.054		
Alanine g	1.683		0	A	1		19.152		
Aspartic acid g	2.521		0	A	1		28.694		
Glutamic acid g	4.156		0	A	1		47.292		
Glycine g	1.686		0	A	1		19.182		
Proline g	1.320		0	A	1		15.018		
Serine g	1.090		0	A	1		12.409		
Hydroxyproline g	0.291		0	BFPN	4		3.310		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13425

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 1138g: 1 roast (yield from 1405 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13426

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Cube Steak, URMIS # 1525

Refuse: 9% Bone and connective tissue 4%, sep fat 5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.88	0.532	10	A	1		774.51		
Energy....kcal	149		0	NC	4		1699		
Energy....kJ	623		0	NC	4		7109		
Protein (N x 6.25)....g	27.37	0.510	10	A	1		312.27		
Total lipid (fat)....g	4.38	0.118	10	A	1		50.01		
Ash....g	1.16	0.042	10	A	1		13.19		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	BFNN	4		67		
Iron, Fe....mg	2.26		0	BFNN	4		25.83		
Magnesium, Mg....mg	18		0	BFNN	4		211		
Phosphorus, P....mg	177		0	BFNN	4		2014		
Potassium, K....mg	230		0	BFNN	4		2621		
Sodium, Na....mg	36		0	BFNN	4		415		
Zinc, Zn....mg	4.75		0	BFNN	4		54.15		
Copper, Cu....mg	0.077		0	BFNN	4		0.879		
Manganese, Mn....mg	0.010		0	BFNN	4		0.115		
Selenium, Se....mcg	34.4		0	BFNN	4		392.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.066		0	BFPN	4		0.747		
Riboflavin....mg	0.148		0	BFPN	4		1.690		
Niacin....mg	4.707		0	BFPN	4		53.705		
Pantothenic acid....mg	0.679		0	BFPN	4		7.749		
Vitamin B-6....mg	0.361		0	BFPN	4		4.118		
Folate, total....mcg	9		0	BFPN	4		105		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFPN	4		105		
Folate, DFE....mcg_DFE	9		0	NC	4		105		
Choline, total....mg	104.2		0	BFPN	4		1189.3		
Betaine....mg									
Vitamin B-12....mcg	1.41		0	BFPN	4		16.05		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.34		0	BFSN	4		3.90		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.2		0	BFSN	4		13.9		
Lipids:									
Fatty acids, total saturated....g	1.563		0	NC	4		17.832		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13426

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.000		0	BFFN	4		0.000		
12:0 ... g	0.000		0	BFFN	4		0.000		
13:0 ... g									
14:0 ... g	0.112		0	BFFN	4		1.273		
15:0 ... g									
16:0 ... g	0.955		0	BFFN	4		10.898		
17:0 ... g									
18:0 ... g	0.496		0	BFFN	4		5.661		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.794		0	NC	4		20.474		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.153		0	BFFN	4		1.745		
17:1 ... g									
18:1 undifferentiated ... g	1.642		0	BFFN	4		18.730		
20:1 ... g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.161		0	NC	4		1.838		
18:2 undifferentiated ... g	0.128		0	BFFN	4		1.462		
18:3 undifferentiated ... g	0.012		0	BFFN	4		0.141		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.021		0	BFFN	4		0.235		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	62		0	BFFN	4		708		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.180		0	A	1		2.052		
Threonine ... g	1.093		0	A	1		12.474		
Isoleucine ... g	1.245		0	A	1		14.207		
Leucine ... g	2.177		0	A	1		24.840		
Lysine ... g	2.313		0	A	1		26.390		
Methionine ... g	0.713		0	A	1		8.132		
Cystine ... g	0.353		0	A	1		4.030		
Phenylalanine ... g	1.081		0	A	1		12.334		
Tyrosine ... g	0.872		0	A	1		9.950		
Valine ... g	1.358		0	A	1		15.492		
Arginine ... g	1.770		0	A	1		20.192		
Histidine ... g	0.873		0	A	1		9.966		
Alanine ... g	1.664		0	A	1		18.984		
Aspartic acid ... g	2.493		0	A	1		28.443		
Glutamic acid ... g	4.109		0	A	1		46.878		
Glycine ... g	1.666		0	A	1		19.014		
Proline ... g	1.305		0	A	1		14.887		
Serine ... g	1.078		0	A	1		12.301		
Hydroxyproline ... g	0.288		0	BFPN	4		3.281		
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13426

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Common Measures:

Measure 1 = 1141g: 1 roast (yield from 1388 g raw meat)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13486

Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, raw

Refuse: 4% Bone and connective tissue

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.01	0.377	20	PAK	1				
Energy	kcal	151		0	NC	4				
Energy	kJ	630		0	NC	4				
Protein (N x 6.25)	g	20.48	0.222	20	PAK	1				
Total lipid (fat)	g	7.01	0.387	20	PAK	1				
Ash	g	1.00	0.020	20	PAK	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	19		0	BFNN	4				
Iron, Fe	mg	1.69		0	BFNN	4				
Magnesium, Mg	mg	22		0	BFNN	4				
Phosphorus, P	mg	194		0	BFNN	4				
Potassium, K	mg	318		0	BFNN	4				
Sodium, Na	mg	55		0	BFNN	4				
Zinc, Zn	mg	3.72		0	BFNN	4				
Copper, Cu	mg	0.088		0	BFNN	4				
Manganese, Mn	mg	0.012		0	BFNN	4				
Selenium, Se	mcg	24.2		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.081		0	BFPN	4				
Riboflavin	mg	0.125		0	BFPN	4				
Niacin	mg	6.119		0	BFPN	4				
Pantothenic acid	mg	0.589		0	BFPN	4				
Vitamin B-6	mg	0.607		0	BFPN	4				
Folate, total	mcg	11		0	BFPN	4				
Folic acid	mcg									
Folate, food	mcg	11		0	BFPN	4				
Folate, DFE	mcg_DFE									
Choline, total	mg	85.6		0	BFPN	4				
Betaine	mg									
Vitamin B-12	mcg	1.48		0	BFPN	4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.30		0	BFSN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.00		0	Z	7				
Tocopherol, gamma	mg	0.00		0	Z	7				
Tocopherol, delta	mg	0.00		0	Z	7				
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.2		0	BFSN	4				
Lipids:										
Fatty acids, total saturated	g	2.778		0	NC	4				
4:0	g	0.000		0	BFFN	4				

NDB No. 13486

Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4				
8:0 g	0.000		0	BFFN	4				
10:0 g	0.021		0	BFFN	4				
12:0 g	0.016		0	BFFN	4				
13:0 g									
14:0 g	0.218		0	BFFN	4				
15:0 g									
16:0 g	1.678		0	BFFN	4				
17:0 g									
18:0 g	0.844		0	BFFN	4				
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.011		0	NC	4				
14:1 g									
15:1 g									
16:1 undifferentiated g	0.351		0	BFFN	4				
17:1 g									
18:1 undifferentiated g	2.650		0	BFFN	4				
20:1 g	0.011		0	BFFN	4				
22:1 undifferentiated g	0.000		0	BFFN	4				
24:1 c g									
Fatty acids, total polyunsaturated g	0.276		0	NC	4				
18:2 undifferentiated g	0.181		0	BFFN	4				
18:3 undifferentiated g	0.085		0	BFFN	4				
18:4 g	0.000		0	BFFN	4				
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.011		0	BFFN	4				
20:5 n-3 (EPA) g	0.000		0	BFFN	4				
22:5 n-3 (DPA) g	0.000		0	BFFN	4				
22:6 n-3 (DHA) g	0.000		0	BFFN	4				
Fatty acids, total trans g									
Cholesterol mg	35		0	BFFN	4				
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.135		0	PAK	1				
Threonine g	0.818		0	PAK	1				
Isoleucine g	0.932		0	PAK	1				
Leucine g	1.629		0	PAK	1				
Lysine g	1.731		0	PAK	1				
Methionine g	0.533		0	PAK	1				
Cystine g	0.264		0	PAK	1				
Phenylalanine g	0.809		0	PAK	1				
Tyrosine g	0.653		0	PAK	1				
Valine g	1.016		0	PAK	1				
Arginine g	1.324		0	PAK	1				
Histidine g	0.654		0	PAK	1				
Alanine g	1.245		0	PAK	1				
Aspartic acid g	1.866		0	PAK	1				
Glutamic acid g	3.075		0	PAK	1				
Glycine g	1.247		0	PAK	1				
Proline g	0.976		0	PAK	1				
Serine g	0.807		0	PAK	1				
Hydroxyproline g	0.215		0	BFPN	4				
Others:									
Alcohol, ethyl g	0.0		0	Z	7				
Caffeine mg	0		0	Z	7				
Theobromine mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13486

Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, raw

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13487

Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, raw

URMIS # 2340

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.40	0.559	10	PAK	1				
Energy....kcal	156		0	NC	4				
Energy....kJ	652		0	NC	4				
Protein (N x 6.25)....g	20.16	0.422	10	PAK	1				
Total lipid (fat)....g	7.73	0.584	10	PAK	1				
Ash....g	0.99	0.026	10	PAK	1				
Carbohydrate, by difference....g	0.00		0	Z	7				
Fiber, total dietary....g	0.0		0	Z	7				
Sugars, total....g	0.00		0	Z	7				
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0	BFNN	4				
Iron, Fe....mg	1.78		0	BFNN	4				
Magnesium, Mg....mg	21		0	BFNN	4				
Phosphorus, P....mg	191		0	BFNN	4				
Potassium, K....mg	309		0	BFNN	4				
Sodium, Na....mg	51		0	BFNN	4				
Zinc, Zn....mg	3.68		0	BFNN	4				
Copper, Cu....mg	0.089		0	BFNN	4				
Manganese, Mn....mg	0.012		0	BFNN	4				
Selenium, Se....mcg	24.2		0	BFNN	4				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7				
Thiamin....mg	0.077		0	BFPN	4				
Riboflavin....mg	0.139		0	BFPN	4				
Niacin....mg	6.127		0	BFPN	4				
Pantothenic acid....mg	0.589		0	BFPN	4				
Vitamin B-6....mg	0.595		0	BFPN	4				
Folate, total....mcg	11		0	BFPN	4				
Folic acid....mcg									
Folate, food....mcg	11		0	BFPN	4				
Folate, DFE....mcg_DFE									
Choline, total....mg	84.2		0	BFPN	4				
Betaine....mg									
Vitamin B-12....mcg	1.71		0	BFPN	4				
Vitamin B-12, added....mcg	0.00		0	Z	7				
Vitamin A, RAE....mcg_RAE	0		0	AS	1				
Retinol....mcg	0		0	Z	7				
Carotene, beta....mcg	0		0	Z	7				
Carotene, alpha....mcg	0		0	Z	7				
Cryptoxanthin, beta....mcg	0		0	Z	7				
Vitamin A, IU....IU	0		0	AS	1				
Lycopene....mcg	0		0	Z	7				
Lutein + zeaxanthin....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)....mg	0.30		0	BFSN	4				
Vitamin E, added....mg	0.00		0	Z	7				
Tocopherol, beta....mg	0.00		0	Z	7				
Tocopherol, gamma....mg	0.00		0	Z	7				
Tocopherol, delta....mg	0.00		0	Z	7				
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.2		0	BFSN	4				
Lipids:									
Fatty acids, total saturated....g	3.066		0	NC	4				
4:0....g	0.000		0	BFFN	4				

NDB No. 13487

Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4				
8:0 ... g	0.000		0	BFFN	4				
10:0 ... g	0.023		0	BFFN	4				
12:0 ... g	0.018		0	BFFN	4				
13:0 ... g									
14:0 ... g	0.240		0	BFFN	4				
15:0 ... g									
16:0 ... g	1.852		0	BFFN	4				
17:0 ... g									
18:0 ... g	0.932		0	BFFN	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.324		0	NC	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.387		0	BFFN	4				
17:1 ... g									
18:1 undifferentiated ... g	2.925		0	BFFN	4				
20:1 ... g	0.012		0	BFFN	4				
22:1 undifferentiated ... g	0.000		0	BFFN	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.305		0	NC	4				
18:2 undifferentiated ... g	0.199		0	BFFN	4				
18:3 undifferentiated ... g	0.094		0	BFFN	4				
18:4 ... g	0.000		0	BFFN	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.012		0	BFFN	4				
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4				
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4				
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	38		0	BFFN	4				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.133		0	PAK	1				
Threonine ... g	0.805		0	PAK	1				
Isoleucine ... g	0.917		0	PAK	1				
Leucine ... g	1.604		0	PAK	1				
Lysine ... g	1.704		0	PAK	1				
Methionine ... g	0.525		0	PAK	1				
Cystine ... g	0.260		0	PAK	1				
Phenylalanine ... g	0.796		0	PAK	1				
Tyrosine ... g	0.642		0	PAK	1				
Valine ... g	1.000		0	PAK	1				
Arginine ... g	1.304		0	PAK	1				
Histidine ... g	0.643		0	PAK	1				
Alanine ... g	1.226		0	PAK	1				
Aspartic acid ... g	1.836		0	PAK	1				
Glutamic acid ... g	3.027		0	PAK	1				
Glycine ... g	1.228		0	PAK	1				
Proline ... g	0.961		0	PAK	1				
Serine ... g	0.794		0	PAK	1				
Hydroxyproline ... g	0.212		0	BFPN	4				
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg	0		0	Z	7				
Theobromine ... mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13487

Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, raw

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13488

Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, raw

URMIS

Refuse: 3% Bone and connective tissue

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.62	0.451	10	PAK	1				
Energy	kcal	145		0	NC	4				
Energy	kJ	609		0	NC	4				
Protein (N x 6.25)	g	20.80	0.355	10	PAK	1				
Total lipid (fat)	g	6.28	0.418	10	PAK	1				
Ash	g	1.01	0.031	10	PAK	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	23		0	BFNN	4				
Iron, Fe	mg	1.59		0	BFNN	4				
Magnesium, Mg	mg	22		0	BFNN	4				
Phosphorus, P	mg	196		0	BFNN	4				
Potassium, K	mg	327		0	BFNN	4				
Sodium, Na	mg	58		0	BFNN	4				
Zinc, Zn	mg	3.75		0	BFNN	4				
Copper, Cu	mg	0.087		0	BFNN	4				
Manganese, Mn	mg	0.012		0	BFNN	4				
Selenium, Se	mcg	24.1		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.085		0	BFPN	4				
Riboflavin	mg	0.111		0	BFPN	4				
Niacin	mg	6.107		0	BFPN	4				
Pantothenic acid	mg	0.589		0	BFPN	4				
Vitamin B-6	mg	0.618		0	BFPN	4				
Folate, total	mcg	11		0	BFPN	4				
Folic acid	mcg									
Folate, food	mcg	11		0	BFPN	4				
Folate, DFE	mcg_DFE									
Choline, total	mg	86.9		0	BFPN	4				
Betaine	mg									
Vitamin B-12	mcg	1.24		0	BFPN	4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.29		0	BFSN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.00		0	Z	7				
Tocopherol, gamma	mg	0.00		0	Z	7				
Tocopherol, delta	mg	0.00		0	Z	7				
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.2		0	BFSN	4				
Lipids:										
Fatty acids, total saturated	g	2.489		0	NC	4				
4:0	g	0.000		0	BFFN	4				

NDB No. 13488

Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4				
8:0 g	0.000		0	BFFN	4				
10:0 g	0.019		0	BFFN	4				
12:0 g	0.014		0	BFFN	4				
13:0 g									
14:0 g	0.195		0	BFFN	4				
15:0 g									
16:0 g	1.504		0	BFFN	4				
17:0 g									
18:0 g	0.757		0	BFFN	4				
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.699		0	NC	4				
14:1 g									
15:1 g									
16:1 undifferentiated g	0.314		0	BFFN	4				
17:1 g									
18:1 undifferentiated g	2.375		0	BFFN	4				
20:1 g	0.010		0	BFFN	4				
22:1 undifferentiated g	0.000		0	BFFN	4				
24:1 c g									
Fatty acids, total polyunsaturated g	0.247		0	NC	4				
18:2 undifferentiated g	0.162		0	BFFN	4				
18:3 undifferentiated g	0.076		0	BFFN	4				
18:4 g	0.000		0	BFFN	4				
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.010		0	BFFN	4				
20:5 n-3 (EPA) g	0.000		0	BFFN	4				
22:5 n-3 (DPA) g	0.000		0	BFFN	4				
22:6 n-3 (DHA) g	0.000		0	BFFN	4				
Fatty acids, total trans g									
Cholesterol mg	31		0	BFFN	4				
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.137		0	PAK	1				
Threonine g	0.831		0	PAK	1				
Isoleucine g	0.946		0	PAK	1				
Leucine g	1.655		0	PAK	1				
Lysine g	1.758		0	PAK	1				
Methionine g	0.542		0	PAK	1				
Cystine g	0.268		0	PAK	1				
Phenylalanine g	0.822		0	PAK	1				
Tyrosine g	0.663		0	PAK	1				
Valine g	1.032		0	PAK	1				
Arginine g	1.345		0	PAK	1				
Histidine g	0.664		0	PAK	1				
Alanine g	1.265		0	PAK	1				
Aspartic acid g	1.895		0	PAK	1				
Glutamic acid g	3.123		0	PAK	1				
Glycine g	1.267		0	PAK	1				
Proline g	0.992		0	PAK	1				
Serine g	0.819		0	PAK	1				
Hydroxyproline g	0.219		0	BFPN	4				
Others:									
Alcohol, ethyl g	0.0		0	Z	7				
Caffeine mg	0		0	Z	7				
Theobromine mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13488

Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, raw

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13883

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 4% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.10		0	PAE	4		18.74	299.83	
Energy....kcal	189		0	NC	4		54	857	
Energy....kJ	791		0		4		224	3587	
Protein (N x 6.25)....g	19.60		0	PAE	4		5.56	88.91	
Total lipid (fat)....g	11.67		0	PAE	4		3.31	52.94	
Ash....g	0.95		0	PAE	4		0.27	4.31	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0	PAE	4		1	23	
Iron, Fe....mg	2.00		0	PAE	4		0.57	9.07	
Magnesium, Mg....mg	22		0	PAE	4		6	100	
Phosphorus, P....mg	193		0	PAE	4		55	875	
Potassium, K....mg	329		0	PAE	4		93	1492	
Sodium, Na....mg	58		0	PAE	4		16	263	
Zinc, Zn....mg	4.41		0	PAE	4		1.25	20.00	
Copper, Cu....mg	0.076		0	PAE	4		0.022	0.345	
Manganese, Mn....mg	0.013		0	PAE	4		0.004	0.059	
Selenium, Se....mcg	19.6		0	BFYN	4		5.6	88.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.110		0	PAE	4		0.031	0.499	
Riboflavin....mg	0.180		0	PAE	4		0.051	0.816	
Niacin....mg	3.160		0	PAE	4		0.896	14.334	
Pantothenic acid....mg	0.330		0	PAE	4		0.094	1.497	
Vitamin B-6....mg	0.410		0	PAE	4		0.116	1.860	
Folate, total....mcg	7		0	PAE	4		2	32	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0	PAE	4		2	32	
Folate, DFE....mcg_DFE	7		0	NC	4		2	32	
Choline, total....mg	81.9		0	BFPN	4		23.2	371.3	
Betaine....mg	12.0		0	BFPN	4		3.4	54.6	
Vitamin B-12....mcg	3.01		0	PAE	4		0.85	13.65	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.600		0	PAE	4		1.304	20.866	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13883

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.040		0	PAE	4		0.011	0.181	
12:0....g	0.020		0	PAE	4		0.006	0.091	
13:0....g									
14:0....g	0.360		0	PAE	4		0.102	1.633	
15:0....g									
16:0....g	2.780		0	PAE	4		0.788	12.610	
17:0....g									
18:0....g	1.400		0	PAE	4		0.397	6.350	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.000		0	PAE	4		1.418	22.680	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.570		0	PAE	4		0.162	2.586	
17:1....g									
18:1 undifferentiated....g	4.410		0	PAE	4		1.250	20.004	
20:1....g	0.010		0	PAE	4		0.003	0.045	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.460		0	PAE	4		0.130	2.087	
18:2 undifferentiated....g	0.310		0	PAE	4		0.088	1.406	
18:3 undifferentiated....g	0.130		0	PAE	4		0.037	0.590	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	65		0	PAE	4		18	295	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.220		0	PAE	4		0.062	0.998	
Threonine....g	0.856		0	PAE	4		0.243	3.883	
Isoleucine....g	0.881		0	PAE	4		0.250	3.996	
Leucine....g	1.549		0	PAE	4		0.439	7.026	
Lysine....g	1.631		0	PAE	4		0.462	7.398	
Methionine....g	0.502		0	PAE	4		0.142	2.277	
Cystine....g	0.220		0	PAE	4		0.062	0.998	
Phenylalanine....g	0.765		0	PAE	4		0.217	3.470	
Tyrosine....g	0.659		0	PAE	4		0.187	2.989	
Valine....g	0.953		0	PAE	4		0.270	4.323	
Arginine....g	1.239		0	PAE	4		0.351	5.620	
Histidine....g	0.671		0	PAE	4		0.190	3.044	
Alanine....g	1.182		0	PAE	4		0.335	5.362	
Aspartic acid....g	1.790		0	PAE	4		0.507	8.119	
Glutamic acid....g	2.944		0	PAE	4		0.835	13.354	
Glycine....g	1.069		0	PAE	4		0.303	4.849	
Proline....g	0.865		0	PAE	4		0.245	3.924	
Serine....g	0.749		0	PAE	4		0.212	3.397	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13883

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13885

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw

URMIS # 2340

Refuse: 4% Connective tissue

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.43		0	PAE	4		18.55	296.79	
Energy	kcal	199		0	NC	4		56	903	
Energy	kJ	833		0		4		236	3777	
Protein (N x 6.25)	g	19.48		0	PAE	4		5.52	88.36	
Total lipid (fat)	g	12.83		0	PAE	4		3.64	58.20	
Ash	g	0.94		0	PAE	4		0.27	4.26	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0	PAE	4		1	23	
Iron, Fe	mg	1.99		0	PAE	4		0.56	9.03	
Magnesium, Mg	mg	21		0	PAE	4		6	95	
Phosphorus, P	mg	192		0	PAE	4		54	871	
Potassium, K	mg	326		0	PAE	4		92	1479	
Sodium, Na	mg	58		0	PAE	4		16	263	
Zinc, Zn	mg	4.37		0	PAE	4		1.24	19.82	
Copper, Cu	mg	0.076		0	PAE	4		0.022	0.345	
Manganese, Mn	mg	0.013		0	PAE	4		0.004	0.059	
Selenium, Se	mcg	19.6		0	BFYN	4		5.6	88.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.110		0	PAE	4		0.031	0.499	
Riboflavin	mg	0.180		0	PAE	4		0.051	0.816	
Niacin	mg	3.140		0	PAE	4		0.890	14.243	
Pantothenic acid	mg	0.330		0	PAE	4		0.094	1.497	
Vitamin B-6	mg	0.410		0	PAE	4		0.116	1.860	
Folate, total	mcg	7		0	PAE	4		2	32	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0	PAE	4		2	32	
Folate, DFE	mcg_DFE	7		0	NC	4		2	32	
Choline, total	mg	81.4		0	BFPN	4		23.1	369.1	
Betaine	mg	12.0		0	BFPN	4		3.4	54.3	
Vitamin B-12	mcg	3.00		0	PAE	4		0.85	13.61	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg									
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.040		0	PAE	4		1.429	22.861	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 13885

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.040		0	PAE	4		0.011	0.181	
12:0....g	0.030		0	PAE	4		0.009	0.136	
13:0....g									
14:0....g	0.390		0	PAE	4		0.111	1.769	
15:0....g									
16:0....g	3.050		0	PAE	4		0.865	13.835	
17:0....g									
18:0....g	1.540		0	PAE	4		0.437	6.985	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.490		0	PAE	4		1.556	24.903	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.620		0	PAE	4		0.176	2.812	
17:1....g									
18:1 undifferentiated....g	4.850		0	PAE	4		1.375	22.000	
20:1....g	0.010		0	PAE	4		0.003	0.045	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.510		0	PAE	4		0.145	2.313	
18:2 undifferentiated....g	0.340		0	PAE	4		0.096	1.542	
18:3 undifferentiated....g	0.140		0	PAE	4		0.040	0.635	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	65		0	PAE	4		18	295	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.218		0	PAE	4		0.062	0.989	
Threonine....g	0.851		0	PAE	4		0.241	3.860	
Isoleucine....g	0.876		0	PAE	4		0.248	3.974	
Leucine....g	1.539		0	PAE	4		0.436	6.981	
Lysine....g	1.620		0	PAE	4		0.459	7.348	
Methionine....g	0.499		0	PAE	4		0.141	2.263	
Cystine....g	0.218		0	PAE	4		0.062	0.989	
Phenylalanine....g	0.760		0	PAE	4		0.215	3.447	
Tyrosine....g	0.654		0	PAE	4		0.185	2.967	
Valine....g	0.947		0	PAE	4		0.268	4.296	
Arginine....g	1.231		0	PAE	4		0.349	5.584	
Histidine....g	0.667		0	PAE	4		0.189	3.026	
Alanine....g	1.175		0	PAE	4		0.333	5.330	
Aspartic acid....g	1.779		0	PAE	4		0.504	8.070	
Glutamic acid....g	2.926		0	PAE	4		0.830	13.272	
Glycine....g	1.063		0	PAE	4		0.301	4.822	
Proline....g	0.860		0	PAE	4		0.244	3.901	
Serine....g	0.745		0	PAE	4		0.211	3.379	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13885

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13887

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw

URMIS # 1525

Refuse: 3% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.86		0	PAE	4		18.95	303.28	
Energy....kcal	178		0	NC	4		50	807	
Energy....kJ	745		0		4		211	3378	
Protein (N x 6.25)....g	19.74		0	PAE	4		5.60	89.54	
Total lipid (fat)....g	10.39		0	PAE	4		2.95	47.13	
Ash....g	0.96		0	PAE	4		0.27	4.35	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0	PAE	4		1	23	
Iron, Fe....mg	2.02		0	PAE	4		0.57	9.16	
Magnesium, Mg....mg	22		0	PAE	4		6	100	
Phosphorus, P....mg	195		0	PAE	4		55	885	
Potassium, K....mg	332		0	PAE	4		94	1506	
Sodium, Na....mg	58		0	PAE	4		16	263	
Zinc, Zn....mg	4.45		0	PAE	4		1.26	20.19	
Copper, Cu....mg	0.077		0	PAE	4		0.022	0.349	
Manganese, Mn....mg	0.013		0	PAE	4		0.004	0.059	
Selenium, Se....mcg	19.6		0	BFYN	4		5.6	88.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.110		0	PAE	4		0.031	0.499	
Riboflavin....mg	0.180		0	PAE	4		0.051	0.816	
Niacin....mg	3.180		0	PAE	4		0.902	14.424	
Pantothenic acid....mg	0.330		0	PAE	4		0.094	1.497	
Vitamin B-6....mg	0.410		0	PAE	4		0.116	1.860	
Folate, total....mcg	7		0	PAE	4		2	32	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0	PAE	4		2	32	
Folate, DFE....mcg_DFE	7		0	NC	4		2	32	
Choline, total....mg	82.5		0	BFPN	4		23.4	374.0	
Betaine....mg	12.1		0	BFPN	4		3.4	55.0	
Vitamin B-12....mcg	3.03		0	PAE	4		0.86	13.74	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.100		0	PAE	4		1.162	18.598	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13887

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 ... g	0.000		0	Z	7		0.000	0.000	
10:0 ... g	0.030		0	PAE	4		0.009	0.136	
12:0 ... g	0.020		0	PAE	4		0.006	0.091	
13:0 ... g									
14:0 ... g	0.320		0	PAE	4		0.091	1.452	
15:0 ... g									
16:0 ... g	2.480		0	PAE	4		0.703	11.249	
17:0 ... g									
18:0 ... g	1.250		0	PAE	4		0.354	5.670	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.450		0	PAE	4		1.262	20.185	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.510		0	PAE	4		0.145	2.313	
17:1 ... g									
18:1 undifferentiated ... g	3.930		0	PAE	4		1.114	17.826	
20:1 ... g	0.010		0	PAE	4		0.003	0.045	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.410		0	PAE	4		0.116	1.860	
18:2 undifferentiated ... g	0.270		0	PAE	4		0.077	1.225	
18:3 undifferentiated ... g	0.120		0	PAE	4		0.034	0.544	
18:4 ... g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	64		0	PAE	4		18	290	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.221		0	PAE	4		0.063	1.002	
Threonine ... g	0.862		0	PAE	4		0.244	3.910	
Isoleucine ... g	0.888		0	PAE	4		0.252	4.028	
Leucine ... g	1.560		0	PAE	4		0.442	7.076	
Lysine ... g	1.643		0	PAE	4		0.466	7.453	
Methionine ... g	0.505		0	PAE	4		0.143	2.291	
Cystine ... g	0.221		0	PAE	4		0.063	1.002	
Phenylalanine ... g	0.771		0	PAE	4		0.219	3.497	
Tyrosine ... g	0.663		0	PAE	4		0.188	3.007	
Valine ... g	0.960		0	PAE	4		0.272	4.355	
Arginine ... g	1.248		0	PAE	4		0.354	5.661	
Histidine ... g	0.676		0	PAE	4		0.192	3.066	
Alanine ... g	1.191		0	PAE	4		0.338	5.402	
Aspartic acid ... g	1.804		0	PAE	4		0.511	8.183	
Glutamic acid ... g	2.966		0	PAE	4		0.841	13.454	
Glycine ... g	1.077		0	PAE	4		0.305	4.885	
Proline ... g	0.872		0	PAE	4		0.247	3.955	
Serine ... g	0.755		0	PAE	4		0.214	3.425	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13887

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23651

Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, raw

Refuse: 8% Bone and connective tissue 4%, sep fat 4%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.48	0.272	20	A	1		960.10		
Energy....kcal	126		0	NC	4		1619		
Energy....kJ	526		0	NC	4		6774		
Protein (N x 6.25)....g	21.07	0.224	20	A	1		271.59		
Total lipid (fat)....g	3.95	0.226	20	A	1		50.92		
Ash....g	1.03	0.020	20	A	1		13.28		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0	BFNN	4		235		
Iron, Fe....mg	1.77		0	BFNN	4		22.85		
Magnesium, Mg....mg	22		0	BFNN	4		287		
Phosphorus, P....mg	198		0	BFNN	4		2548		
Potassium, K....mg	323		0	BFNN	4		4161		
Sodium, Na....mg	54		0	BFNN	4		699		
Zinc, Zn....mg	3.89		0	BFNN	4		50.13		
Copper, Cu....mg	0.091		0	BFNN	4		1.177		
Manganese, Mn....mg	0.013		0	BFNN	4		0.161		
Selenium, Se....mcg	26.0		0	BFNN	4		335.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.084		0	BFPN	4		1.080		
Riboflavin....mg	0.135		0	BFPN	4		1.736		
Niacin....mg	6.217		0	BFPN	4		80.135		
Pantothenic acid....mg	0.623		0	BFPN	4		8.030		
Vitamin B-6....mg	0.612		0	BFPN	4		7.887		
Folate, total....mcg	12		0	BFPN	4		160		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	12		0	BFPN	4		160		
Folate, DFE....mcg_DFE	12		0	NC	4		160		
Choline, total....mg	88.0		0	BFPN	4		1134.4		
Betaine....mg									
Vitamin B-12....mcg	1.47		0	BFPN	4		18.93		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.27		0	BFSN	4		3.50		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.1		0	BFSN	4		14.0		
Lipids:									
Fatty acids, total saturated....g	1.376		0	NC	4		17.739		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 23651

Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.000		0	BFFN	4		0.000		
12:0 g	0.000		0	BFFN	4		0.000		
13:0 g									
14:0 g	0.095		0	BFFN	4		1.227		
15:0 g									
16:0 g	0.836		0	BFFN	4		10.781		
17:0 g									
18:0 g	0.445		0	BFFN	4		5.731		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.641		0	NC	4		21.152		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.138		0	BFFN	4		1.774		
17:1 g									
18:1 undifferentiated g	1.503		0	BFFN	4		19.379		
20:1 g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.201		0	NC	4		2.591		
18:2 undifferentiated g	0.159		0	BFFN	4		2.047		
18:3 undifferentiated g	0.011		0	BFFN	4		0.135		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.032		0	BFFN	4		0.409		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	64		0	BFFN	4		819		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.138		0	A	1		1.785		
Threonine g	0.842		0	A	1		10.849		
Isoleucine g	0.959		0	A	1		12.356		
Leucine g	1.676		0	A	1		21.604		
Lysine g	1.781		0	A	1		22.952		
Methionine g	0.549		0	A	1		7.072		
Cystine g	0.272		0	A	1		3.505		
Phenylalanine g	0.832		0	A	1		10.727		
Tyrosine g	0.671		0	A	1		8.654		
Valine g	1.045		0	A	1		13.473		
Arginine g	1.362		0	A	1		17.561		
Histidine g	0.672		0	A	1		8.667		
Alanine g	1.281		0	A	1		16.511		
Aspartic acid g	1.919		0	A	1		24.738		
Glutamic acid g	3.163		0	A	1		40.771		
Glycine g	1.283		0	A	1		16.537		
Proline g	1.004		0	A	1		12.947		
Serine g	0.830		0	A	1		10.698		
Hydroxyproline g	0.221		0	BFPN	4		2.853		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23651

Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, raw

Common Measures:

Measure 1 = 1289g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23652

Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, raw

URMIS # 2340

Refuse: 9% Bone and connective tissue 4%, sep fat 5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.98	0.439	10	A	1		1029.79		
Energy....kcal	130		0	NC	4		1805		
Energy....kJ	543		0	NC	4		7552		
Protein (N x 6.25)....g	20.76	0.199	10	A	1		288.97		
Total lipid (fat)....g	4.55	0.295	10	A	1		63.32		
Ash....g	1.02	0.025	10	A	1		14.24		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0	BFNN	4		249		
Iron, Fe....mg	1.92		0	BFNN	4		26.68		
Magnesium, Mg....mg	23		0	BFNN	4		316		
Phosphorus, P....mg	200		0	BFNN	4		2788		
Potassium, K....mg	318		0	BFNN	4		4425		
Sodium, Na....mg	52		0	BFNN	4		720		
Zinc, Zn....mg	3.87		0	BFNN	4		53.94		
Copper, Cu....mg	0.091		0	BFNN	4		1.267		
Manganese, Mn....mg	0.013		0	BFNN	4		0.178		
Selenium, Se....mcg	25.8		0	BFNN	4		359.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.087		0	BFPN	4		1.205		
Riboflavin....mg	0.149		0	BFPN	4		2.080		
Niacin....mg	6.314		0	BFPN	4		87.889		
Pantothenic acid....mg	0.618		0	BFPN	4		8.603		
Vitamin B-6....mg	0.610		0	BFPN	4		8.487		
Folate, total....mcg	12		0	BFPN	4		171		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	12		0	BFPN	4		171		
Folate, DFE....mcg_DFE	12		0	NC	4		171		
Choline, total....mg	86.7		0	BFPN	4		1207.0		
Betaine....mg									
Vitamin B-12....mcg	1.73		0	BFPN	4		24.08		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.28		0	BFSN	4		3.86		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.1		0	BFSN	4		15.4		
Lipids:									
Fatty acids, total saturated....g	1.556		0	NC	4		21.661		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 23652

Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.000		0	BFFN	4		0.000		
12:0 g	0.000		0	BFFN	4		0.000		
13:0 g									
14:0 g	0.108		0	BFFN	4		1.499		
15:0 g									
16:0 g	0.946		0	BFFN	4		13.164		
17:0 g									
18:0 g	0.503		0	BFFN	4		6.998		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.855		0	NC	4		25.827		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.156		0	BFFN	4		2.166		
17:1 g									
18:1 undifferentiated g	1.700		0	BFFN	4		23.661		
20:1 g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.227		0	NC	4		3.164		
18:2 undifferentiated g	0.180		0	BFFN	4		2.499		
18:3 undifferentiated g	0.012		0	BFFN	4		0.166		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.036		0	BFFN	4		0.500		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	72		0	BFFN	4		1000		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.136		0	A	1		1.899		
Threonine g	0.829		0	A	1		11.543		
Isoleucine g	0.944		0	A	1		13.147		
Leucine g	1.651		0	A	1		22.986		
Lysine g	1.754		0	A	1		24.421		
Methionine g	0.541		0	A	1		7.525		
Cystine g	0.268		0	A	1		3.729		
Phenylalanine g	0.820		0	A	1		11.414		
Tyrosine g	0.661		0	A	1		9.208		
Valine g	1.030		0	A	1		14.336		
Arginine g	1.342		0	A	1		18.685		
Histidine g	0.662		0	A	1		9.222		
Alanine g	1.262		0	A	1		17.567		
Aspartic acid g	1.891		0	A	1		26.321		
Glutamic acid g	3.116		0	A	1		43.380		
Glycine g	1.264		0	A	1		17.595		
Proline g	0.990		0	A	1		13.776		
Serine g	0.818		0	A	1		11.383		
Hydroxyproline g	0.218		0	BFPN	4		3.036		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23652

Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, raw

Common Measures:

Measure 1 = 1392g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23653

Beef, round, tip round, separable lean only, trimmed to 0" fat, select, raw

URMIS # 1525

Refuse: 7% Bone and connective tissue 3%, sep fat 4%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.99	0.252	10	A	1		890.12		
Energy....kcal	122		0	NC	4		1443		
Energy....kJ	508		0	NC	4		6036		
Protein (N x 6.25)....g	21.38	0.389	10	A	1		253.78		
Total lipid (fat)....g	3.35	0.221	10	A	1		39.79		
Ash....g	1.04	0.031	10	A	1		12.32		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	BFNN	4		236		
Iron, Fe....mg	1.78		0	BFNN	4		21.09		
Magnesium, Mg....mg	23		0	BFNN	4		270		
Phosphorus, P....mg	203		0	BFNN	4		2404		
Potassium, K....mg	337		0	BFNN	4		4000		
Sodium, Na....mg	58		0	BFNN	4		684		
Zinc, Zn....mg	4.13		0	BFNN	4		48.98		
Copper, Cu....mg	0.097		0	BFNN	4		1.147		
Manganese, Mn....mg	0.013		0	BFNN	4		0.153		
Selenium, Se....mcg	28.8		0	BFNN	4		341.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.088		0	BFPN	4		1.039		
Riboflavin....mg	0.136		0	BFPN	4		1.608		
Niacin....mg	6.359		0	BFPN	4		75.486		
Pantothenic acid....mg	0.628		0	BFPN	4		7.453		
Vitamin B-6....mg	0.628		0	BFPN	4		7.454		
Folate, total....mcg	12		0	BFPN	4		148		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	12		0	BFPN	4		148		
Folate, DFE....mcg_DFE	12		0	NC	4		148		
Choline, total....mg	89.3		0	BFPN	4		1060.0		
Betaine....mg									
Vitamin B-12....mcg	1.25		0	BFPN	4		14.84		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.27		0	BFSN	4		3.16		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.1		0	BFSN	4		12.6		
Lipids:									
Fatty acids, total saturated....g	1.147		0	NC	4		13.609		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 23653

Beef, round, tip round, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.000		0	BFFN	4		0.000		
12:0 ... g	0.000		0	BFFN	4		0.000		
13:0 ... g									
14:0 ... g	0.079		0	BFFN	4		0.941		
15:0 ... g									
16:0 ... g	0.697		0	BFFN	4		8.271		
17:0 ... g									
18:0 ... g	0.370		0	BFFN	4		4.397		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.367		0	NC	4		16.227		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.115		0	BFFN	4		1.360		
17:1 ... g									
18:1 undifferentiated ... g	1.253		0	BFFN	4		14.867		
20:1 ... g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.168		0	NC	4		1.988		
18:2 undifferentiated ... g	0.132		0	BFFN	4		1.570		
18:3 undifferentiated ... g	0.009		0	BFFN	4		0.104		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.026		0	BFFN	4		0.313		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	53		0	BFFN	4		628		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.141		0	A	1		1.668		
Threonine ... g	0.854		0	A	1		10.138		
Isoleucine ... g	0.973		0	A	1		11.546		
Leucine ... g	1.701		0	A	1		20.188		
Lysine ... g	1.807		0	A	1		21.448		
Methionine ... g	0.557		0	A	1		6.609		
Cystine ... g	0.276		0	A	1		3.275		
Phenylalanine ... g	0.844		0	A	1		10.024		
Tyrosine ... g	0.681		0	A	1		8.087		
Valine ... g	1.061		0	A	1		12.590		
Arginine ... g	1.382		0	A	1		16.410		
Histidine ... g	0.682		0	A	1		8.099		
Alanine ... g	1.300		0	A	1		15.429		
Aspartic acid ... g	1.947		0	A	1		23.116		
Glutamic acid ... g	3.210		0	A	1		38.099		
Glycine ... g	1.302		0	A	1		15.453		
Proline ... g	1.019		0	A	1		12.098		
Serine ... g	0.842		0	A	1		9.997		
Hydroxyproline ... g	0.288		0	BFPN	4		3.413		
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23653

Beef, round, tip round, separable lean only, trimmed to 0" fat, select, raw

Common Measures:

Measure 1 = 1187g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23617

Beef, round, top round , separable lean only, trimmed to 1/8" fat, choice, raw

URMIS #2368

Refuse: 6% Separable fat

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.44	0.487	10	A	1		20.25	324.06	
Energy	kcal	140		0	NC	4		40	635	
Energy	kJ	586		0	NC	4		166	2657	
Protein (N x 6.25)	g	22.69	0.208	10	A	1		6.43	102.91	
Total lipid (fat)	g	4.78	0.587	10	A	1		1.36	21.69	
Ash	g	1.16	0.027	10	A	1		0.33	5.25	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	20		0	BFNN	4		6	90	
Iron, Fe	mg	2.12		0	BFNN	4		0.60	9.63	
Magnesium, Mg	mg	25		0	BFNN	4		7	114	
Phosphorus, P	mg	222		0	BFNN	4		63	1006	
Potassium, K	mg	352		0	BFNN	4		100	1597	
Sodium, Na	mg	57		0	BFNN	4		16	260	
Zinc, Zn	mg	4.29		0	BFNN	4		1.22	19.46	
Copper, Cu	mg	0.101		0	BFNN	4		0.029	0.457	
Manganese, Mn	mg	0.014		0	BFNN	4		0.004	0.064	
Selenium, Se	mcg	28.6		0	BFNN	4		8.1	129.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.095		0	BFPN	4		0.027	0.430	
Riboflavin	mg	0.163		0	BFPN	4		0.046	0.740	
Niacin	mg	6.901		0	BFPN	4		1.956	31.301	
Pantothenic acid	mg	0.675		0	BFPN	4		0.191	3.064	
Vitamin B-6	mg	0.666		0	BFPN	4		0.189	3.023	
Folate, total	mcg	13		0	BFPN	4		4	61	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	13		0	BFPN	4		4	61	
Folate, DFE	mcg_DFE	13		0	NC	4		4	61	
Choline, total	mg	94.8		0	BFPN	4		26.9	429.9	
Betaine	mg									
Vitamin B-12	mcg	1.89		0	BFPN	4		0.54	8.57	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.30		0	BFSN	4		0.09	1.38	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta	mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)	mcg	0.1		0	AS	1		0.0	0.3	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.1		0	BFFN	4		0.0	0.3	
Vitamin D	IU	3		0	BFFN	4		1	12	
Vitamin K (phylloquinone)	mcg	1.2		0	BFSN	4		0.3	5.5	
Lipids:										
Fatty acids, total saturated	g	1.637		0	NC	4		0.464	7.424	
4:0	g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23617

Beef, round, top round , separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.112		0	BFFN	4		0.032	0.510	
15:0....g									
16:0....g	1.038		0	BFFN	4		0.294	4.707	
17:0....g									
18:0....g	0.487		0	BFFN	4		0.138	2.207	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.014		0	NC	4		0.571	9.133	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.197		0	BFFN	4		0.056	0.893	
17:1....g									
18:1 undifferentiated....g	1.814		0	BFFN	4		0.514	8.228	
20:1....g	0.003		0	BFFN	4		0.001	0.013	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.205		0	NC	4		0.058	0.931	
18:2 undifferentiated....g	0.160		0	BFFN	4		0.045	0.727	
18:3 undifferentiated....g	0.011		0	BFFN	4		0.003	0.051	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.034		0	BFFN	4		0.010	0.153	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	65		0	BFFN	4		18	293	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.149		0	A	1		0.042	0.676	
Threonine....g	0.906		0	A	1		0.257	4.111	
Isoleucine....g	1.032		0	A	1		0.293	4.682	
Leucine....g	1.805		0	A	1		0.512	8.186	
Lysine....g	1.917		0	A	1		0.544	8.697	
Methionine....g	0.591		0	A	1		0.167	2.680	
Cystine....g	0.293		0	A	1		0.083	1.328	
Phenylalanine....g	0.896		0	A	1		0.254	4.065	
Tyrosine....g	0.723		0	A	1		0.205	3.279	
Valine....g	1.126		0	A	1		0.319	5.105	
Arginine....g	1.467		0	A	1		0.416	6.655	
Histidine....g	0.724		0	A	1		0.205	3.284	
Alanine....g	1.379		0	A	1		0.391	6.256	
Aspartic acid....g	2.067		0	A	1		0.586	9.374	
Glutamic acid....g	3.406		0	A	1		0.966	15.449	
Glycine....g	1.381		0	A	1		0.392	6.266	
Proline....g	1.082		0	A	1		0.307	4.906	
Serine....g	0.894		0	A	1		0.253	4.054	
Hydroxyproline....g	0.238		0	BFPN	4		0.068	1.081	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23617

Beef, round, top round , separable lean only, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13893

Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Minute Steak, Round Steak, London Broil

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.59	0.609	20	PAK	1		194.26	50.65	
Energy....kcal	204		0	NC	4		664	173	
Energy....kJ	852		0	NC	4		2778	724	
Protein....g	30.67	0.311	20	PAK	1		99.97	26.07	
Total lipid (fat)....g	9.00	0.463	20	PAK	1		29.34	7.65	
Ash....g	1.16	0.027	20	PAK	1		3.78	0.99	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFNN	4		24	6	
Iron, Fe....mg	2.53		0	BFNN	4		8.25	2.15	
Magnesium, Mg....mg	20		0	BFNN	4		66	17	
Phosphorus, P....mg	193		0	BFNN	4		629	164	
Potassium, K....mg	252		0	BFNN	4		821	214	
Sodium, Na....mg	41		0	BFNN	4		132	35	
Zinc, Zn....mg	5.20		0	BFNN	4		16.95	4.42	
Copper, Cu....mg	0.074		0	BFNN	4		0.241	0.063	
Manganese, Mn....mg	0.011		0	BFNN	4		0.035	0.009	
Selenium, Se....mcg	31.7		0	BFNN	4		103.4	27.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0	BFPN	4		0.230	0.060	
Riboflavin....mg	0.163		0	BFPN	4		0.532	0.139	
Niacin....mg	5.360		0	BFPN	4		17.472	4.556	
Pantothenic acid....mg	0.605		0	BFPN	4		1.971	0.514	
Vitamin B-6....mg	0.403		0	BFPN	4		1.313	0.342	
Folate, total....mcg	10		0	BFPN	4		31	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		31	8	
Folate, DFE....mcg_DFE	10		0	NC	4		31	8	
Choline, total....mg	116.8		0	BFPN	4		380.8	99.3	
Betaine....mg	15.3		0	BFPN	4		50.0	13.0	
Vitamin B-12....mcg	1.71		0	BFPN	4		5.56	1.45	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.43		0	BFSN	4		1.40	0.37	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.5	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.5	0.1	
Vitamin D....IU	6		0	BFFN	4		19	5	
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		5.0	1.3	
Lipids:									
Fatty acids, total saturated....g	3.415		0	NC	4		11.133	2.903	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13893

Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.019		0	BFFN	4		0.063	0.016	
12:0....g	0.019		0	BFFN	4		0.063	0.016	
13:0....g									
14:0....g	0.267		0	BFFN	4		0.870	0.227	
15:0....g									
16:0....g	2.129		0	BFFN	4		6.942	1.810	
17:0....g									
18:0....g	0.980		0	BFFN	4		3.195	0.833	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.837		0	NC	4		12.510	3.262	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.380		0	BFFN	4		1.238	0.323	
17:1....g									
18:1 undifferentiated....g	3.444		0	BFFN	4		11.227	2.927	
20:1....g	0.014		0	BFFN	4		0.044	0.012	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.347		0	NC	4		1.130	0.295	
18:2 undifferentiated....g	0.238		0	BFFN	4		0.777	0.203	
18:3 undifferentiated....g	0.087		0	BFFN	4		0.283	0.074	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		0	BFFN	4		0.070	0.018	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	58		0	BFFN	4		188	49	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.202		0	PAK	1		0.657	0.171	
Threonine....g	1.225		0	PAK	1		3.994	1.041	
Isoleucine....g	1.395		0	PAK	1		4.548	1.186	
Leucine....g	2.439		0	PAK	1		7.952	2.073	
Lysine....g	2.592		0	PAK	1		8.449	2.203	
Methionine....g	0.799		0	PAK	1		2.603	0.679	
Cystine....g	0.396		0	PAK	1		1.290	0.336	
Phenylalanine....g	1.211		0	PAK	1		3.949	1.030	
Tyrosine....g	0.977		0	PAK	1		3.186	0.831	
Valine....g	1.521		0	PAK	1		4.959	1.293	
Arginine....g	1.983		0	PAK	1		6.464	1.685	
Histidine....g	0.979		0	PAK	1		3.190	0.832	
Alanine....g	1.864		0	PAK	1		6.078	1.585	
Aspartic acid....g	2.793		0	PAK	1		9.106	2.374	
Glutamic acid....g	4.604		0	PAK	1		15.008	3.913	
Glycine....g	1.867		0	PAK	1		6.087	1.587	
Proline....g	1.462		0	PAK	1		4.766	1.243	
Serine....g	1.208		0	PAK	1		3.938	1.027	
Hydroxyproline....g	0.321		0	BFPN	4		1.046	0.273	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13893

Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 326g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13428

Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Cube steak, Minute Steak, Round Steak, London Broil

Refuse: 2% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.90		0		1		154.59	49.22	
Energy....kcal	209		0	NC	4		558	178	
Energy....kJ	874		0		4		2335	743	
Protein (N x 6.25)....g	35.62		0		1		95.11	30.28	
Total lipid (fat)....g	6.31		0		1		16.85	5.36	
Ash....g	1.72		0		1		4.59	1.46	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		1		11	3	
Iron, Fe....mg	3.27		0		1		8.73	2.78	
Magnesium, Mg....mg	25		0		1		67	21	
Phosphorus, P....mg	223		0		1		595	190	
Potassium, K....mg	330		0		1		881	281	
Sodium, Na....mg	45		0		1		120	38	
Zinc, Zn....mg	4.50		0		1		12.02	3.83	
Copper, Cu....mg	0.122		0		1		0.326	0.104	
Manganese, Mn....mg	0.018		0		1		0.048	0.015	
Selenium, Se....mcg	32.7		0	BFYN	4		87.3	27.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.187	0.060	
Riboflavin....mg	0.250		0		1		0.668	0.213	
Niacin....mg	3.760		0		1		10.039	3.196	
Pantothenic acid....mg	0.370		0		1		0.988	0.315	
Vitamin B-6....mg	0.280		0		1		0.748	0.238	
Folate, total....mcg	9		0		1		24	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0		1		24	8	
Folate, DFE....mcg_DFE	9		0	NC	4		24	8	
Choline, total....mg	135.7		0	BFPN	4		362.2	115.3	
Betaine....mg	17.8		0	BFPN	4		47.6	15.2	
Vitamin B-12....mcg	2.68		0		1		7.16	2.28	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.15		0	NR	4		0.40	0.13	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.3	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.3	0.1	
Vitamin D....IU	4		0	BFFN	4		11	4	
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		4.3	1.4	
Lipids:									
Fatty acids, total saturated....g	2.250		0		1		6.008	1.913	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13428

Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		0		1		0.027	0.009	
12:0....g	0.010		0		1		0.027	0.009	
13:0....g									
14:0....g	0.160		0		1		0.427	0.136	
15:0....g									
16:0....g	1.380		0		1		3.685	1.173	
17:0....g									
18:0....g	0.700		0		1		1.869	0.595	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.510		0		1		6.702	2.134	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.220		0		1		0.587	0.187	
17:1....g									
18:1 undifferentiated....g	2.290		0		1		6.114	1.947	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.270		0		1		0.721	0.230	
18:2 undifferentiated....g	0.200		0		1		0.534	0.170	
18:3 undifferentiated....g	0.040		0		1		0.107	0.034	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0		1		0.080	0.026	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	90		0		1		240	77	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.234		0	NR	4		0.625	0.199	
Threonine....g	1.423		0	NR	4		3.799	1.210	
Isoleucine....g	1.621		0	NR	4		4.327	1.377	
Leucine....g	2.834		0	NR	4		7.565	2.408	
Lysine....g	3.010		0	NR	4		8.038	2.559	
Methionine....g	0.928		0	NR	4		2.477	0.788	
Cystine....g	0.460		0	NR	4		1.227	0.391	
Phenylalanine....g	1.407		0	NR	4		3.757	1.196	
Tyrosine....g	1.135		0	NR	4		3.031	0.965	
Valine....g	1.767		0	NR	4		4.718	1.502	
Arginine....g	2.303		0	NR	4		6.150	1.958	
Histidine....g	1.137		0	NR	4		3.035	0.966	
Alanine....g	2.166		0	NR	4		5.782	1.841	
Aspartic acid....g	3.245		0	NR	4		8.663	2.758	
Glutamic acid....g	5.347		0	NR	4		14.278	4.545	
Glycine....g	2.169		0	NR	4		5.791	1.844	
Proline....g	1.698		0	NR	4		4.534	1.443	
Serine....g	1.403		0	NR	4		3.746	1.193	
Hydroxyproline....g	0.374		0	BFPN	4		0.999	0.318	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13428

Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13959

Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.85	0.688	20	PAK	1		171.33		
Energy....kcal	188		0	NC	4		521		
Energy....kJ	787		0	NC	4		2180		
Protein (N x 6.25)....g	31.61	0.296	20	PAK	1		87.56		
Total lipid (fat)....g	5.89	0.424	20	PAK	1		16.31		
Ash....g	1.22	0.032	20	PAK	1		3.37		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFFN	4		20		
Iron, Fe....mg	2.53		0	BFFN	4		7.01		
Magnesium, Mg....mg	20		0	BFFN	4		56		
Phosphorus, P....mg	193		0	BFFN	4		534		
Potassium, K....mg	252		0	BFFN	4		697		
Sodium, Na....mg	41		0	BFFN	4		113		
Zinc, Zn....mg	5.20		0	BFFN	4		14.40		
Copper, Cu....mg	0.074		0	BFFN	4		0.205		
Manganese, Mn....mg	0.011		0	BFFN	4		0.030		
Selenium, Se....mcg	31.7		0	BFFN	4		87.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.073		0	BFPN	4		0.201		
Riboflavin....mg	0.168		0	BFPN	4		0.466		
Niacin....mg	5.525		0	BFPN	4		15.303		
Pantothenic acid....mg	0.623		0	BFPN	4		1.726		
Vitamin B-6....mg	0.415		0	BFPN	4		1.150		
Folate, total....mcg	10		0	BFPN	4		27		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	10		0	BFPN	4		27		
Folate, DFE....mcg_DFE	10		0	NC	4		27		
Choline, total....mg	120.4		0	BFPN	4		333.5		
Betaine....mg	15.8		0	BFPN	4		43.8		
Vitamin B-12....mcg	1.76		0	BFPN	4		4.87		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.41		0	BFSN	4		1.13		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		4.0		
Lipids:									
Fatty acids, total saturated....g	2.116		0	NC	4		5.861		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13959

Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.005		0	BFFN	4		0.015		
12:0 g	0.005		0	BFFN	4		0.015		
13:0 g									
14:0 g	0.160		0	BFFN	4		0.444		
15:0 g									
16:0 g	1.312		0	BFFN	4		3.634		
17:0 g									
18:0 g	0.633		0	BFFN	4		1.754		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.493		0	NC	4		6.905		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.235		0	BFFN	4		0.651		
17:1 g									
18:1 undifferentiated g	2.255		0	BFFN	4		6.246		
20:1 g	0.003		0	BFFN	4		0.007		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.222		0	NC	4		0.614		
18:2 undifferentiated g	0.166		0	BFFN	4		0.459		
18:3 undifferentiated g	0.029		0	BFFN	4		0.081		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.027		0	BFFN	4		0.074		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	66		0	BFFN	4		182		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.208		0	PAK	1		0.575		
Threonine g	1.263		0	PAK	1		3.498		
Isoleucine g	1.438		0	PAK	1		3.984		
Leucine g	2.514		0	PAK	1		6.965		
Lysine g	2.671		0	PAK	1		7.400		
Methionine g	0.823		0	PAK	1		2.280		
Cystine g	0.408		0	PAK	1		1.130		
Phenylalanine g	1.249		0	PAK	1		3.458		
Tyrosine g	1.007		0	PAK	1		2.790		
Valine g	1.568		0	PAK	1		4.344		
Arginine g	2.044		0	PAK	1		5.662		
Histidine g	1.009		0	PAK	1		2.794		
Alanine g	1.922		0	PAK	1		5.323		
Aspartic acid g	2.879		0	PAK	1		7.975		
Glutamic acid g	4.745		0	PAK	1		13.145		
Glycine g	1.925		0	PAK	1		5.331		
Proline g	1.507		0	PAK	1		4.174		
Serine g	1.245		0	PAK	1		3.449		
Hydroxyproline g	0.332		0	BFPN	4		0.920		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13959

Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 277g: 1 steak (yield from 381 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13430

Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Cube steak, Minute Steak, Round Steak, URMIS #2368, London Broil

Refuse: 2% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.31		0		1		153.02	48.71	
Energy....kcal	216		0	NC	4		577	184	
Energy....kJ	904		0		4		2413	768	
Protein (N x 6.25)....g	35.62		0		1		95.11	30.28	
Total lipid (fat)....g	7.09		0		1		18.93	6.03	
Ash....g	1.72		0		1		4.59	1.46	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		1		11	3	
Iron, Fe....mg	3.27		0		1		8.73	2.78	
Magnesium, Mg....mg	25		0		1		67	21	
Phosphorus, P....mg	223		0		1		595	190	
Potassium, K....mg	330		0		1		881	281	
Sodium, Na....mg	45		0		1		120	38	
Zinc, Zn....mg	4.50		0		1		12.02	3.83	
Copper, Cu....mg	0.122		0		1		0.326	0.104	
Manganese, Mn....mg	0.018		0		1		0.048	0.015	
Selenium, Se....mcg	32.7		0	BFYN	4		87.3	27.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.187	0.060	
Riboflavin....mg	0.250		0		1		0.668	0.213	
Niacin....mg	3.760		0		1		10.039	3.196	
Pantothenic acid....mg	0.370		0		1		0.988	0.315	
Vitamin B-6....mg	0.280		0		1		0.748	0.238	
Folate, total....mcg	9		0		1		24	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0		1		24	8	
Folate, DFE....mcg_DFE	9		0	NC	4		24	8	
Choline, total....mg	135.7		0	BFPN	4		362.2	115.3	
Betaine....mg	17.8		0	BFPN	4		47.6	15.2	
Vitamin B-12....mcg	2.68		0		1		7.16	2.28	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.520		0		1		6.728	2.142	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13430

Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		0		1		0.027	0.009	
12:0....g	0.010		0		1		0.027	0.009	
13:0....g									
14:0....g	0.180		0		1		0.481	0.153	
15:0....g									
16:0....g	1.540		0		1		4.112	1.309	
17:0....g									
18:0....g	0.790		0		1		2.109	0.672	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.820		0		1		7.529	2.397	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.240		0		1		0.641	0.204	
17:1....g									
18:1 undifferentiated....g	2.570		0		1		6.862	2.185	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.310		0		1		0.828	0.264	
18:2 undifferentiated....g	0.230		0		1		0.614	0.196	
18:3 undifferentiated....g	0.040		0		1		0.107	0.034	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0		1		0.107	0.034	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	90		0		1		240	77	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.399		0		1		1.065	0.339	
Threonine....g	1.556		0		1		4.155	1.323	
Isoleucine....g	1.601		0		1		4.275	1.361	
Leucine....g	2.815		0		1		7.516	2.393	
Lysine....g	2.963		0		1		7.911	2.519	
Methionine....g	0.912		0		1		2.435	0.775	
Cystine....g	0.399		0		1		1.065	0.339	
Phenylalanine....g	1.390		0		1		3.711	1.182	
Tyrosine....g	1.197		0		1		3.196	1.017	
Valine....g	1.732		0		1		4.624	1.472	
Arginine....g	2.251		0		1		6.010	1.913	
Histidine....g	1.219		0		1		3.255	1.036	
Alanine....g	2.148		0		1		5.735	1.826	
Aspartic acid....g	3.254		0		1		8.688	2.766	
Glutamic acid....g	5.351		0		1		14.287	4.548	
Glycine....g	1.943		0		1		5.188	1.652	
Proline....g	1.573		0		1		4.200	1.337	
Serine....g	1.362		0		1		3.637	1.158	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13430

Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Common Measures:

Measure 1 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13968

Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

URMIS #2368

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.00	1.021	10	PAK	1		170.40		
Energy....kcal	200		0	NC	4		567		
Energy....kJ	835		0	NC	4		2371		
Protein (N x 6.25)....g	31.57	0.473	10	PAK	1		89.67		
Total lipid (fat)....g	7.17	0.584	10	PAK	1		20.37		
Ash....g	1.26	0.033	10	PAK	1		3.58		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFFN	4		20		
Iron, Fe....mg	2.67		0	BFFN	4		7.58		
Magnesium, Mg....mg	21		0	BFFN	4		59		
Phosphorus, P....mg	197		0	BFFN	4		559		
Potassium, K....mg	260		0	BFFN	4		739		
Sodium, Na....mg	42		0	BFFN	4		119		
Zinc, Zn....mg	5.34		0	BFFN	4		15.17		
Copper, Cu....mg	0.071		0	BFFN	4		0.200		
Manganese, Mn....mg	0.011		0	BFFN	4		0.031		
Selenium, Se....mcg	34.0		0	BFFN	4		96.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.065		0	BFPN	4		0.186		
Riboflavin....mg	0.177		0	BFPN	4		0.504		
Niacin....mg	5.708		0	BFPN	4		16.212		
Pantothenic acid....mg	0.622		0	BFPN	4		1.765		
Vitamin B-6....mg	0.415		0	BFPN	4		1.178		
Folate, total....mcg	10		0	BFPN	4		28		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	10		0	BFPN	4		28		
Folate, DFE....mcg_DFE	10		0	NC	4		28		
Choline, total....mg	120.3		0	BFPN	4		341.5		
Betaine....mg	15.8		0	BFPN	4		44.9		
Vitamin B-12....mcg	1.90		0	BFPN	4		5.39		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.43		0	BFSN	4		1.21		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		4.3		
Lipids:									
Fatty acids, total saturated....g	2.578		0	NC	4		7.320		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13968

Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.007		0	BFFN	4		0.018		
12:0 ... g	0.007		0	BFFN	4		0.018		
13:0 ... g									
14:0 ... g	0.195		0	BFFN	4		0.554		
15:0 ... g									
16:0 ... g	1.598		0	BFFN	4		4.538		
17:0 ... g									
18:0 ... g	0.771		0	BFFN	4		2.190		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.037		0	NC	4		8.624		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.286		0	BFFN	4		0.813		
17:1 ... g									
18:1 undifferentiated ... g	2.747		0	BFFN	4		7.801		
20:1 ... g	0.003		0	BFFN	4		0.009		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.270		0	NC	4		0.767		
18:2 undifferentiated ... g	0.202		0	BFFN	4		0.573		
18:3 undifferentiated ... g	0.036		0	BFFN	4		0.102		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.033		0	BFFN	4		0.092		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	80		0	BFFN	4		227		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.208		0	PAK	1		0.591		
Threonine ... g	1.264		0	PAK	1		3.590		
Isoleucine ... g	1.440		0	PAK	1		4.089		
Leucine ... g	2.517		0	PAK	1		7.149		
Lysine ... g	2.674		0	PAK	1		7.596		
Methionine ... g	0.824		0	PAK	1		2.340		
Cystine ... g	0.408		0	PAK	1		1.160		
Phenylalanine ... g	1.250		0	PAK	1		3.550		
Tyrosine ... g	1.008		0	PAK	1		2.864		
Valine ... g	1.570		0	PAK	1		4.459		
Arginine ... g	2.046		0	PAK	1		5.812		
Histidine ... g	1.010		0	PAK	1		2.868		
Alanine ... g	1.924		0	PAK	1		5.464		
Aspartic acid ... g	2.883		0	PAK	1		8.187		
Glutamic acid ... g	4.751		0	PAK	1		13.492		
Glycine ... g	1.927		0	PAK	1		5.473		
Proline ... g	1.509		0	PAK	1		4.285		
Serine ... g	1.247		0	PAK	1		3.540		
Hydroxyproline ... g	0.332		0	BFPN	4		0.944		
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13968

Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 284g: 1 steak (yield from 396 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13432

Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Cube steak, Minute Steak, Round Steak, URMIS #1553, London Broil

Refuse: 2% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.49		0		1		156.17	49.72	
Energy....kcal	200		0	NC	4		534	170	
Energy....kJ	837		0		4		2234	711	
Protein (N x 6.25)....g	35.62		0		1		95.11	30.28	
Total lipid (fat)....g	5.33		0		1		14.23	4.53	
Ash....g	1.72		0		1		4.59	1.46	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		1		11	3	
Iron, Fe....mg	3.27		0		1		8.73	2.78	
Magnesium, Mg....mg	25		0		1		67	21	
Phosphorus, P....mg	223		0		1		595	190	
Potassium, K....mg	330		0		1		881	281	
Sodium, Na....mg	45		0		1		120	38	
Zinc, Zn....mg	4.50		0		1		12.02	3.83	
Copper, Cu....mg	0.122		0		1		0.326	0.104	
Manganese, Mn....mg	0.018		0		1		0.048	0.015	
Selenium, Se....mcg	32.7		0	BFYN	4		87.3	27.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.187	0.060	
Riboflavin....mg	0.250		0		1		0.668	0.213	
Niacin....mg	3.760		0		1		10.039	3.196	
Pantothenic acid....mg	0.370		0		1		0.988	0.315	
Vitamin B-6....mg	0.280		0		1		0.748	0.238	
Folate, total....mcg	9		0		1		24	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0		1		24	8	
Folate, DFE....mcg_DFE	9		0	NC	4		24	8	
Choline, total....mg	135.7		0	BFPN	4		362.2	115.3	
Betaine....mg	17.8		0	BFPN	4		47.6	15.2	
Vitamin B-12....mcg	2.68		0		1		7.16	2.28	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.920		0		1		5.126	1.632	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13432

Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		0		1		0.027	0.009	
12:0....g	0.010		0		1		0.027	0.009	
13:0....g									
14:0....g	0.140		0		1		0.374	0.119	
15:0....g									
16:0....g	1.180		0		1		3.151	1.003	
17:0....g									
18:0....g	0.590		0		1		1.575	0.502	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.130		0		1		5.687	1.811	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.190		0		1		0.507	0.162	
17:1....g									
18:1 undifferentiated....g	1.940		0		1		5.180	1.649	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.230		0		1		0.614	0.196	
18:2 undifferentiated....g	0.170		0		1		0.454	0.145	
18:3 undifferentiated....g	0.030		0		1		0.080	0.026	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0		1		0.080	0.026	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	90		0		1		240	77	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.399		0		1		1.065	0.339	
Threonine....g	1.556		0		1		4.155	1.323	
Isoleucine....g	1.601		0		1		4.275	1.361	
Leucine....g	2.815		0		1		7.516	2.393	
Lysine....g	2.963		0		1		7.911	2.519	
Methionine....g	0.912		0		1		2.435	0.775	
Cystine....g	0.399		0		1		1.065	0.339	
Phenylalanine....g	1.390		0		1		3.711	1.182	
Tyrosine....g	1.197		0		1		3.196	1.017	
Valine....g	1.732		0		1		4.624	1.472	
Arginine....g	2.251		0		1		6.010	1.913	
Histidine....g	1.219		0		1		3.255	1.036	
Alanine....g	2.148		0		1		5.735	1.826	
Aspartic acid....g	3.254		0		1		8.688	2.766	
Glutamic acid....g	5.351		0		1		14.287	4.548	
Glycine....g	1.943		0		1		5.188	1.652	
Proline....g	1.573		0		1		4.200	1.337	
Serine....g	1.362		0		1		3.637	1.158	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13432

Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Common Measures:

Measure 1 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13969

Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

URMIS #1553

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.71	0.443	10	PAK	1		171.37		
Energy....kcal	177		0	NC	4		475		
Energy....kJ	739		0	NC	4		1988		
Protein (N x 6.25)....g	31.65	0.381	10	PAK	1		85.13		
Total lipid (fat)....g	4.60	0.227	10	PAK	1		12.39		
Ash....g	1.17	0.052	10	PAK	1		3.15		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	BFFN	4		22		
Iron, Fe....mg	2.53		0	BFFN	4		6.80		
Magnesium, Mg....mg	21		0	BFFN	4		56		
Phosphorus, P....mg	199		0	BFFN	4		536		
Potassium, K....mg	257		0	BFFN	4		691		
Sodium, Na....mg	42		0	BFFN	4		112		
Zinc, Zn....mg	5.34		0	BFFN	4		14.35		
Copper, Cu....mg	0.081		0	BFFN	4		0.218		
Manganese, Mn....mg	0.011		0	BFFN	4		0.030		
Selenium, Se....mcg	31.2		0	BFFN	4		83.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.080		0	BFPN	4		0.214		
Riboflavin....mg	0.159		0	BFPN	4		0.427		
Niacin....mg	5.340		0	BFPN	4		14.363		
Pantothenic acid....mg	0.625		0	BFPN	4		1.680		
Vitamin B-6....mg	0.416		0	BFPN	4		1.118		
Folate, total....mcg	10		0	BFPN	4		27		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	10		0	BFPN	4		27		
Folate, DFE....mcg_DFE	10		0	NC	4		27		
Choline, total....mg	120.5		0	BFPN	4		324.2		
Betaine....mg	15.8		0	BFPN	4		42.6		
Vitamin B-12....mcg	1.62		0	BFPN	4		4.36		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.39		0	BFSN	4		1.04		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		3.7		
Lipids:									
Fatty acids, total saturated....g	1.654		0	NC	4		4.450		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13969

Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.004		0	BFFN	4		0.011		
12:0....g	0.004		0	BFFN	4		0.011		
13:0....g									
14:0....g	0.125		0	BFFN	4		0.337		
15:0....g									
16:0....g	1.026		0	BFFN	4		2.759		
17:0....g									
18:0....g	0.495		0	BFFN	4		1.332		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.949		0	NC	4		5.243		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.184		0	BFFN	4		0.494		
17:1....g									
18:1 undifferentiated....g	1.763		0	BFFN	4		4.743		
20:1....g	0.002		0	BFFN	4		0.005		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.173		0	NC	4		0.466		
18:2 undifferentiated....g	0.130		0	BFFN	4		0.348		
18:3 undifferentiated....g	0.023		0	BFFN	4		0.062		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.021		0	BFFN	4		0.056		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	51		0	BFFN	4		138		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.208		0	PAK	1		0.559		
Threonine....g	1.264		0	PAK	1		3.401		
Isoleucine....g	1.440		0	PAK	1		3.873		
Leucine....g	2.517		0	PAK	1		6.772		
Lysine....g	2.674		0	PAK	1		7.194		
Methionine....g	0.824		0	PAK	1		2.217		
Cystine....g	0.408		0	PAK	1		1.099		
Phenylalanine....g	1.250		0	PAK	1		3.362		
Tyrosine....g	1.008		0	PAK	1		2.713		
Valine....g	1.570		0	PAK	1		4.223		
Arginine....g	2.046		0	PAK	1		5.505		
Histidine....g	1.010		0	PAK	1		2.717		
Alanine....g	1.924		0	PAK	1		5.175		
Aspartic acid....g	2.883		0	PAK	1		7.754		
Glutamic acid....g	4.751		0	PAK	1		12.780		
Glycine....g	1.927		0	PAK	1		5.184		
Proline....g	1.509		0	PAK	1		4.058		
Serine....g	1.247		0	PAK	1		3.353		
Hydroxyproline....g	0.332		0	BFPN	4		0.894		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13969

Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Common Measures:

Measure 1 = 269g: 1 steak (yield from 368 g meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13892

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Minute Steak, Round Steak, London Broil

Refuse: 3% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.68		0	PAE	4		156.38	46.48	
Energy....kcal	238		0	NC	4		681	202	
Energy....kJ	996		0		4		2848	846	
Protein (N x 6.25)....g	34.34		0	PAE	4		98.21	29.19	
Total lipid (fat)....g	10.13		0	PAE	4		28.97	8.61	
Ash....g	1.66		0	PAE	4		4.75	1.41	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0	PAE	4		14	4	
Iron, Fe....mg	3.16		0	PAE	4		9.04	2.69	
Magnesium, Mg....mg	24		0	PAE	4		69	20	
Phosphorus, P....mg	215		0	PAE	4		615	183	
Potassium, K....mg	319		0	PAE	4		912	271	
Sodium, Na....mg	45		0	PAE	4		129	38	
Zinc, Zn....mg	4.34		0	PAE	4		12.41	3.69	
Copper, Cu....mg	0.118		0	PAE	4		0.337	0.100	
Manganese, Mn....mg	0.017		0	PAE	4		0.049	0.014	
Selenium, Se....mcg	32.5		0	BFZN	4		93.0	27.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0	PAE	4		0.200	0.060	
Riboflavin....mg	0.240		0	PAE	4		0.686	0.204	
Niacin....mg	3.650		0	PAE	4		10.439	3.103	
Pantothenic acid....mg	0.360		0	PAE	4		1.030	0.306	
Vitamin B-6....mg	0.270		0	PAE	4		0.772	0.230	
Folate, total....mcg	9		0	PAE	4		26	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	PAE	4		26	8	
Folate, DFE....mcg_DFE	9		0	NC	4		26	8	
Choline, total....mg	130.8		0	BFPN	4		374.1	111.2	
Betaine....mg	17.2		0	BFPN	4		49.1	14.6	
Vitamin B-12....mcg	2.62		0	PAE	4		7.49	2.23	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.17		0	BFNN	4		0.49	0.15	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.5	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		0.5	0.1	
Vitamin D....IU	7		0	BFFN	4		19	6	
Vitamin K (phylloquinone)....mcg	1.7		0	BFSN	4		4.9	1.5	
Lipids:									
Fatty acids, total saturated....g	3.780		0	PAE	4		10.811	3.213	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13892

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.020		0	PAE	4		0.057	0.017	
12:0 g	0.020		0	PAE	4		0.057	0.017	
13:0 g									
14:0 g	0.290		0	PAE	4		0.829	0.247	
15:0 g									
16:0 g	2.330		0	PAE	4		6.664	1.981	
17:0 g									
18:0 g	1.130		0	PAE	4		3.232	0.961	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.150		0	PAE	4		11.869	3.528	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.380		0	PAE	4		1.087	0.323	
17:1 g									
18:1 undifferentiated g	3.760		0	PAE	4		10.754	3.196	
20:1 g	0.010		0	PAE	4		0.029	0.009	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.420		0	PAE	4		1.201	0.357	
18:2 undifferentiated g	0.290		0	PAE	4		0.829	0.247	
18:3 undifferentiated g	0.090		0	PAE	4		0.257	0.077	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	PAE	4		0.086	0.026	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	90		0	PAE	4		257	77	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.385		0	PAE	4		1.101	0.327	
Threonine g	1.500		0	PAE	4		4.290	1.275	
Isoleucine g	1.544		0	PAE	4		4.416	1.312	
Leucine g	2.714		0	PAE	4		7.762	2.307	
Lysine g	2.857		0	PAE	4		8.171	2.428	
Methionine g	0.879		0	PAE	4		2.514	0.747	
Cystine g	0.385		0	PAE	4		1.101	0.327	
Phenylalanine g	1.341		0	PAE	4		3.835	1.140	
Tyrosine g	1.154		0	PAE	4		3.300	0.981	
Valine g	1.670		0	PAE	4		4.776	1.420	
Arginine g	2.170		0	PAE	4		6.206	1.845	
Histidine g	1.176		0	PAE	4		3.363	1.000	
Alanine g	2.071		0	PAE	4		5.923	1.760	
Aspartic acid g	3.137		0	PAE	4		8.972	2.666	
Glutamic acid g	5.159		0	PAE	4		14.755	4.385	
Glycine g	1.874		0	PAE	4		5.360	1.593	
Proline g	1.517		0	PAE	4		4.339	1.289	
Serine g	1.313		0	PAE	4		3.755	1.116	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13892

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 286g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13891

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Minute Steak, Round Steak, London Broil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.04	0.328	20	PAK	1		19.57	313.19	
Energy....kcal	166		0	NC	4		47	752	
Energy....kJ	693		0	NC	4		197	3146	
Protein (N x 6.25)....g	22.06	0.154	20	PAK	1		6.25	100.06	
Total lipid (fat)....g	7.93	0.385	20	PAK	1		2.25	35.99	
Ash....g	1.10	0.019	20	PAK	1		0.31	4.97	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0	BFNN	4		6	94	
Iron, Fe....mg	1.85		0	BFNN	4		0.53	8.41	
Magnesium, Mg....mg	24		0	BFNN	4		7	108	
Phosphorus, P....mg	212		0	BFNN	4		60	963	
Potassium, K....mg	349		0	BFNN	4		99	1582	
Sodium, Na....mg	60		0	BFNN	4		17	272	
Zinc, Zn....mg	4.08		0	BFNN	4		1.16	18.50	
Copper, Cu....mg	0.097		0	BFNN	4		0.027	0.439	
Manganese, Mn....mg	0.013		0	BFNN	4		0.004	0.060	
Selenium, Se....mcg	26.5		0	BFNN	4		7.5	120.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.087		0	BFPN	4		0.025	0.395	
Riboflavin....mg	0.135		0	BFPN	4		0.038	0.611	
Niacin....mg	6.589		0	BFPN	4		1.868	29.889	
Pantothenic acid....mg	0.634		0	BFPN	4		0.180	2.877	
Vitamin B-6....mg	0.653		0	BFPN	4		0.185	2.963	
Folate, total....mcg	12		0	BFPN	4		3	54	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		0	BFPN	4		3	54	
Folate, DFE....mcg_DFE	12		0	NC	4		3	54	
Choline, total....mg	92.1		0	BFPN	4		26.1	417.9	
Betaine....mg	13.5		0	BFPN	4		3.8	61.5	
Vitamin B-12....mcg	1.59		0	BFPN	4		0.45	7.22	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.33		0	BFSN	4		0.09	1.50	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		0.4	6.0	
Lipids:									
Fatty acids, total saturated....g	3.123		0	NC	4		0.885	14.167	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13891

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.025		0	BFFN	4		0.007	0.114	
12:0....g	0.017		0	BFFN	4		0.005	0.078	
13:0....g									
14:0....g	0.243		0	BFFN	4		0.069	1.102	
15:0....g									
16:0....g	1.906		0	BFFN	4		0.540	8.644	
17:0....g									
18:0....g	0.932		0	BFFN	4		0.264	4.229	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.428		0	NC	4		0.972	15.549	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.404		0	BFFN	4		0.114	1.832	
17:1....g									
18:1 undifferentiated....g	3.013		0	BFFN	4		0.854	13.667	
20:1....g	0.011		0	BFFN	4		0.003	0.050	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.303		0	NC	4		0.086	1.373	
18:2 undifferentiated....g	0.197		0	BFFN	4		0.056	0.894	
18:3 undifferentiated....g	0.090		0	BFFN	4		0.025	0.408	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.016		0	BFFN	4		0.004	0.071	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	40		0	BFFN	4		11	180	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.145		0	PAK	1		0.041	0.658	
Threonine....g	0.881		0	PAK	1		0.250	3.997	
Isoleucine....g	1.004		0	PAK	1		0.285	4.552	
Leucine....g	1.755		0	PAK	1		0.497	7.959	
Lysine....g	1.864		0	PAK	1		0.528	8.456	
Methionine....g	0.574		0	PAK	1		0.163	2.606	
Cystine....g	0.285		0	PAK	1		0.081	1.291	
Phenylalanine....g	0.871		0	PAK	1		0.247	3.952	
Tyrosine....g	0.703		0	PAK	1		0.199	3.188	
Valine....g	1.094		0	PAK	1		0.310	4.964	
Arginine....g	1.426		0	PAK	1		0.404	6.470	
Histidine....g	0.704		0	PAK	1		0.200	3.193	
Alanine....g	1.341		0	PAK	1		0.380	6.083	
Aspartic acid....g	2.009		0	PAK	1		0.570	9.114	
Glutamic acid....g	3.311		0	PAK	1		0.939	15.021	
Glycine....g	1.343		0	PAK	1		0.381	6.092	
Proline....g	1.052		0	PAK	1		0.298	4.770	
Serine....g	0.869		0	PAK	1		0.246	3.941	
Hydroxyproline....g	0.232		0	BFPN	4		0.066	1.051	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13891

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13895

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Minute Steak, Round Steak, URMIS #2368, London Broil

Refuse: 2% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.83		0	PAE	4		155.57	45.76	
Energy....kcal	250		0	NC	4		723	213	
Energy....kJ	1046		0		4		3023	889	
Protein (N x 6.25)....g	34.09		0	PAE	4		98.52	28.98	
Total lipid (fat)....g	11.61		0	PAE	4		33.55	9.87	
Ash....g	1.65		0	PAE	4		4.77	1.40	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0	PAE	4		14	4	
Iron, Fe....mg	3.14		0	PAE	4		9.07	2.67	
Magnesium, Mg....mg	24		0	PAE	4		69	20	
Phosphorus, P....mg	214		0	PAE	4		618	182	
Potassium, K....mg	317		0	PAE	4		916	269	
Sodium, Na....mg	45		0	PAE	4		130	38	
Zinc, Zn....mg	4.31		0	PAE	4		12.46	3.66	
Copper, Cu....mg	0.118		0	PAE	4		0.341	0.100	
Manganese, Mn....mg	0.017		0	PAE	4		0.049	0.014	
Selenium, Se....mcg	32.5		0	BFZN	4		93.9	27.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0	PAE	4		0.202	0.060	
Riboflavin....mg	0.240		0	PAE	4		0.694	0.204	
Niacin....mg	3.630		0	PAE	4		10.491	3.086	
Pantothenic acid....mg	0.350		0	PAE	4		1.012	0.298	
Vitamin B-6....mg	0.270		0	PAE	4		0.780	0.230	
Folate, total....mcg	9		0	PAE	4		26	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	PAE	4		26	8	
Folate, DFE....mcg_DFE	9		0	NC	4		26	8	
Choline, total....mg	129.8		0	BFPN	4		375.2	110.4	
Betaine....mg	17.1		0	BFPN	4		49.3	14.5	
Vitamin B-12....mcg	2.61		0	PAE	4		7.54	2.22	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.330		0	PAE	4		12.514	3.681	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13895

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.020		0	PAE	4		0.058	0.017	
12:0....g	0.020		0	PAE	4		0.058	0.017	
13:0....g									
14:0....g	0.330		0	PAE	4		0.954	0.281	
15:0....g									
16:0....g	2.670		0	PAE	4		7.716	2.270	
17:0....g									
18:0....g	1.290		0	PAE	4		3.728	1.097	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.760		0	PAE	4		13.756	4.046	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.440		0	PAE	4		1.272	0.374	
17:1....g									
18:1 undifferentiated....g	4.310		0	PAE	4		12.456	3.664	
20:1....g	0.010		0	PAE	4		0.029	0.009	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.480		0	PAE	4		1.387	0.408	
18:2 undifferentiated....g	0.340		0	PAE	4		0.983	0.289	
18:3 undifferentiated....g	0.100		0	PAE	4		0.289	0.085	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAE	4		0.116	0.034	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	90		0	PAE	4		260	77	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.382		0	PAE	4		1.104	0.325	
Threonine....g	1.489		0	PAE	4		4.303	1.266	
Isoleucine....g	1.533		0	PAE	4		4.430	1.303	
Leucine....g	2.694		0	PAE	4		7.786	2.290	
Lysine....g	2.836		0	PAE	4		8.196	2.411	
Methionine....g	0.873		0	PAE	4		2.523	0.742	
Cystine....g	0.382		0	PAE	4		1.104	0.325	
Phenylalanine....g	1.331		0	PAE	4		3.847	1.131	
Tyrosine....g	1.145		0	PAE	4		3.309	0.973	
Valine....g	1.658		0	PAE	4		4.792	1.409	
Arginine....g	2.154		0	PAE	4		6.225	1.831	
Histidine....g	1.167		0	PAE	4		3.373	0.992	
Alanine....g	2.056		0	PAE	4		5.942	1.748	
Aspartic acid....g	3.114		0	PAE	4		8.999	2.647	
Glutamic acid....g	5.121		0	PAE	4		14.800	4.353	
Glycine....g	1.860		0	PAE	4		5.375	1.581	
Proline....g	1.505		0	PAE	4		4.349	1.279	
Serine....g	1.303		0	PAE	4		3.766	1.108	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13895

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Common Measures:

Measure 1 = 289g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13896

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Minute Steak, Round Steak, URMIS #2368, London Broil

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.46	0.872	10	PAK	1		202.85	49.69	190.57
Energy....kcal	224		0	NC	4		776	190	729
Energy....kJ	936		0	NC	4		3248	796	3051
Protein (N x 6.25)....g	30.70	0.376	10	PAK	1		106.52	26.09	100.07
Total lipid (fat)....g	10.27	0.346	10	PAK	1		35.64	8.73	33.48
Ash....g	1.18	0.039	10	PAK	1		4.10	1.00	3.85
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFNN	4		23	6	22
Iron, Fe....mg	2.54		0	BFNN	4		8.82	2.16	8.29
Magnesium, Mg....mg	20		0	BFNN	4		68	17	64
Phosphorus, P....mg	187		0	BFNN	4		651	159	611
Potassium, K....mg	248		0	BFNN	4		860	211	808
Sodium, Na....mg	40		0	BFNN	4		139	34	130
Zinc, Zn....mg	5.09		0	BFNN	4		17.66	4.33	16.59
Copper, Cu....mg	0.067		0	BFNN	4		0.233	0.057	0.219
Manganese, Mn....mg	0.011		0	BFNN	4		0.036	0.009	0.034
Selenium, Se....mcg	32.4		0	BFNN	4		112.5	27.6	105.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.064		0	BFPN	4		0.221	0.054	0.207
Riboflavin....mg	0.173		0	BFPN	4		0.599	0.147	0.562
Niacin....mg	5.550		0	BFPN	4		19.259	4.718	18.093
Pantothenic acid....mg	0.604		0	BFPN	4		2.097	0.514	1.970
Vitamin B-6....mg	0.403		0	BFPN	4		1.399	0.343	1.314
Folate, total....mcg	10		0	BFPN	4		33	8	31
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	10		0	BFPN	4		33	8	31
Folate, DFE....mcg_DFE	10		0	NC	4		33	8	31
Choline, total....mg	116.9		0	BFPN	4		405.7	99.4	381.2
Betaine....mg	15.4		0	BFPN	4		53.3	13.1	50.1
Vitamin B-12....mcg	1.84		0	BFPN	4		6.40	1.57	6.01
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.44		0	BFSN	4		1.54	0.38	1.44
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		5.5	1.3	5.1
Lipids:									
Fatty acids, total saturated....g	3.898		0	NC	4		13.524	3.313	12.706
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000

NDB No. 13896

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.022		0	BFFN	4		0.077	0.019	0.072
12:0....g	0.022		0	BFFN	4		0.077	0.019	0.072
13:0....g									
14:0....g	0.305		0	BFFN	4		1.057	0.259	0.993
15:0....g									
16:0....g	2.430		0	BFFN	4		8.432	2.066	7.922
17:0....g									
18:0....g	1.119		0	BFFN	4		3.882	0.951	3.647
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.379		0	NC	4		15.197	3.722	14.277
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.434		0	BFFN	4		1.505	0.369	1.414
17:1....g									
18:1 undifferentiated....g	3.930		0	BFFN	4		13.638	3.341	12.812
20:1....g	0.016		0	BFFN	4		0.054	0.013	0.051
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.396		0	NC	4		1.373	0.336	1.290
18:2 undifferentiated....g	0.272		0	BFFN	4		0.944	0.231	0.887
18:3 undifferentiated....g	0.099		0	BFFN	4		0.343	0.084	0.322
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.025		0	BFFN	4		0.086	0.021	0.081
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	66		0	BFFN	4		228	56	214
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.201		0	NR	4		0.696	0.171	0.654
Threonine....g	1.220		0	NR	4		4.232	1.037	3.976
Isoleucine....g	1.389		0	NR	4		4.820	1.181	4.528
Leucine....g	2.429		0	NR	4		8.427	2.064	7.917
Lysine....g	2.580		0	NR	4		8.953	2.193	8.411
Methionine....g	0.795		0	NR	4		2.759	0.676	2.592
Cystine....g	0.394		0	NR	4		1.367	0.335	1.284
Phenylalanine....g	1.206		0	NR	4		4.185	1.025	3.931
Tyrosine....g	0.973		0	NR	4		3.376	0.827	3.172
Valine....g	1.515		0	NR	4		5.256	1.287	4.938
Arginine....g	1.974		0	NR	4		6.850	1.678	6.436
Histidine....g	0.974		0	NR	4		3.381	0.828	3.176
Alanine....g	1.856		0	NR	4		6.441	1.578	6.051
Aspartic acid....g	2.781		0	NR	4		9.650	2.364	9.066
Glutamic acid....g	4.583		0	NR	4		15.904	3.896	14.941
Glycine....g	1.859		0	NR	4		6.451	1.580	6.060
Proline....g	1.455		0	NR	4		5.050	1.237	4.745
Serine....g	1.203		0	NR	4		4.173	1.022	3.921
Hydroxyproline....g	0.321		0	BFPN	4		1.113	0.273	1.046
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13896

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 347g: 1 steak (yield from raw steak weighing 492 g)

Measure 2 = 85g: 3 oz

Measure 3 = 326g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13897

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried

Minute Steak, Round Steak, URMIS #2368, London Broil

Refuse: 1% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.36		0	PAE	4		148.18	44.51	
Energy....kcal	266		0	NC	4		753	226	
Energy....kJ	1113		0		4		3150	946	
Protein (N x 6.25)....g	32.99		0	PAE	4		93.36	28.04	
Total lipid (fat)....g	13.83		0	PAE	4		39.14	11.76	
Ash....g	1.45		0	PAE	4		4.10	1.23	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	PAE	4		17	5	
Iron, Fe....mg	2.97		0	PAE	4		8.41	2.52	
Magnesium, Mg....mg	33		0	PAE	4		93	28	
Phosphorus, P....mg	274		0	PAE	4		775	233	
Potassium, K....mg	480		0	PAE	4		1358	408	
Sodium, Na....mg	68		0	PAE	4		192	58	
Zinc, Zn....mg	4.35		0	PAE	4		12.31	3.70	
Copper, Cu....mg	0.124		0	PAE	4		0.351	0.105	
Manganese, Mn....mg	0.019		0	PAE	4		0.054	0.016	
Selenium, Se....mcg	32.0		0	BFYN	4		90.6	27.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.110		0	PAE	4		0.311	0.094	
Riboflavin....mg	0.260		0	PAE	4		0.736	0.221	
Niacin....mg	5.150		0	PAE	4		14.575	4.378	
Pantothenic acid....mg	0.430		0	PAE	4		1.217	0.366	
Vitamin B-6....mg	0.570		0	PAE	4		1.613	0.485	
Folate, total....mcg	12		0	PAE	4		34	10	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		0	PAE	4		34	10	
Folate, DFE....mcg_DFE	12		0	NC	4		34	10	
Choline, total....mg	125.6		0	BFPN	4		355.6	106.8	
Betaine....mg									
Vitamin B-12....mcg	3.28		0	PAE	4		9.28	2.79	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		0	BFSN	4		0.51	0.15	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.6	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		0.6	0.2	
Vitamin D....IU	9		0	BFFN	4		26	8	
Vitamin K (phylloquinone)....mcg	1.8		0	BFSN	4		5.1	1.5	
Lipids:									
Fatty acids, total saturated....g	4.640		0	PAE	4		13.131	3.944	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13897

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.020		0	PAE	4		0.057	0.017	
12:0 g	0.020		0	PAE	4		0.057	0.017	
13:0 g									
14:0 g	0.330		0	PAE	4		0.934	0.281	
15:0 g									
16:0 g	2.840		0	PAE	4		8.037	2.414	
17:0 g									
18:0 g	1.340		0	PAE	4		3.792	1.139	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.180		0	PAE	4		14.659	4.403	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.440		0	PAE	4		1.245	0.374	
17:1 g									
18:1 undifferentiated g	4.670		0	PAE	4		13.216	3.970	
20:1 g	0.020		0	PAE	4		0.057	0.017	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.720		0	PAE	4		4.868	1.462	
18:2 undifferentiated g	1.260		0	PAE	4		3.566	1.071	
18:3 undifferentiated g	0.230		0	PAE	4		0.651	0.196	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.210		0	PAE	4		0.594	0.179	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	97		0	PAE	4		275	82	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.370		0	PAE	4		1.047	0.315	
Threonine g	1.441		0	PAE	4		4.078	1.225	
Isoleucine g	1.483		0	PAE	4		4.197	1.261	
Leucine g	2.608		0	PAE	4		7.381	2.217	
Lysine g	2.745		0	PAE	4		7.768	2.333	
Methionine g	0.845		0	PAE	4		2.391	0.718	
Cystine g	0.370		0	PAE	4		1.047	0.315	
Phenylalanine g	1.288		0	PAE	4		3.645	1.095	
Tyrosine g	1.109		0	PAE	4		3.138	0.943	
Valine g	1.605		0	PAE	4		4.542	1.364	
Arginine g	2.085		0	PAE	4		5.901	1.772	
Histidine g	1.130		0	PAE	4		3.198	0.961	
Alanine g	1.990		0	PAE	4		5.632	1.692	
Aspartic acid g	3.014		0	PAE	4		8.530	2.562	
Glutamic acid g	4.957		0	PAE	4		14.028	4.213	
Glycine g	1.800		0	PAE	4		5.094	1.530	
Proline g	1.457		0	PAE	4		4.123	1.238	
Serine g	1.262		0	PAE	4		3.571	1.073	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13897

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried

Common Measures:

Measure 1 = 283g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13894

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Minute Steak, Round Steak, URMIS #2368, London Broil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.80	0.514	10	PAK	1		19.51	312.09	
Energy....kcal	168		0	NC	4		48	760	
Energy....kJ	701		0	NC	4		199	3180	
Protein (N x 6.25)....g	21.94	0.194	10	PAK	1		6.22	99.52	
Total lipid (fat)....g	8.19	0.580	10	PAK	1		2.32	37.15	
Ash....g	1.11	0.027	10	PAK	1		0.32	5.05	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0	BFNN	4		5	76	
Iron, Fe....mg	1.97		0	BFNN	4		0.56	8.92	
Magnesium, Mg....mg	24		0	BFNN	4		7	107	
Phosphorus, P....mg	211		0	BFNN	4		60	955	
Potassium, K....mg	341		0	BFNN	4		97	1546	
Sodium, Na....mg	57		0	BFNN	4		16	256	
Zinc, Zn....mg	4.06		0	BFNN	4		1.15	18.40	
Copper, Cu....mg	0.098		0	BFNN	4		0.028	0.445	
Manganese, Mn....mg	0.013		0	BFNN	4		0.004	0.060	
Selenium, Se....mcg	26.7		0	BFNN	4		7.6	121.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.084		0	BFPN	4		0.024	0.381	
Riboflavin....mg	0.151		0	BFPN	4		0.043	0.685	
Niacin....mg	6.667		0	BFPN	4		1.890	30.243	
Pantothenic acid....mg	0.640		0	BFPN	4		0.182	2.905	
Vitamin B-6....mg	0.648		0	BFPN	4		0.184	2.938	
Folate, total....mcg	12		0	BFPN	4		3	55	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		0	BFPN	4		3	55	
Folate, DFE....mcg_DFE	12		0	NC	4		3	55	
Choline, total....mg	91.6		0	BFPN	4		26.0	415.7	
Betaine....mg	13.5		0	BFPN	4		3.8	61.1	
Vitamin B-12....mcg	1.86		0	BFPN	4		0.53	8.43	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.33		0	BFSN	4		0.09	1.51	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		0.4	6.0	
Lipids:									
Fatty acids, total saturated....g	3.224		0	NC	4		0.914	14.624	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13894

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.026		0	BFFN	4		0.007	0.118	
12:0....g	0.018		0	BFFN	4		0.005	0.081	
13:0....g									
14:0....g	0.251		0	BFFN	4		0.071	1.137	
15:0....g									
16:0....g	1.967		0	BFFN	4		0.558	8.922	
17:0....g									
18:0....g	0.962		0	BFFN	4		0.273	4.365	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.538		0	NC	4		1.003	16.050	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.417		0	BFFN	4		0.118	1.891	
17:1....g									
18:1 undifferentiated....g	3.110		0	BFFN	4		0.882	14.108	
20:1....g	0.011		0	BFFN	4		0.003	0.051	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.313		0	NC	4		0.089	1.418	
18:2 undifferentiated....g	0.204		0	BFFN	4		0.058	0.923	
18:3 undifferentiated....g	0.093		0	BFFN	4		0.026	0.421	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.016		0	BFFN	4		0.005	0.073	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	41		0	BFFN	4		12	185	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.144		0	PAK	1		0.041	0.654	
Threonine....g	0.876		0	PAK	1		0.248	3.976	
Isoleucine....g	0.998		0	PAK	1		0.283	4.528	
Leucine....g	1.745		0	PAK	1		0.495	7.917	
Lysine....g	1.854		0	PAK	1		0.526	8.411	
Methionine....g	0.571		0	PAK	1		0.162	2.592	
Cystine....g	0.283		0	PAK	1		0.080	1.284	
Phenylalanine....g	0.867		0	PAK	1		0.246	3.931	
Tyrosine....g	0.699		0	PAK	1		0.198	3.171	
Valine....g	1.088		0	PAK	1		0.309	4.937	
Arginine....g	1.419		0	PAK	1		0.402	6.435	
Histidine....g	0.700		0	PAK	1		0.199	3.176	
Alanine....g	1.334		0	PAK	1		0.378	6.050	
Aspartic acid....g	1.999		0	PAK	1		0.567	9.065	
Glutamic acid....g	3.294		0	PAK	1		0.934	14.941	
Glycine....g	1.336		0	PAK	1		0.379	6.060	
Proline....g	1.046		0	PAK	1		0.297	4.745	
Serine....g	0.864		0	PAK	1		0.245	3.920	
Hydroxyproline....g	0.231		0	BFPN	4		0.065	1.046	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13894

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13902

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Minute Steak, Round Steak, URMIS #2368, London Broil

Refuse: 1% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.51		0	PAE	4		197.57	50.58	
Energy....kcal	225		0	NC	4		747	191	
Energy....kJ	941		0		4		3125	800	
Protein (N x 6.25)....g	31.27		0	PAE	4		103.82	26.58	
Total lipid (fat)....g	10.10		0	PAE	4		33.53	8.59	
Ash....g	1.36		0	PAE	4		4.52	1.16	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	PAE	4		20	5	
Iron, Fe....mg	2.84		0	PAE	4		9.43	2.41	
Magnesium, Mg....mg	30		0	PAE	4		100	26	
Phosphorus, P....mg	243		0	PAE	4		807	207	
Potassium, K....mg	436		0	PAE	4		1448	371	
Sodium, Na....mg	61		0	PAE	4		203	52	
Zinc, Zn....mg	5.49		0	PAE	4		18.23	4.67	
Copper, Cu....mg	0.121		0	PAE	4		0.402	0.103	
Manganese, Mn....mg	0.017		0	PAE	4		0.056	0.014	
Selenium, Se....mcg	28.0		0	BFYN	4		93.0	23.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.120		0	PAE	4		0.398	0.102	
Riboflavin....mg	0.260		0	PAE	4		0.863	0.221	
Niacin....mg	5.950		0	PAE	4		19.754	5.058	
Pantothenic acid....mg	0.480		0	PAE	4		1.594	0.408	
Vitamin B-6....mg	0.550		0	PAE	4		1.826	0.468	
Folate, total....mcg	12		0	PAE	4		40	10	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		0	PAE	4		40	10	
Folate, DFE....mcg_DFE	12		0	NC	4		40	10	
Choline, total....mg	119.1		0	BFPN	4		395.4	101.2	
Betaine....mg	15.6		0	BFPN	4		51.9	13.3	
Vitamin B-12....mcg	2.46		0	PAE	4		8.17	2.09	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.610		0	PAE	4		11.985	3.069	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13902

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		0	PAE	4		0.033	0.009	
12:0....g	0.010		0	PAE	4		0.033	0.009	
13:0....g									
14:0....g	0.240		0	PAE	4		0.797	0.204	
15:0....g									
16:0....g	2.120		0	PAE	4		7.038	1.802	
17:0....g									
18:0....g	1.100		0	PAE	4		3.652	0.935	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.010		0	PAE	4		13.313	3.409	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.330		0	PAE	4		1.096	0.281	
17:1....g									
18:1 undifferentiated....g	3.560		0	PAE	4		11.819	3.026	
20:1....g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.460		0	PAE	4		1.527	0.391	
18:2 undifferentiated....g	0.330		0	PAE	4		1.096	0.281	
18:3 undifferentiated....g	0.050		0	PAE	4		0.166	0.043	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.060		0	PAE	4		0.199	0.051	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	84		0	PAE	4		279	71	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.350		0	PAE	4		1.162	0.298	
Threonine....g	1.366		0	PAE	4		4.535	1.161	
Isoleucine....g	1.406		0	PAE	4		4.668	1.195	
Leucine....g	2.471		0	PAE	4		8.204	2.100	
Lysine....g	2.601		0	PAE	4		8.635	2.211	
Methionine....g	0.800		0	PAE	4		2.656	0.680	
Cystine....g	0.350		0	PAE	4		1.162	0.298	
Phenylalanine....g	1.221		0	PAE	4		4.054	1.038	
Tyrosine....g	1.051		0	PAE	4		3.489	0.893	
Valine....g	1.521		0	PAE	4		5.050	1.293	
Arginine....g	1.976		0	PAE	4		6.560	1.680	
Histidine....g	1.071		0	PAE	4		3.556	0.910	
Alanine....g	1.886		0	PAE	4		6.262	1.603	
Aspartic acid....g	2.857		0	PAE	4		9.485	2.428	
Glutamic acid....g	4.698		0	PAE	4		15.597	3.993	
Glycine....g	1.706		0	PAE	4		5.664	1.450	
Proline....g	1.381		0	PAE	4		4.585	1.174	
Serine....g	1.196		0	PAE	4		3.971	1.017	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13902

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Common Measures:

Measure 1 = 332g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13901

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw

Minute Steak, Round Steak, URMIS #2368, London Broil

Refuse: 1% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.73		0	PAE	4		19.48	311.76	
Energy....kcal	173		0	NC	4		49	785	
Energy....kJ	724		0		4		205	3283	
Protein (N x 6.25)....g	22.24		0	PAE	4		6.31	100.88	
Total lipid (fat)....g	8.67		0	PAE	4		2.46	39.33	
Ash....g	1.07		0	PAE	4		0.30	4.85	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	3		0	PAE	4		1	14	
Iron, Fe....mg	2.04		0	PAE	4		0.58	9.25	
Magnesium, Mg....mg	24		0	PAE	4		7	109	
Phosphorus, P....mg	213		0	PAE	4		60	966	
Potassium, K....mg	371		0	PAE	4		105	1683	
Sodium, Na....mg	51		0	PAE	4		14	231	
Zinc, Zn....mg	2.80		0	PAE	4		0.79	12.70	
Copper, Cu....mg	0.080		0	PAE	4		0.023	0.363	
Manganese, Mn....mg	0.014		0	PAE	4		0.004	0.064	
Selenium, Se....mcg	20.5		0	BFNN	4		5.8	93.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0	PAE	4		0.028	0.454	
Riboflavin....mg	0.180		0	PAE	4		0.051	0.816	
Niacin....mg	4.250		0	PAE	4		1.205	19.278	
Pantothenic acid....mg	0.350		0	PAE	4		0.099	1.588	
Vitamin B-6....mg	0.500		0	PAE	4		0.142	2.268	
Folate, total....mcg	9		0	PAE	4		3	41	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	PAE	4		3	41	
Folate, DFE....mcg_DFE	9		0	NC	4		3	41	
Choline, total....mg	92.9		0	BFPN	4		26.3	421.4	
Betaine....mg	13.7		0	BFPN	4		3.9	62.0	
Vitamin B-12....mcg	2.79		0	PAE	4		0.79	12.66	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.300		0	PAE	4		0.936	14.969	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13901

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 ... g	0.000		0	Z	7		0.000	0.000	
10:0 ... g	0.010		0	PAE	4		0.003	0.045	
12:0 ... g	0.010		0	PAE	4		0.003	0.045	
13:0 ... g									
14:0 ... g	0.230		0	PAE	4		0.065	1.043	
15:0 ... g									
16:0 ... g	1.950		0	PAE	4		0.553	8.845	
17:0 ... g									
18:0 ... g	0.990		0	PAE	4		0.281	4.491	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.590		0	PAE	4		1.018	16.284	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.340		0	PAE	4		0.096	1.542	
17:1 ... g									
18:1 undifferentiated ... g	3.160		0	PAE	4		0.896	14.334	
20:1 ... g	0.010		0	PAE	4		0.003	0.045	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.380		0	PAE	4		0.108	1.724	
18:2 undifferentiated ... g	0.270		0	PAE	4		0.077	1.225	
18:3 undifferentiated ... g	0.050		0	PAE	4		0.014	0.227	
18:4 ... g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.050		0	PAE	4		0.014	0.227	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	59		0	PAE	4		17	268	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.249		0	PAE	4		0.071	1.129	
Threonine ... g	0.971		0	PAE	4		0.275	4.404	
Isoleucine ... g	1.000		0	PAE	4		0.284	4.536	
Leucine ... g	1.758		0	PAE	4		0.498	7.974	
Lysine ... g	1.850		0	PAE	4		0.524	8.392	
Methionine ... g	0.569		0	PAE	4		0.161	2.581	
Cystine ... g	0.249		0	PAE	4		0.071	1.129	
Phenylalanine ... g	0.868		0	PAE	4		0.246	3.937	
Tyrosine ... g	0.747		0	PAE	4		0.212	3.388	
Valine ... g	1.082		0	PAE	4		0.307	4.908	
Arginine ... g	1.405		0	PAE	4		0.398	6.373	
Histidine ... g	0.761		0	PAE	4		0.216	3.452	
Alanine ... g	1.341		0	PAE	4		0.380	6.083	
Aspartic acid ... g	2.032		0	PAE	4		0.576	9.217	
Glutamic acid ... g	3.341		0	PAE	4		0.947	15.155	
Glycine ... g	1.213		0	PAE	4		0.344	5.502	
Proline ... g	0.982		0	PAE	4		0.278	4.454	
Serine ... g	0.850		0	PAE	4		0.241	3.856	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13901

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13899

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Minute Steak, Round Steak, URMIS #1553, London Broil

Refuse: 3% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.63		0	PAE	4		159.10	47.29	
Energy....kcal	225		0	NC	4		644	191	
Energy....kJ	941		0		4		2692	800	
Protein (N x 6.25)....g	34.60		0	PAE	4		98.96	29.41	
Total lipid (fat)....g	8.54		0	PAE	4		24.42	7.26	
Ash....g	1.67		0	PAE	4		4.78	1.42	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	PAE	4		11	3	
Iron, Fe....mg	3.18		0	PAE	4		9.09	2.70	
Magnesium, Mg....mg	25		0	PAE	4		72	21	
Phosphorus, P....mg	217		0	PAE	4		621	184	
Potassium, K....mg	321		0	PAE	4		918	273	
Sodium, Na....mg	45		0	PAE	4		129	38	
Zinc, Zn....mg	4.37		0	PAE	4		12.50	3.71	
Copper, Cu....mg	0.119		0	PAE	4		0.340	0.101	
Manganese, Mn....mg	0.017		0	PAE	4		0.049	0.014	
Selenium, Se....mcg	32.5		0	BFZN	4		93.0	27.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0	PAE	4		0.200	0.060	
Riboflavin....mg	0.240		0	PAE	4		0.686	0.204	
Niacin....mg	3.670		0	PAE	4		10.496	3.120	
Pantothenic acid....mg	0.360		0	PAE	4		1.030	0.306	
Vitamin B-6....mg	0.270		0	PAE	4		0.772	0.230	
Folate, total....mcg	9		0	PAE	4		26	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	PAE	4		26	8	
Folate, DFE....mcg_DFE	9		0	NC	4		26	8	
Choline, total....mg	131.8		0	BFPN	4		376.9	112.0	
Betaine....mg	17.3		0	BFPN	4		49.5	14.7	
Vitamin B-12....mcg	2.64		0	PAE	4		7.55	2.24	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.200		0	PAE	4		9.152	2.720	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13899

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.020		0	PAE	4		0.057	0.017	
12:0....g	0.020		0	PAE	4		0.057	0.017	
13:0....g									
14:0....g	0.240		0	PAE	4		0.686	0.204	
15:0....g									
16:0....g	1.970		0	PAE	4		5.634	1.675	
17:0....g									
18:0....g	0.950		0	PAE	4		2.717	0.808	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.510		0	PAE	4		10.039	2.984	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.320		0	PAE	4		0.915	0.272	
17:1....g									
18:1 undifferentiated....g	3.170		0	PAE	4		9.066	2.695	
20:1....g	0.010		0	PAE	4		0.029	0.009	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.350		0	PAE	4		1.001	0.298	
18:2 undifferentiated....g	0.250		0	PAE	4		0.715	0.213	
18:3 undifferentiated....g	0.080		0	PAE	4		0.229	0.068	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.086	0.026	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	90		0	PAE	4		257	77	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.387		0	PAE	4		1.107	0.329	
Threonine....g	1.511		0	PAE	4		4.321	1.284	
Isoleucine....g	1.555		0	PAE	4		4.447	1.322	
Leucine....g	2.735		0	PAE	4		7.822	2.325	
Lysine....g	2.878		0	PAE	4		8.231	2.446	
Methionine....g	0.886		0	PAE	4		2.534	0.753	
Cystine....g	0.387		0	PAE	4		1.107	0.329	
Phenylalanine....g	1.351		0	PAE	4		3.864	1.148	
Tyrosine....g	1.162		0	PAE	4		3.323	0.988	
Valine....g	1.683		0	PAE	4		4.813	1.431	
Arginine....g	2.186		0	PAE	4		6.252	1.858	
Histidine....g	1.185		0	PAE	4		3.389	1.007	
Alanine....g	2.087		0	PAE	4		5.969	1.774	
Aspartic acid....g	3.161		0	PAE	4		9.040	2.687	
Glutamic acid....g	5.198		0	PAE	4		14.866	4.418	
Glycine....g	1.888		0	PAE	4		5.400	1.605	
Proline....g	1.528		0	PAE	4		4.370	1.299	
Serine....g	1.323		0	PAE	4		3.784	1.125	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13899

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Common Measures:

Measure 1 = 286g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13900

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Minute Steak, Round Steak, URMIS #1553, London Broil

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.72	0.723	10	PAK	1		217.99	51.61	199.77
Energy....kcal	201		0	NC	4		720	170	660
Energy....kJ	839		0	NC	4		3012	713	2760
Protein (N x 6.25)....g	30.63	0.517	10	PAK	1		109.97	26.04	100.78
Total lipid (fat)....g	7.73	0.652	10	PAK	1		27.74	6.57	25.43
Ash....g	1.14	0.037	10	PAK	1		4.09	0.97	3.75
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	BFNN	4		29	7	26
Iron, Fe....mg	2.52		0	BFNN	4		9.03	2.14	8.28
Magnesium, Mg....mg	21		0	BFNN	4		74	18	68
Phosphorus, P....mg	198		0	BFNN	4		712	168	652
Potassium, K....mg	256		0	BFNN	4		918	217	841
Sodium, Na....mg	41		0	BFNN	4		148	35	136
Zinc, Zn....mg	5.31		0	BFNN	4		19.07	4.52	17.48
Copper, Cu....mg	0.081		0	BFNN	4		0.290	0.069	0.266
Manganese, Mn....mg	0.011		0	BFNN	4		0.040	0.009	0.037
Selenium, Se....mcg	31.0		0	BFNN	4		111.4	26.4	102.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.077		0	BFPN	4		0.277	0.066	0.254
Riboflavin....mg	0.154		0	BFPN	4		0.552	0.131	0.506
Niacin....mg	5.169		0	BFPN	4		18.555	4.393	17.004
Pantothenic acid....mg	0.605		0	BFPN	4		2.170	0.514	1.989
Vitamin B-6....mg	0.402		0	BFPN	4		1.444	0.342	1.323
Folate, total....mcg	10		0	BFPN	4		34	8	31
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	10		0	BFPN	4		34	8	31
Folate, DFE....mcg_DFE	10		0	NC	4		34	8	31
Choline, total....mg	116.7		0	BFPN	4		418.9	99.2	383.9
Betaine....mg	15.3		0	BFPN	4		55.0	13.0	50.4
Vitamin B-12....mcg	1.57		0	BFPN	4		5.63	1.33	5.16
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.42		0	BFSN	4		1.50	0.36	1.38
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		5.3	1.3	4.9
Lipids:									
Fatty acids, total saturated....g	2.933		0	NC	4		10.529	2.493	9.649
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000

NDB No. 13900

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0 g	0.017		0	BFFN	4		0.060	0.014	0.055
12:0 g	0.017		0	BFFN	4		0.060	0.014	0.055
13:0 g									
14:0 g	0.229		0	BFFN	4		0.823	0.195	0.754
15:0 g									
16:0 g	1.829		0	BFFN	4		6.565	1.554	6.016
17:0 g									
18:0 g	0.842		0	BFFN	4		3.022	0.716	2.770
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.296		0	NC	4		11.831	2.801	10.843
14:1 g									
15:1 g									
16:1 undifferentiated g	0.326		0	BFFN	4		1.171	0.277	1.074
17:1 g									
18:1 undifferentiated g	2.958		0	BFFN	4		10.618	2.514	9.731
20:1 g	0.012		0	BFFN	4		0.042	0.010	0.038
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.298		0	NC	4		1.069	0.253	0.980
18:2 undifferentiated g	0.205		0	BFFN	4		0.735	0.174	0.674
18:3 undifferentiated g	0.074		0	BFFN	4		0.267	0.063	0.245
18:4 g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.019		0	BFFN	4		0.067	0.016	0.061
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	49		0	BFFN	4		178	42	163
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.201		0	NR	4		0.721	0.171	0.661
Threonine g	1.220		0	NR	4		4.381	1.037	4.015
Isoleucine g	1.390		0	NR	4		4.990	1.181	4.573
Leucine g	2.430		0	NR	4		8.724	2.066	7.995
Lysine g	2.582		0	NR	4		9.269	2.195	8.494
Methionine g	0.796		0	NR	4		2.856	0.676	2.617
Cystine g	0.394		0	NR	4		1.415	0.335	1.297
Phenylalanine g	1.207		0	NR	4		4.332	1.026	3.970
Tyrosine g	0.973		0	NR	4		3.495	0.827	3.203
Valine g	1.516		0	NR	4		5.441	1.288	4.986
Arginine g	1.975		0	NR	4		7.092	1.679	6.499
Histidine g	0.975		0	NR	4		3.500	0.829	3.208
Alanine g	1.857		0	NR	4		6.668	1.579	6.110
Aspartic acid g	2.783		0	NR	4		9.990	2.365	9.155
Glutamic acid g	4.586		0	NR	4		16.465	3.898	15.089
Glycine g	1.860		0	NR	4		6.678	1.581	6.120
Proline g	1.456		0	NR	4		5.229	1.238	4.792
Serine g	1.203		0	NR	4		4.320	1.023	3.959
Hydroxyproline g	0.321		0	BFPN	4		1.152	0.273	1.056
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13900

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Common Measures:

Measure 1 = 359g: 1 steak (yield from raw steak weighing 491g)

Measure 2 = 85g: 3 oz

Measure 3 = 329g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13898

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, raw

Minute Steak, Round Steak, URMIS #1553, London Broil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.29	0.422	10	PAK	1		19.64	314.28	
Energy....kcal	164		0	NC	4		46	744	
Energy....kJ	686		0	NC	4		194	3111	
Protein (N x 6.25)....g	22.18	0.243	10	PAK	1		6.29	100.59	
Total lipid (fat)....g	7.68	0.525	10	PAK	1		2.18	34.83	
Ash....g	1.08	0.026	10	PAK	1		0.31	4.90	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	25		0	BFNN	4		7	113	
Iron, Fe....mg	1.74		0	BFNN	4		0.49	7.90	
Magnesium, Mg....mg	24		0	BFNN	4		7	108	
Phosphorus, P....mg	214		0	BFNN	4		61	971	
Potassium, K....mg	357		0	BFNN	4		101	1618	
Sodium, Na....mg	63		0	BFNN	4		18	288	
Zinc, Zn....mg	4.10		0	BFNN	4		1.16	18.59	
Copper, Cu....mg	0.095		0	BFNN	4		0.027	0.431	
Manganese, Mn....mg	0.013		0	BFNN	4		0.004	0.061	
Selenium, Se....mcg	26.3		0	BFNN	4		7.5	119.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0	BFPN	4		0.026	0.409	
Riboflavin....mg	0.118		0	BFPN	4		0.033	0.535	
Niacin....mg	6.510		0	BFPN	4		1.845	29.528	
Pantothenic acid....mg	0.628		0	BFPN	4		0.178	2.850	
Vitamin B-6....mg	0.659		0	BFPN	4		0.187	2.989	
Folate, total....mcg	12		0	BFPN	4		3	53	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		0	BFPN	4		3	53	
Folate, DFE....mcg_DFE	12		0	NC	4		3	53	
Choline, total....mg	92.6		0	BFPN	4		26.3	420.2	
Betaine....mg	13.6		0	BFPN	4		3.9	61.8	
Vitamin B-12....mcg	1.32		0	BFPN	4		0.37	5.99	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.30		0	BFSN	4		0.09	1.36	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.2		0	BFSN	4		0.3	5.4	
Lipids:									
Fatty acids, total saturated....g	3.023		0	NC	4		0.857	13.711	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13898

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.024		0	BFFN	4		0.007	0.111	
12:0....g	0.017		0	BFFN	4		0.005	0.076	
13:0....g									
14:0....g	0.235		0	BFFN	4		0.067	1.066	
15:0....g									
16:0....g	1.844		0	BFFN	4		0.523	8.365	
17:0....g									
18:0....g	0.902		0	BFFN	4		0.256	4.092	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.317		0	NC	4		0.940	15.048	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.391		0	BFFN	4		0.111	1.773	
17:1....g									
18:1 undifferentiated....g	2.916		0	BFFN	4		0.827	13.227	
20:1....g	0.011		0	BFFN	4		0.003	0.048	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.293		0	NC	4		0.083	1.329	
18:2 undifferentiated....g	0.191		0	BFFN	4		0.054	0.865	
18:3 undifferentiated....g	0.087		0	BFFN	4		0.025	0.395	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.015		0	BFFN	4		0.004	0.069	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	38		0	BFFN	4		11	174	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.146		0	PAK	1		0.041	0.661	
Threonine....g	0.886		0	PAK	1		0.251	4.018	
Isoleucine....g	1.009		0	PAK	1		0.286	4.576	
Leucine....g	1.764		0	PAK	1		0.500	8.002	
Lysine....g	1.874		0	PAK	1		0.531	8.501	
Methionine....g	0.577		0	PAK	1		0.164	2.620	
Cystine....g	0.286		0	PAK	1		0.081	1.298	
Phenylalanine....g	0.876		0	PAK	1		0.248	3.973	
Tyrosine....g	0.707		0	PAK	1		0.200	3.205	
Valine....g	1.100		0	PAK	1		0.312	4.990	
Arginine....g	1.434		0	PAK	1		0.407	6.505	
Histidine....g	0.708		0	PAK	1		0.201	3.210	
Alanine....g	1.348		0	PAK	1		0.382	6.115	
Aspartic acid....g	2.020		0	PAK	1		0.573	9.163	
Glutamic acid....g	3.329		0	PAK	1		0.944	15.101	
Glycine....g	1.350		0	PAK	1		0.383	6.125	
Proline....g	1.057		0	PAK	1		0.300	4.795	
Serine....g	0.874		0	PAK	1		0.248	3.962	
Hydroxyproline....g	0.233		0	BFPN	4		0.066	1.057	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13898

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13434

Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Cube steak, Minute Steak, Round Steak, London Broil

Refuse: 4% 2% connective tissue, 2% separable fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.70		0		1		153.21	49.90	
Energy....kcal	199		0	NC	4		519	169	
Energy....kJ	833		0		4		2173	708	
Protein (N x 6.25)....g	36.12		0		1		94.27	30.70	
Total lipid (fat)....g	5.00		0		1		13.05	4.25	
Ash....g	1.75		0		1		4.57	1.49	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		1		10	3	
Iron, Fe....mg	3.32		0		1		8.67	2.82	
Magnesium, Mg....mg	26		0		1		68	22	
Phosphorus, P....mg	226		0		1		590	192	
Potassium, K....mg	334		0		1		872	284	
Sodium, Na....mg	45		0		1		117	38	
Zinc, Zn....mg	4.56		0		1		11.90	3.88	
Copper, Cu....mg	0.124		0		1		0.324	0.105	
Manganese, Mn....mg	0.018		0		1		0.047	0.015	
Selenium, Se....mcg	33.0		0	BFYN	4		86.1	28.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.183	0.060	
Riboflavin....mg	0.250		0		1		0.653	0.213	
Niacin....mg	3.810		0		1		9.944	3.239	
Pantothenic acid....mg	0.370		0		1		0.966	0.315	
Vitamin B-6....mg	0.280		0		1		0.731	0.238	
Folate, total....mcg	9		0		1		23	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0		1		23	8	
Folate, DFE....mcg_DFE	9		0	NC	4		23	8	
Choline, total....mg	137.6		0	BFPN	4		359.1	116.9	
Betaine....mg	18.1		0	BFPN	4		47.2	15.4	
Vitamin B-12....mcg	2.70		0		1		7.05	2.30	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.14		0	NR	4		0.37	0.12	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.2	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.2	0.1	
Vitamin D....IU	3		0	BFFN	4		9	3	
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		4.1	1.3	
Lipids:									
Fatty acids, total saturated....g	1.720		0		1		4.489	1.462	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13434

Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.120		0		1		0.313	0.102	
15:0....g									
16:0....g	1.050		0		1		2.741	0.893	
17:0....g									
18:0....g	0.560		0		1		1.462	0.476	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.940		0		1		5.063	1.649	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.160		0		1		0.418	0.136	
17:1....g									
18:1 undifferentiated....g	1.780		0		1		4.646	1.513	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.220		0		1		0.574	0.187	
18:2 undifferentiated....g	0.170		0		1		0.444	0.145	
18:3 undifferentiated....g	0.020		0		1		0.052	0.017	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0		1		0.078	0.026	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	90		0		1		235	77	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.237		0	A	1		0.620	0.202	
Threonine....g	1.443		0	A	1		3.766	1.226	
Isoleucine....g	1.643		0	A	1		4.289	1.397	
Leucine....g	2.873		0	A	1		7.499	2.442	
Lysine....g	3.053		0	A	1		7.967	2.595	
Methionine....g	0.941		0	A	1		2.455	0.800	
Cystine....g	0.466		0	A	1		1.217	0.396	
Phenylalanine....g	1.427		0	A	1		3.724	1.213	
Tyrosine....g	1.151		0	A	1		3.004	0.978	
Valine....g	1.792		0	A	1		4.677	1.523	
Arginine....g	2.336		0	A	1		6.096	1.985	
Histidine....g	1.153		0	A	1		3.009	0.980	
Alanine....g	2.196		0	A	1		5.731	1.867	
Aspartic acid....g	3.290		0	A	1		8.587	2.797	
Glutamic acid....g	5.422		0	A	1		14.153	4.609	
Glycine....g	2.199		0	A	1		5.740	1.869	
Proline....g	1.722		0	A	1		4.494	1.464	
Serine....g	1.423		0	A	1		3.714	1.209	
Hydroxyproline....g	0.379		0	BFPN	4		0.990	0.323	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13434

Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Common Measures:

Measure 1 = 261g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13491

Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.02	0.673	20	A	1		171.80		
Energy....kcal	186		0	NC	4		516		
Energy....kJ	779		0	NC	4		2157		
Protein (N x 6.25)....g	31.70	0.301	20	A	1		87.80		
Total lipid (fat)....g	5.63	0.403	20	A	1		15.60		
Ash....g	1.22	0.032	20	A	1		3.38		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFNN	4		18		
Iron, Fe....mg	2.68		0	BFNN	4		7.41		
Magnesium, Mg....mg	21		0	BFNN	4		59		
Phosphorus, P....mg	202		0	BFNN	4		560		
Potassium, K....mg	262		0	BFNN	4		726		
Sodium, Na....mg	42		0	BFNN	4		116		
Zinc, Zn....mg	5.50		0	BFNN	4		15.23		
Copper, Cu....mg	0.079		0	BFNN	4		0.220		
Manganese, Mn....mg	0.011		0	BFNN	4		0.032		
Selenium, Se....mcg	36.2		0	BFNN	4		100.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.072		0	BFPN	4		0.198		
Riboflavin....mg	0.179		0	BFPN	4		0.495		
Niacin....mg	5.694		0	BFPN	4		15.772		
Pantothenic acid....mg	0.624		0	BFPN	4		1.727		
Vitamin B-6....mg	0.425		0	BFPN	4		1.178		
Folate, total....mcg	11		0	BFPN	4		29		
Folic acid....mcg									
Folate, food....mcg	11		0	BFPN	4		29		
Folate, DFE....mcg_DFE									
Choline, total....mg	120.7		0	BFPN	4		334.4		
Betaine....mg	15.9		0	BFPN	4		43.9		
Vitamin B-12....mcg	1.75		0	BFPN	4		4.84		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFSN	4		1.12		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		4.2		
Lipids:									
Fatty acids, total saturated....g	1.965		0	NC	4		5.442		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13491

Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.000		0	BFFN	4		0.000		
12:0 g	0.000		0	BFFN	4		0.000		
13:0 g									
14:0 g	0.145		0	BFFN	4		0.403		
15:0 g									
16:0 g	1.216		0	BFFN	4		3.368		
17:0 g									
18:0 g	0.603		0	BFFN	4		1.671		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.373		0	NC	4		6.573		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.220		0	BFFN	4		0.608		
17:1 g									
18:1 undifferentiated g	2.154		0	BFFN	4		5.965		
20:1 g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.210		0	NC	4		0.582		
18:2 undifferentiated g	0.164		0	BFFN	4		0.454		
18:3 undifferentiated g	0.015		0	BFFN	4		0.043		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.031		0	BFFN	4		0.086		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	76		0	BFFN	4		211		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.208		0	A	1		0.577		
Threonine g	1.266		0	A	1		3.507		
Isoleucine g	1.442		0	A	1		3.994		
Leucine g	2.521		0	A	1		6.984		
Lysine g	2.679		0	A	1		7.420		
Methionine g	0.825		0	A	1		2.286		
Cystine g	0.409		0	A	1		1.133		
Phenylalanine g	1.252		0	A	1		3.468		
Tyrosine g	1.010		0	A	1		2.798		
Valine g	1.572		0	A	1		4.356		
Arginine g	2.049		0	A	1		5.677		
Histidine g	1.012		0	A	1		2.802		
Alanine g	1.927		0	A	1		5.337		
Aspartic acid g	2.887		0	A	1		7.997		
Glutamic acid g	4.758		0	A	1		13.180		
Glycine g	1.930		0	A	1		5.346		
Proline g	1.511		0	A	1		4.185		
Serine g	1.249		0	A	1		3.458		
Hydroxyproline g	0.333		0	BFPN	4		0.922		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13491

Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 277g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13436

Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised

Cube steak, Minute Steak, Round Steak, URMIS #2368, London Broil

Refuse: 4% Connective tissue, 2%, separable fat, 2%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.10		0		1		151.64	49.39	
Energy....kcal	207		0	NC	4		540	176	
Energy....kJ	866		0		4		2260	736	
Protein (N x 6.25)....g	36.12		0		1		94.27	30.70	
Total lipid (fat)....g	5.80		0		1		15.14	4.93	
Ash....g	1.75		0		1		4.57	1.49	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		1		10	3	
Iron, Fe....mg	3.32		0		1		8.67	2.82	
Magnesium, Mg....mg	26		0		1		68	22	
Phosphorus, P....mg	226		0		1		590	192	
Potassium, K....mg	334		0		1		872	284	
Sodium, Na....mg	45		0		1		117	38	
Zinc, Zn....mg	4.56		0		1		11.90	3.88	
Copper, Cu....mg	0.124		0		1		0.324	0.105	
Manganese, Mn....mg	0.018		0		1		0.047	0.015	
Selenium, Se....mcg	33.0		0	BFYN	4		86.1	28.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.183	0.060	
Riboflavin....mg	0.250		0		1		0.653	0.213	
Niacin....mg	3.810		0		1		9.944	3.239	
Pantothenic acid....mg	0.370		0		1		0.966	0.315	
Vitamin B-6....mg	0.280		0		1		0.731	0.238	
Folate, total....mcg	9		0		1		23	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0		1		23	8	
Folate, DFE....mcg_DFE	9		0	NC	4		23	8	
Choline, total....mg	137.6		0	BFPN	4		359.1	116.9	
Betaine....mg	18.1		0	BFPN	4		47.2	15.4	
Vitamin B-12....mcg	2.70		0		1		7.05	2.30	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.990		0		1		5.194	1.692	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13436

Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.130		0		1		0.339	0.111	
15:0....g									
16:0....g	1.210		0		1		3.158	1.029	
17:0....g									
18:0....g	0.650		0		1		1.697	0.553	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.250		0		1		5.873	1.913	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.180		0		1		0.470	0.153	
17:1....g									
18:1 undifferentiated....g	2.070		0		1		5.403	1.760	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.260		0		1		0.679	0.221	
18:2 undifferentiated....g	0.200		0		1		0.522	0.170	
18:3 undifferentiated....g	0.020		0		1		0.052	0.017	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0		1		0.104	0.034	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	90		0		1		235	77	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.405		0		1		1.057	0.344	
Threonine....g	1.578		0		1		4.119	1.341	
Isoleucine....g	1.624		0		1		4.239	1.380	
Leucine....g	2.855		0		1		7.452	2.427	
Lysine....g	3.006		0		1		7.846	2.555	
Methionine....g	0.925		0		1		2.414	0.786	
Cystine....g	0.405		0		1		1.057	0.344	
Phenylalanine....g	1.410		0		1		3.680	1.199	
Tyrosine....g	1.214		0		1		3.169	1.032	
Valine....g	1.757		0		1		4.586	1.493	
Arginine....g	2.283		0		1		5.959	1.941	
Histidine....g	1.237		0		1		3.229	1.051	
Alanine....g	2.179		0		1		5.687	1.852	
Aspartic acid....g	3.300		0		1		8.613	2.805	
Glutamic acid....g	5.427		0		1		14.164	4.613	
Glycine....g	1.971		0		1		5.144	1.675	
Proline....g	1.595		0		1		4.163	1.356	
Serine....g	1.381		0		1		3.604	1.174	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13436

Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised

Common Measures:

Measure 1 = 261g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13492

Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, broiled

URMIS #2368

Refuse: 1% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.24	1.003	10	A	1		171.07		
Energy....kcal	197		0	NC	4		559		
Energy....kJ	823		0	NC	4		2338		
Protein (N x 6.25)....g	31.70	0.486	10	A	1		90.02		
Total lipid (fat)....g	6.81	0.568	10	A	1		19.34		
Ash....g	1.26	0.033	10	A	1		3.59		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFNN	4		19		
Iron, Fe....mg	2.87		0	BFNN	4		8.15		
Magnesium, Mg....mg	22		0	BFNN	4		62		
Phosphorus, P....mg	205		0	BFNN	4		583		
Potassium, K....mg	265		0	BFNN	4		753		
Sodium, Na....mg	43		0	BFNN	4		121		
Zinc, Zn....mg	5.68		0	BFNN	4		16.12		
Copper, Cu....mg	0.076		0	BFNN	4		0.216		
Manganese, Mn....mg	0.011		0	BFNN	4		0.031		
Selenium, Se....mcg	37.0		0	BFNN	4		105.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.066		0	BFPN	4		0.187		
Riboflavin....mg	0.198		0	BFPN	4		0.562		
Niacin....mg	6.090		0	BFPN	4		17.295		
Pantothenic acid....mg	0.623		0	BFPN	4		1.768		
Vitamin B-6....mg	0.442		0	BFPN	4		1.256		
Folate, total....mcg	11		0	BFPN	4		30		
Folic acid....mcg									
Folate, food....mcg	11		0	BFPN	4		30		
Folate, DFE....mcg_DFE									
Choline, total....mg	120.7		0	BFPN	4		342.8		
Betaine....mg	15.9		0	BFPN	4		45.0		
Vitamin B-12....mcg	1.87		0	BFPN	4		5.31		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.42		0	BFSN	4		1.20		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		4.3		
Lipids:									
Fatty acids, total saturated....g	2.376		0	NC	4		6.746		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13492

Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.000		0	BFFN	4		0.000		
12:0 ... g	0.000		0	BFFN	4		0.000		
13:0 ... g									
14:0 ... g	0.176		0	BFFN	4		0.499		
15:0 ... g									
16:0 ... g	1.470		0	BFFN	4		4.175		
17:0 ... g									
18:0 ... g	0.730		0	BFFN	4		2.072		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.869		0	NC	4		8.149		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.266		0	BFFN	4		0.754		
17:1 ... g									
18:1 undifferentiated ... g	2.604		0	BFFN	4		7.395		
20:1 ... g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.254		0	NC	4		0.722		
18:2 undifferentiated ... g	0.198		0	BFFN	4		0.563		
18:3 undifferentiated ... g	0.019		0	BFFN	4		0.053		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.037		0	BFFN	4		0.106		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	92		0	BFFN	4		261		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.208		0	A	1		0.592		
Threonine ... g	1.266		0	A	1		3.596		
Isoleucine ... g	1.442		0	A	1		4.095		
Leucine ... g	2.521		0	A	1		7.161		
Lysine ... g	2.679		0	A	1		7.607		
Methionine ... g	0.825		0	A	1		2.344		
Cystine ... g	0.409		0	A	1		1.162		
Phenylalanine ... g	1.252		0	A	1		3.556		
Tyrosine ... g	1.010		0	A	1		2.868		
Valine ... g	1.572		0	A	1		4.466		
Arginine ... g	2.050		0	A	1		5.821		
Histidine ... g	1.012		0	A	1		2.873		
Alanine ... g	1.927		0	A	1		5.472		
Aspartic acid ... g	2.887		0	A	1		8.199		
Glutamic acid ... g	4.758		0	A	1		13.513		
Glycine ... g	1.930		0	A	1		5.481		
Proline ... g	1.511		0	A	1		4.291		
Serine ... g	1.249		0	A	1		3.546		
Hydroxyproline ... g	0.333		0	BFPN	4		0.946		
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13492

Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 284g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13438

Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised

Cube steak, Minute Steak, Round Steak, URMIS #1553, London Broil

Refuse: 4% Connective tissue, 2%, separable fat, 2%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.30		0		1		154.77	50.41	
Energy....kcal	190		0	NC	4		496	162	
Energy....kJ	795		0		4		2075	676	
Protein (N x 6.25)....g	36.12		0		1		94.27	30.70	
Total lipid (fat)....g	4.00		0		1		10.44	3.40	
Ash....g	1.75		0		1		4.57	1.49	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		1		10	3	
Iron, Fe....mg	3.32		0		1		8.67	2.82	
Magnesium, Mg....mg	26		0		1		68	22	
Phosphorus, P....mg	226		0		1		590	192	
Potassium, K....mg	334		0		1		872	284	
Sodium, Na....mg	45		0		1		117	38	
Zinc, Zn....mg	4.56		0		1		11.90	3.88	
Copper, Cu....mg	0.124		0		1		0.324	0.105	
Manganese, Mn....mg	0.018		0		1		0.047	0.015	
Selenium, Se....mcg	33.0		0	BFYN	4		86.1	28.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.183	0.060	
Riboflavin....mg	0.250		0		1		0.653	0.213	
Niacin....mg	3.810		0		1		9.944	3.239	
Pantothenic acid....mg	0.370		0		1		0.966	0.315	
Vitamin B-6....mg	0.280		0		1		0.731	0.238	
Folate, total....mcg	9		0		1		23	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0		1		23	8	
Folate, DFE....mcg_DFE	9		0	NC	4		23	8	
Choline, total....mg	137.6		0	BFPN	4		359.1	116.9	
Betaine....mg	18.1		0	BFPN	4		47.2	15.4	
Vitamin B-12....mcg	2.70		0		1		7.05	2.30	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.370		0		1		3.576	1.165	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13438

Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 ... g	0.000		0	Z	7		0.000	0.000	
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.000		0		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.090		0		1		0.235	0.077	
15:0 ... g									
16:0 ... g	0.840		0		1		2.192	0.714	
17:0 ... g									
18:0 ... g	0.440		0		1		1.148	0.374	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.550		0		1		4.046	1.318	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.130		0		1		0.339	0.111	
17:1 ... g									
18:1 undifferentiated ... g	1.430		0		1		3.732	1.216	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.180		0		1		0.470	0.153	
18:2 undifferentiated ... g	0.140		0		1		0.365	0.119	
18:3 undifferentiated ... g	0.010		0		1		0.026	0.009	
18:4 ... g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.030		0		1		0.078	0.026	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	90		0		1		235	77	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.405		0		1		1.057	0.344	
Threonine ... g	1.578		0		1		4.119	1.341	
Isoleucine ... g	1.624		0		1		4.239	1.380	
Leucine ... g	2.855		0		1		7.452	2.427	
Lysine ... g	3.006		0		1		7.846	2.555	
Methionine ... g	0.925		0		1		2.414	0.786	
Cystine ... g	0.405		0		1		1.057	0.344	
Phenylalanine ... g	1.410		0		1		3.680	1.199	
Tyrosine ... g	1.214		0		1		3.169	1.032	
Valine ... g	1.757		0		1		4.586	1.493	
Arginine ... g	2.283		0		1		5.959	1.941	
Histidine ... g	1.237		0		1		3.229	1.051	
Alanine ... g	2.179		0		1		5.687	1.852	
Aspartic acid ... g	3.300		0		1		8.613	2.805	
Glutamic acid ... g	5.427		0		1		14.164	4.613	
Glycine ... g	1.971		0		1		5.144	1.675	
Proline ... g	1.595		0		1		4.163	1.356	
Serine ... g	1.381		0		1		3.604	1.174	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13438

Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised

Common Measures:

Measure 1 = 261g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13493

Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, broiled

URMIS #1553

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.81	0.441	10	A	1		171.65		
Energy....kcal	176		0	NC	4		472		
Energy....kJ	734		0	NC	4		1975		
Protein (N x 6.25)....g	31.70	0.385	10	A	1		85.26		
Total lipid (fat)....g	4.45	0.234	10	A	1		11.98		
Ash....g	1.17	0.052	10	A	1		3.16		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFNN	4		18		
Iron, Fe....mg	2.59		0	BFNN	4		6.97		
Magnesium, Mg....mg	21		0	BFNN	4		57		
Phosphorus, P....mg	202		0	BFNN	4		543		
Potassium, K....mg	263		0	BFNN	4		707		
Sodium, Na....mg	42		0	BFNN	4		112		
Zinc, Zn....mg	5.43		0	BFNN	4		14.61		
Copper, Cu....mg	0.088		0	BFNN	4		0.235		
Manganese, Mn....mg	0.012		0	BFNN	4		0.031		
Selenium, Se....mcg	39.4		0	BFNN	4		105.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.076		0	BFPN	4		0.204		
Riboflavin....mg	0.172		0	BFPN	4		0.461		
Niacin....mg	5.451		0	BFPN	4		14.663		
Pantothenic acid....mg	0.625		0	BFPN	4		1.680		
Vitamin B-6....mg	0.418		0	BFPN	4		1.124		
Folate, total....mcg	11		0	BFPN	4		29		
Folic acid....mcg									
Folate, food....mcg	11		0	BFPN	4		29		
Folate, DFE....mcg_DFE									
Choline, total....mg	120.7		0	BFPN	4		324.7		
Betaine....mg	15.9		0	BFPN	4		42.7		
Vitamin B-12....mcg	1.63		0	BFPN	4		4.38		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.39		0	BFSN	4		1.04		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		3.7		
Lipids:									
Fatty acids, total saturated....g	1.554		0	NC	4		4.180		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13493

Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.000		0	BFFN	4		0.000		
12:0 g	0.000		0	BFFN	4		0.000		
13:0 g									
14:0 g	0.115		0	BFFN	4		0.309		
15:0 g									
16:0 g	0.962		0	BFFN	4		2.587		
17:0 g									
18:0 g	0.477		0	BFFN	4		1.284		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.877		0	NC	4		5.049		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.174		0	BFFN	4		0.467		
17:1 g									
18:1 undifferentiated g	1.703		0	BFFN	4		4.582		
20:1 g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.166		0	NC	4		0.447		
18:2 undifferentiated g	0.130		0	BFFN	4		0.349		
18:3 undifferentiated g	0.012		0	BFFN	4		0.033		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.024		0	BFFN	4		0.066		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	60		0	BFFN	4		162		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.208		0	A	1		0.560		
Threonine g	1.266		0	A	1		3.406		
Isoleucine g	1.442		0	A	1		3.879		
Leucine g	2.521		0	A	1		6.782		
Lysine g	2.679		0	A	1		7.205		
Methionine g	0.825		0	A	1		2.220		
Cystine g	0.409		0	A	1		1.100		
Phenylalanine g	1.252		0	A	1		3.368		
Tyrosine g	1.010		0	A	1		2.717		
Valine g	1.572		0	A	1		4.230		
Arginine g	2.049		0	A	1		5.513		
Histidine g	1.012		0	A	1		2.721		
Alanine g	1.927		0	A	1		5.183		
Aspartic acid g	2.887		0	A	1		7.766		
Glutamic acid g	4.758		0	A	1		12.799		
Glycine g	1.930		0	A	1		5.192		
Proline g	1.511		0	A	1		4.065		
Serine g	1.249		0	A	1		3.359		
Hydroxyproline g	0.333		0	BFPN	4		0.896		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13493

Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, broiled

Common Measures:

Measure 1 = 269g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23608

Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Refuse: 6% Bone and connective tissue, 0.94%, separable fat, 5.51%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.96	0.586	20	A	1		17.57	281.05	
Energy....kcal	185		0	NC	4		52	839	
Energy....kJ	774		0	NC	4		220	3512	
Protein (N x 6.25)....g	31.82	0.308	20	A	1		9.02	144.36	
Total lipid (fat)....g	5.45	0.304	20	A	1		1.55	24.72	
Ash....g	1.20	0.029	20	A	1		0.34	5.44	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFNN	4		2	30	
Iron, Fe....mg	2.70		0	BFNN	4		0.76	12.23	
Magnesium, Mg....mg	21		0	BFNN	4		6	97	
Phosphorus, P....mg	204		0	BFNN	4		58	923	
Potassium, K....mg	264		0	BFNN	4		75	1198	
Sodium, Na....mg	42		0	BFNN	4		12	191	
Zinc, Zn....mg	5.54		0	BFNN	4		1.57	25.12	
Copper, Cu....mg	0.080		0	BFNN	4		0.023	0.362	
Manganese, Mn....mg	0.011		0	BFNN	4		0.003	0.052	
Selenium, Se....mcg	36.4		0	BFNN	4		10.3	165.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.072		0	BFPN	4		0.020	0.326	
Riboflavin....mg	0.180		0	BFPN	4		0.051	0.814	
Niacin....mg	5.717		0	BFPN	4		1.621	25.933	
Pantothenic acid....mg	0.626		0	BFPN	4		0.177	2.840	
Vitamin B-6....mg	0.427		0	BFPN	4		0.121	1.936	
Folate, total....mcg	11		0	BFPN	4		3	48	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0	BFPN	4		3	48	
Folate, DFE....mcg_DFE	11		0	NC	4		3	48	
Choline, total....mg	121.2		0	BFPN	4		34.4	549.8	
Betaine....mg	15.9		0	BFPN	4		4.5	72.2	
Vitamin B-12....mcg	1.75		0	BFPN	4		0.50	7.96	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.49		0	BFSN	4		0.14	2.22	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.0	0.4	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.0	0.4	
Vitamin D....IU	4		0	BFFN	4		1	16	
Vitamin K (phylloquinone)....mcg	17.5		0	BFSN	4		4.9	79.2	
Lipids:									
Fatty acids, total saturated....g	1.878		0	NC	4		0.532	8.520	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23608

Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.132		0	BFFN	4		0.038	0.601	
15:0....g									
16:0....g	1.173		0	BFFN	4		0.333	5.321	
17:0....g									
18:0....g	0.573		0	BFFN	4		0.162	2.598	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.278		0	NC	4		0.646	10.334	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.214		0	BFFN	4		0.061	0.973	
17:1....g									
18:1 undifferentiated....g	2.063		0	BFFN	4		0.585	9.356	
20:1....g	0.001		0	BFFN	4		0.000	0.006	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.220		0	NC	4		0.062	0.998	
18:2 undifferentiated....g	0.171		0	BFFN	4		0.049	0.777	
18:3 undifferentiated....g	0.016		0	BFFN	4		0.004	0.072	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.033		0	BFFN	4		0.009	0.150	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	72		0	BFFN	4		20	325	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.209		0	A	1		0.059	0.949	
Threonine....g	1.271		0	A	1		0.360	5.767	
Isoleucine....g	1.448		0	A	1		0.410	6.568	
Leucine....g	2.532		0	A	1		0.718	11.483	
Lysine....g	2.690		0	A	1		0.762	12.200	
Methionine....g	0.829		0	A	1		0.235	3.759	
Cystine....g	0.411		0	A	1		0.116	1.863	
Phenylalanine....g	1.257		0	A	1		0.356	5.702	
Tyrosine....g	1.014		0	A	1		0.287	4.600	
Valine....g	1.579		0	A	1		0.448	7.162	
Arginine....g	2.058		0	A	1		0.583	9.334	
Histidine....g	1.016		0	A	1		0.288	4.607	
Alanine....g	1.935		0	A	1		0.549	8.776	
Aspartic acid....g	2.899		0	A	1		0.822	13.149	
Glutamic acid....g	4.778		0	A	1		1.354	21.671	
Glycine....g	1.938		0	A	1		0.549	8.790	
Proline....g	1.517		0	A	1		0.430	6.882	
Serine....g	1.254		0	A	1		0.355	5.686	
Hydroxyproline....g	0.334		0	BFPN	4		0.095	1.517	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23608

Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23609

Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, raw

Refuse: 6% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.02	0.326	20	A	1		21.27	340.30	
Energy....kcal	135		0	NC	4		38	611	
Energy....kJ	563		0	NC	4		160	2556	
Protein (N x 6.25)....g	22.91	0.159	20	A	1		6.49	103.91	
Total lipid (fat)....g	4.09	0.374	20	A	1		1.16	18.54	
Ash....g	1.13	0.019	20	A	1		0.32	5.12	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	BFNN	4		6	93	
Iron, Fe....mg	1.99		0	BFNN	4		0.56	9.01	
Magnesium, Mg....mg	25		0	BFNN	4		7	113	
Phosphorus, P....mg	222		0	BFNN	4		63	1005	
Potassium, K....mg	362		0	BFNN	4		103	1641	
Sodium, Na....mg	61		0	BFNN	4		17	276	
Zinc, Zn....mg	4.36		0	BFNN	4		1.24	19.77	
Copper, Cu....mg	0.102		0	BFNN	4		0.029	0.464	
Manganese, Mn....mg	0.014		0	BFNN	4		0.004	0.064	
Selenium, Se....mcg	29.2		0	BFNN	4		8.3	132.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.093		0	BFPN	4		0.026	0.420	
Riboflavin....mg	0.149		0	BFPN	4		0.042	0.675	
Niacin....mg	6.873		0	BFPN	4		1.949	31.178	
Pantothenic acid....mg	0.677		0	BFPN	4		0.192	3.072	
Vitamin B-6....mg	0.677		0	BFPN	4		0.192	3.069	
Folate, total....mcg	13		0	BFPN	4		4	61	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0	BFPN	4		4	61	
Folate, DFE....mcg_DFE	13		0	NC	4		4	61	
Choline, total....mg	95.7		0	BFPN	4		27.1	434.0	
Betaine....mg	14.1		0	BFPN	4		4.0	63.8	
Vitamin B-12....mcg	1.62		0	BFPN	4		0.46	7.37	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.27		0	BFSN	4		0.08	1.21	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.1		0	BFSN	4		0.3	4.8	
Lipids:									
Fatty acids, total saturated....g	1.399		0	NC	4		0.397	6.345	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23609

Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.000		0	BFFN	4		0.000	0.000	
13:0 g									
14:0 g	0.096		0	BFFN	4		0.027	0.436	
15:0 g									
16:0 g	0.887		0	BFFN	4		0.251	4.023	
17:0 g									
18:0 g	0.416		0	BFFN	4		0.118	1.886	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.721		0	NC	4		0.488	7.806	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.168		0	BFFN	4		0.048	0.763	
17:1 g									
18:1 undifferentiated g	1.550		0	BFFN	4		0.440	7.033	
20:1 g	0.002		0	BFFN	4		0.001	0.011	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.175		0	NC	4		0.050	0.796	
18:2 undifferentiated g	0.137		0	BFFN	4		0.039	0.621	
18:3 undifferentiated g	0.010		0	BFFN	4		0.003	0.044	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.029		0	BFFN	4		0.008	0.131	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	55		0	BFFN	4		16	251	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.151		0	A	1		0.043	0.683	
Threonine g	0.915		0	A	1		0.259	4.151	
Isoleucine g	1.042		0	A	1		0.295	4.727	
Leucine g	1.822		0	A	1		0.517	8.265	
Lysine g	1.936		0	A	1		0.549	8.781	
Methionine g	0.597		0	A	1		0.169	2.706	
Cystine g	0.296		0	A	1		0.084	1.341	
Phenylalanine g	0.905		0	A	1		0.257	4.104	
Tyrosine g	0.730		0	A	1		0.207	3.311	
Valine g	1.136		0	A	1		0.322	5.155	
Arginine g	1.481		0	A	1		0.420	6.719	
Histidine g	0.731		0	A	1		0.207	3.316	
Alanine g	1.393		0	A	1		0.395	6.317	
Aspartic acid g	2.087		0	A	1		0.592	9.465	
Glutamic acid g	3.439		0	A	1		0.975	15.599	
Glycine g	1.395		0	A	1		0.395	6.327	
Proline g	1.092		0	A	1		0.310	4.953	
Serine g	0.902		0	A	1		0.256	4.093	
Hydroxyproline g	0.241		0	BFPN	4		0.068	1.092	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23609

Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23621

Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

URMIS #2368

Refuse: 7% Bone and connective tissue 1%, sep fat 6%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.13	0.957	10	A	1		17.33	277.28	
Energy....kcal	193		0	NC	4		55	876	
Energy....kJ	808		0	NC	4		229	3666	
Protein (N x 6.25)....g	32.04	0.410	10	A	1		9.08	145.33	
Total lipid (fat)....g	6.25	0.449	10	A	1		1.77	28.35	
Ash....g	1.23	0.042	10	A	1		0.35	5.58	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	BFNN	4		2	30	
Iron, Fe....mg	2.84		0	BFNN	4		0.81	12.88	
Magnesium, Mg....mg	22		0	BFNN	4		6	98	
Phosphorus, P....mg	203		0	BFNN	4		58	922	
Potassium, K....mg	263		0	BFNN	4		74	1191	
Sodium, Na....mg	42		0	BFNN	4		12	191	
Zinc, Zn....mg	5.62		0	BFNN	4		1.59	25.48	
Copper, Cu....mg	0.075		0	BFNN	4		0.021	0.342	
Manganese, Mn....mg	0.011		0	BFNN	4		0.003	0.049	
Selenium, Se....mcg	36.6		0	BFNN	4		10.4	166.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.067		0	BFPN	4		0.019	0.303	
Riboflavin....mg	0.200		0	BFPN	4		0.057	0.908	
Niacin....mg	6.156		0	BFPN	4		1.745	27.923	
Pantothenic acid....mg	0.629		0	BFPN	4		0.178	2.855	
Vitamin B-6....mg	0.447		0	BFPN	4		0.127	2.028	
Folate, total....mcg	11		0	BFPN	4		3	49	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0	BFPN	4		3	49	
Folate, DFE....mcg_DFE	11		0	NC	4		3	49	
Choline, total....mg	122.0		0	BFPN	4		34.6	553.5	
Betaine....mg	16.0		0	BFPN	4		4.5	72.7	
Vitamin B-12....mcg	1.89		0	BFPN	4		0.54	8.58	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.41		0	BFSN	4		0.12	1.88	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		0.4	6.7	
Lipids:									
Fatty acids, total saturated....g	2.154		0	NC	4		0.611	9.770	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23621

Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.152		0	BFFN	4		0.043	0.689	
15:0....g									
16:0....g	1.345		0	BFFN	4		0.381	6.102	
17:0....g									
18:0....g	0.657		0	BFFN	4		0.186	2.980	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.613		0	NC	4		0.741	11.852	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.246		0	BFFN	4		0.070	1.115	
17:1....g									
18:1 undifferentiated....g	2.365		0	BFFN	4		0.671	10.729	
20:1....g	0.002		0	BFFN	4		0.000	0.007	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.252		0	NC	4		0.072	1.145	
18:2 undifferentiated....g	0.196		0	BFFN	4		0.056	0.891	
18:3 undifferentiated....g	0.018		0	BFFN	4		0.005	0.082	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.038		0	BFFN	4		0.011	0.172	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	82		0	BFFN	4		23	373	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.211		0	A	1		0.060	0.955	
Threonine....g	1.280		0	A	1		0.363	5.806	
Isoleucine....g	1.458		0	A	1		0.413	6.612	
Leucine....g	2.549		0	A	1		0.723	11.561	
Lysine....g	2.708		0	A	1		0.768	12.282	
Methionine....g	0.834		0	A	1		0.237	3.784	
Cystine....g	0.413		0	A	1		0.117	1.875	
Phenylalanine....g	1.266		0	A	1		0.359	5.740	
Tyrosine....g	1.021		0	A	1		0.289	4.631	
Valine....g	1.589		0	A	1		0.451	7.210	
Arginine....g	2.072		0	A	1		0.587	9.397	
Histidine....g	1.022		0	A	1		0.290	4.638	
Alanine....g	1.948		0	A	1		0.552	8.835	
Aspartic acid....g	2.918		0	A	1		0.827	13.238	
Glutamic acid....g	4.810		0	A	1		1.364	21.817	
Glycine....g	1.951		0	A	1		0.553	8.849	
Proline....g	1.527		0	A	1		0.433	6.928	
Serine....g	1.262		0	A	1		0.358	5.725	
Hydroxyproline....g	0.337		0	BFPN	4		0.095	1.527	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23621

Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13890

Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried

London Broil, Minute Steak, Round Steak, URMIS #2368

Refuse: 1% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	54.18		0	NR	4		153.32	46.05	
Energy ... kcal	228		0	NC	4		645	194	
Energy ... kJ	954		0	NC	4		2698	811	
Protein (N x 6.25) ... g	33.93		0	NR	4		96.02	28.84	
Total lipid (fat) ... g	8.33		0	NR	4		23.59	7.08	
Ash ... g	1.53		0	NR	4		4.34	1.30	
Carbohydrate, by difference ... g	2.03		0	NC	4		5.74	1.72	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	6		0	NR	4		16	5	
Iron, Fe ... mg	3.40		0	NR	4		9.63	2.89	
Magnesium, Mg ... mg	35		0	NR	4		99	30	
Phosphorus, P ... mg	286		0	NR	4		810	243	
Potassium, K ... mg	484		0	NR	4		1371	412	
Sodium, Na ... mg	65		0	NR	4		184	55	
Zinc, Zn ... mg	4.58		0	NR	4		12.95	3.89	
Copper, Cu ... mg	0.129		0	NR	4		0.366	0.110	
Manganese, Mn ... mg	0.020		0	NR	4		0.057	0.017	
Selenium, Se ... mcg	34.5		0	NR	4		97.8	29.4	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.120		0	NR	4		0.339	0.102	
Riboflavin ... mg	0.315		0	NR	4		0.892	0.268	
Niacin ... mg	5.394		0	NR	4		15.264	4.585	
Pantothenic acid ... mg	0.458		0	NR	4		1.296	0.389	
Vitamin B-6 ... mg	0.582		0	NR	4		1.646	0.494	
Folate, total ... mcg	14		0	NR	4		38	12	
Folic acid ... mcg	0		0	NR	4		0	0	
Folate, food ... mcg	14		0	AS	1		38	12	
Folate, DFE ... mcg_DFE	14		0	NC	4		38	12	
Choline, total ... mg	129.2		0	BFPN	4		365.7	109.8	
Betaine ... mg	17.0		0	BFPN	4		48.0	14.4	
Vitamin B-12 ... mcg	3.90		0	NR	4		11.02	3.31	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	AS	1		0	0	
Retinol ... mcg	0		0	BFSN	4		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0	AS	1		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.17		0	BFSN	4		0.49	0.15	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.1		0	AS	1		0.4	0.1	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.1		0	BFFN	4		0.4	0.1	
Vitamin D ... IU	5		0	BFFN	4		15	5	
Vitamin K (phylloquinone) ... mcg	1.7		0	NR	4		4.7	1.4	
Lipids:									
Fatty acids, total saturated ... g	2.399		0	NC	4		6.788	2.039	
4:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 13890

Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.000		0	BFFN	4		0.000	0.000	
13:0 g									
14:0 g	0.153		0	NR	4		0.432	0.130	
15:0 g									
16:0 g	1.547		0	NR	4		4.377	1.315	
17:0 g									
18:0 g	0.699		0	NR	4		1.979	0.594	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.031		0	NC	4		8.577	2.576	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.215		0	NR	4		0.607	0.182	
17:1 g									
18:1 undifferentiated g	2.811		0	NR	4		7.956	2.390	
20:1 g	0.005		0	NR	4		0.014	0.004	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.504		0	NC	4		4.257	1.279	
18:2 undifferentiated g	1.025		0	NR	4		2.900	0.871	
18:3 undifferentiated g	0.029		0	NR	4		0.081	0.024	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.451		0	NR	4		1.276	0.383	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	158		0	NR	4		448	135	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.223		0	NR	4		0.631	0.190	
Threonine g	1.355		0	NR	4		3.836	1.152	
Isoleucine g	1.544		0	NR	4		4.369	1.312	
Leucine g	2.699		0	NR	4		7.638	2.294	
Lysine g	2.868		0	NR	4		8.115	2.437	
Methionine g	0.884		0	NR	4		2.501	0.751	
Cystine g	0.438		0	NR	4		1.239	0.372	
Phenylalanine g	1.340		0	NR	4		3.793	1.139	
Tyrosine g	1.081		0	NR	4		3.060	0.919	
Valine g	1.683		0	NR	4		4.764	1.431	
Arginine g	2.194		0	NR	4		6.209	1.865	
Histidine g	1.083		0	NR	4		3.064	0.920	
Alanine g	2.063		0	NR	4		5.838	1.753	
Aspartic acid g	3.091		0	NR	4		8.746	2.627	
Glutamic acid g	5.094		0	NR	4		14.415	4.330	
Glycine g	2.066		0	NR	4		5.847	1.756	
Proline g	1.618		0	NR	4		4.578	1.375	
Serine g	1.337		0	NR	4		3.783	1.136	
Hydroxyproline g	0.356		0	BFPN	4		1.009	0.303	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13890

Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried

Common Measures:

Measure 1 = 283g: 1 piece cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23592

Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

URMIS #1553

Refuse: 6% Bone and connective tissue 1%, sep fat 5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	62.79	0.616	10	A	1		17.80	284.83	
Energy ... kcal	177		0	NC	4		50	802	
Energy ... kJ	740		0	NC	4		210	3358	
Protein (N x 6.25) ... g	31.61	0.471	10	A	1		8.96	143.38	
Total lipid (fat) ... g	4.65	0.217	10	A	1		1.32	21.09	
Ash ... g	1.17	0.041	10	A	1		0.33	5.33	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	7		0	BFNN	4		2	31	
Iron, Fe ... mg	2.66		0	BFNN	4		0.75	12.06	
Magnesium, Mg ... mg	22		0	BFNN	4		6	98	
Phosphorus, P ... mg	207		0	BFNN	4		59	940	
Potassium, K ... mg	270		0	BFNN	4		76	1223	
Sodium, Na ... mg	43		0	BFNN	4		12	194	
Zinc, Zn ... mg	5.57		0	BFNN	4		1.58	25.27	
Copper, Cu ... mg	0.090		0	BFNN	4		0.025	0.407	
Manganese, Mn ... mg	0.012		0	BFNN	4		0.003	0.054	
Selenium, Se ... mcg	40.4		0	BFNN	4		11.5	183.3	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.076		0	BFPN	4		0.021	0.343	
Riboflavin ... mg	0.171		0	BFPN	4		0.049	0.776	
Niacin ... mg	5.436		0	BFPN	4		1.541	24.660	
Pantothenic acid ... mg	0.623		0	BFPN	4		0.177	2.825	
Vitamin B-6 ... mg	0.417		0	BFPN	4		0.118	1.891	
Folate, total ... mcg	11		0	BFPN	4		3	48	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	11		0	BFPN	4		3	48	
Folate, DFE ... mcg_DFE	11		0	NC	4		3	48	
Choline, total ... mg	120.4		0	BFPN	4		34.1	546.1	
Betaine ... mg	15.8		0	BFPN	4		4.5	71.7	
Vitamin B-12 ... mcg	1.62		0	BFPN	4		0.46	7.37	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	AS	1		0	0	
Retinol ... mcg	0		0	Z	7		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0	AS	1		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.34		0	BFSN	4		0.10	1.56	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta ... mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	1.2		0	BFSN	4		0.3	5.5	
Lipids:									
Fatty acids, total saturated ... g	1.602		0	NC	4		0.454	7.268	
4:0 ... g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23592

Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000	0.000	
8:0 ... g	0.000		0	BFFN	4		0.000	0.000	
10:0 ... g	0.000		0	BFFN	4		0.000	0.000	
12:0 ... g	0.000		0	BFFN	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.113		0	BFFN	4		0.032	0.512	
15:0 ... g									
16:0 ... g	1.001		0	BFFN	4		0.284	4.539	
17:0 ... g									
18:0 ... g	0.489		0	BFFN	4		0.139	2.216	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.944		0	NC	4		0.551	8.816	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.183		0	BFFN	4		0.052	0.830	
17:1 ... g									
18:1 undifferentiated ... g	1.760		0	BFFN	4		0.499	7.981	
20:1 ... g	0.001		0	BFFN	4		0.000	0.005	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.188		0	NC	4		0.053	0.852	
18:2 undifferentiated ... g	0.146		0	BFFN	4		0.041	0.663	
18:3 undifferentiated ... g	0.014		0	BFFN	4		0.004	0.061	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.028		0	BFFN	4		0.008	0.128	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	61		0	BFFN	4		17	277	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.208		0	A	1		0.059	0.942	
Threonine ... g	1.263		0	A	1		0.358	5.728	
Isoleucine ... g	1.438		0	A	1		0.408	6.523	
Leucine ... g	2.515		0	A	1		0.713	11.406	
Lysine ... g	2.671		0	A	1		0.757	12.118	
Methionine ... g	0.823		0	A	1		0.233	3.734	
Cystine ... g	0.408		0	A	1		0.116	1.850	
Phenylalanine ... g	1.249		0	A	1		0.354	5.664	
Tyrosine ... g	1.007		0	A	1		0.286	4.569	
Valine ... g	1.568		0	A	1		0.445	7.113	
Arginine ... g	2.044		0	A	1		0.579	9.272	
Histidine ... g	1.009		0	A	1		0.286	4.576	
Alanine ... g	1.922		0	A	1		0.545	8.717	
Aspartic acid ... g	2.879		0	A	1		0.816	13.060	
Glutamic acid ... g	4.745		0	A	1		1.345	21.525	
Glycine ... g	1.925		0	A	1		0.546	8.731	
Proline ... g	1.507		0	A	1		0.427	6.835	
Serine ... g	1.245		0	A	1		0.353	5.648	
Hydroxyproline ... g	0.332		0	BFPN	4		0.094	1.506	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23592

Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23636

Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, raw

URMIS #1553

Refuse: 7% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.63	0.365	10	A	1		20.59	329.46	
Energy....kcal	129		0	NC	4		37	586	
Energy....kJ	540		0	NC	4		153	2451	
Protein (N x 6.25)....g	23.13	0.230	10	A	1		6.56	104.90	
Total lipid (fat)....g	3.37	0.368	10	A	1		0.96	15.30	
Ash....g	1.13	0.027	10	A	1		0.32	5.14	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0	BFNN	4		6	100	
Iron, Fe....mg	1.97		0	BFNN	4		0.56	8.93	
Magnesium, Mg....mg	25		0	BFNN	4		7	114	
Phosphorus, P....mg	224		0	BFNN	4		64	1018	
Potassium, K....mg	373		0	BFNN	4		106	1693	
Sodium, Na....mg	64		0	BFNN	4		18	290	
Zinc, Zn....mg	4.57		0	BFNN	4		1.30	20.74	
Copper, Cu....mg	0.107		0	BFNN	4		0.030	0.485	
Manganese, Mn....mg	0.014		0	BFNN	4		0.004	0.065	
Selenium, Se....mcg	31.9		0	BFNN	4		9.0	144.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.095		0	BFPN	4		0.027	0.429	
Riboflavin....mg	0.147		0	BFPN	4		0.042	0.665	
Niacin....mg	6.879		0	BFPN	4		1.950	31.202	
Pantothenic acid....mg	0.679		0	BFPN	4		0.193	3.081	
Vitamin B-6....mg	0.679		0	BFPN	4		0.193	3.081	
Folate, total....mcg	14		0	BFPN	4		4	61	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	14		0	BFPN	4		4	61	
Folate, DFE....mcg_DFE	14		0	NC	4		4	61	
Choline, total....mg	96.6		0	BFPN	4		27.4	438.2	
Betaine....mg	14.2		0	BFPN	4		4.0	64.4	
Vitamin B-12....mcg	1.35		0	BFPN	4		0.38	6.13	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		0	BFSN	4		0.08	1.32	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.2		0	BFSN	4		0.3	5.3	
Lipids:									
Fatty acids, total saturated....g	1.154		0	NC	4		0.327	5.236	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23636

Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000	0.000	
8:0 ... g	0.000		0	BFFN	4		0.000	0.000	
10:0 ... g	0.000		0	BFFN	4		0.000	0.000	
12:0 ... g	0.000		0	BFFN	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.079		0	BFFN	4		0.022	0.360	
15:0 ... g									
16:0 ... g	0.732		0	BFFN	4		0.207	3.320	
17:0 ... g									
18:0 ... g	0.343		0	BFFN	4		0.097	1.556	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.420		0	NC	4		0.403	6.441	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.139		0	BFFN	4		0.039	0.630	
17:1 ... g									
18:1 undifferentiated ... g	1.279		0	BFFN	4		0.363	5.803	
20:1 ... g	0.002		0	BFFN	4		0.001	0.009	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.145		0	NC	4		0.041	0.656	
18:2 undifferentiated ... g	0.113		0	BFFN	4		0.032	0.513	
18:3 undifferentiated ... g	0.008		0	BFFN	4		0.002	0.036	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.024		0	BFFN	4		0.007	0.108	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	46		0	BFFN	4		13	207	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.152		0	A	1		0.043	0.689	
Threonine ... g	0.924		0	A	1		0.262	4.190	
Isoleucine ... g	1.052		0	A	1		0.298	4.772	
Leucine ... g	1.840		0	A	1		0.522	8.344	
Lysine ... g	1.954		0	A	1		0.554	8.865	
Methionine ... g	0.602		0	A	1		0.171	2.732	
Cystine ... g	0.298		0	A	1		0.085	1.354	
Phenylalanine ... g	0.913		0	A	1		0.259	4.143	
Tyrosine ... g	0.737		0	A	1		0.209	3.343	
Valine ... g	1.147		0	A	1		0.325	5.204	
Arginine ... g	1.495		0	A	1		0.424	6.783	
Histidine ... g	0.738		0	A	1		0.209	3.348	
Alanine ... g	1.406		0	A	1		0.399	6.377	
Aspartic acid ... g	2.106		0	A	1		0.597	9.555	
Glutamic acid ... g	3.472		0	A	1		0.984	15.748	
Glycine ... g	1.408		0	A	1		0.399	6.387	
Proline ... g	1.102		0	A	1		0.313	5.001	
Serine ... g	0.911		0	A	1		0.258	4.132	
Hydroxyproline ... g	0.243		0	BFPN	4		0.069	1.102	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23636

Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13342

Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.00		1	A	1		221.76	31.36	31.36
Energy....kcal	309		0	MC	9		1224	173	173
Energy....kJ	1293		0	MC	9		5120	724	724
Protein....g	16.50		1	A	1		65.34	9.24	9.24
Total lipid (fat)....g	27.00		1	A	1		106.92	15.12	15.12
Ash....g	0.80		1	A	1		3.17	0.45	0.45
Carbohydrate, by difference....g	0.00		0	MC	9		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	12		1	A	1		47	7	7
Iron, Fe....mg	1.86		1	A	1		7.37	1.04	1.04
Magnesium, Mg....mg	16		0	BFNN	4		65	9	9
Phosphorus, P....mg	133		0	BFNN	4		527	74	74
Potassium, K....mg	233		0	BFNN	4		924	131	131
Sodium, Na....mg	68		1	A	1		269	38	38
Zinc, Zn....mg	3.63		0	BFNN	4		14.38	2.03	2.03
Copper, Cu....mg	0.063		0	BFNN	4		0.249	0.035	0.035
Manganese, Mn....mg	0.017		0	BFNN	4		0.067	0.010	0.010
Selenium, Se....mcg	13.0		0	BFNN	4		51.4	7.3	7.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.039		0	BFZN	4		0.154	0.022	0.022
Riboflavin....mg	0.154		0	BFZN	4		0.610	0.086	0.086
Niacin....mg	4.583		0	BFZN	4		18.149	2.566	2.566
Pantothenic acid....mg	0.354		0	BFZN	4		1.402	0.198	0.198
Vitamin B-6....mg	0.246		0	BFZN	4		0.974	0.138	0.138
Folate, total....mcg	7		0	BFZN	4		28	4	4
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	7		0	BFZN	4		28	4	4
Folate, DFE....mcg_DFE	7		0	NC	4		28	4	4
Choline, total....mg	68.9		0	BFPN	4		272.9	38.6	38.6
Betaine....mg	10.1		0	BFPN	4		40.1	5.7	5.7
Vitamin B-12....mcg	2.71		0	BFZN	4		10.73	1.52	1.52
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		1	A	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.21		0	NR	4		0.83	0.12	0.12
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.4		0	AS	1		1.5	0.2	0.2
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.4		0	BFFN	4		1.5	0.2	0.2
Vitamin D....IU	15		0	BFFN	4		58	8	8
Vitamin K (phylloquinone)....mcg	1.7		0	BFSN	4		6.6	0.9	0.9
Lipids:									
Fatty acids, total saturated....g	11.538		0	A	1		45.691	6.461	6.461
4:0....g	0.000		0	Z	7		0.000	0.000	0.000

NDB No. 13342

Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		0.000	0.000	0.000
10:0 g	0.000		1	A	1		0.000	0.000	0.000
12:0 g	0.000		1	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.820		2	A	1		3.245	0.459	0.459
15:0 g	0.138		2	A	1		0.546	0.077	0.077
16:0 g	6.342		2	A	1		25.112	3.551	3.551
17:0 g	0.301		2	A	1		1.192	0.169	0.169
18:0 g	3.906		2	A	1		15.467	2.187	2.187
20:0 g	0.033		2	A	1		0.129	0.018	0.018
22:0 g	0.000		1	A	1		0.000	0.000	0.000
24:0 g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	11.038		0	A	1		43.709	6.181	6.181
14:1 g	0.208		2	A	1		0.825	0.117	0.117
15:1 g									
16:1 undifferentiated g	0.981		2	A	1		3.885	0.549	0.549
17:1 g									
18:1 undifferentiated g	9.714		2	A	1		38.466	5.440	5.440
20:1 g	0.135		2	A	1		0.533	0.075	0.075
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.488		0	A	1		1.932	0.273	0.273
18:2 undifferentiated g	0.368		2	A	1		1.458	0.206	0.206
18:3 undifferentiated g	0.120		2	A	1		0.474	0.067	0.067
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	71		1	A	1		281	40	40
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.206		0	A	1		0.816	0.115	0.115
Threonine g	0.702		0	A	1		2.780	0.393	0.393
Isoleucine g	0.718		0	A	1		2.843	0.402	0.402
Leucine g	1.342		0	A	1		5.314	0.752	0.752
Lysine g	1.398		0	A	1		5.536	0.783	0.783
Methionine g	0.391		0	A	1		1.548	0.219	0.219
Cystine g	0.161		0	A	1		0.638	0.090	0.090
Phenylalanine g	0.635		0	A	1		2.515	0.356	0.356
Tyrosine g	0.523		0	A	1		2.071	0.293	0.293
Valine g	0.812		0	A	1		3.216	0.455	0.455
Arginine g	1.130		0	A	1		4.475	0.633	0.633
Histidine g	0.533		0	A	1		2.111	0.298	0.298
Alanine g	1.093		0	A	1		4.328	0.612	0.612
Aspartic acid g	1.529		0	A	1		6.055	0.856	0.856
Glutamic acid g	2.633		0	A	1		10.427	1.474	1.474
Glycine g	1.243		0	A	1		4.922	0.696	0.696
Proline g	0.849		0	A	1		3.362	0.475	0.475
Serine g	0.648		0	A	1		2.566	0.363	0.363
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13342

Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw

Common Measures:

Measure 1 = 396g: 1 package

Measure 2 = 56g: 1 serving

Measure 3 = 56g: 1 steak

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13228

Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered

Refuse: 45% Bone, 37%, separable fat, 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.21	0.623	11		1		98.96	49.48	
Energy....kcal	201		0	NC	4		342	171	
Energy....kJ	841		0		4		1430	715	
Protein (N x 6.25)....g	33.68	4.525	11		1		57.26	28.63	
Total lipid (fat)....g	6.36	0.820	11		1		10.81	5.41	
Ash....g	2.39	0.238	7		1		4.06	2.03	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	32	2.113	7		1		54	27	
Iron, Fe....mg	3.86	0.199	7		1		6.56	3.28	
Magnesium, Mg....mg	30	0.358	7		1		51	26	
Phosphorus, P....mg	263	3.228	7		1		447	224	
Potassium, K....mg	447	5.798	7		1		760	380	
Sodium, Na....mg	64		1		1		109	54	
Zinc, Zn....mg	10.49	0.501	7		1		17.83	8.92	
Copper, Cu....mg	0.172	0.014	7		1		0.292	0.146	
Manganese, Mn....mg	0.020		1		1		0.034	0.017	
Selenium, Se....mcg	30.0		0	BFYN	4		51.0	25.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.140	0.002	7		1		0.238	0.119	
Riboflavin....mg	0.210	0.017	7		1		0.357	0.179	
Niacin....mg	5.890	0.378	7		1		10.013	5.007	
Pantothenic acid....mg	0.410		1		1		0.697	0.349	
Vitamin B-6....mg	0.370	0.017	7		1		0.629	0.315	
Folate, total....mcg	10		1		1		17	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		1		1		17	9	
Folate, DFE....mcg_DFE	10		0	NC	4		17	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.79		1		1		6.44	3.22	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.290		0		1		3.893	1.947	
4:0....g	0.000		1		1		0.000	0.000	
6:0....g	0.000		1		1		0.000	0.000	
8:0....g	0.000		1		1		0.000	0.000	

NDB No. 13228

Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		1		1		0.000	0.000	
12:0 ... g	0.010		1		1		0.017	0.009	
13:0 ... g									
14:0 ... g	0.180		1		1		0.306	0.153	
15:0 ... g									
16:0 ... g	1.350		1		1		2.295	1.148	
17:0 ... g									
18:0 ... g	0.610		1		1		1.037	0.519	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.860		0		1		4.862	2.431	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.310		1		1		0.527	0.264	
17:1 ... g									
18:1 undifferentiated ... g	2.410		1		1		4.097	2.049	
20:1 ... g	0.010		1		1		0.017	0.009	
22:1 undifferentiated ... g	0.000		1		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.210		0		1		0.357	0.179	
18:2 undifferentiated ... g	0.170		1		1		0.289	0.145	
18:3 undifferentiated ... g	0.010		1		1		0.017	0.009	
18:4 ... g	0.000		1		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.030		1		1		0.051	0.026	
20:5 n-3 (EPA) ... g	0.000		1		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		1		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		1		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	78	5.915	7		1		133	66	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.377		0		1		0.641	0.320	
Threonine ... g	1.471		0		1		2.501	1.250	
Isoleucine ... g	1.514		0		1		2.574	1.287	
Leucine ... g	2.662		0		1		4.525	2.263	
Lysine ... g	2.802		0		1		4.763	2.382	
Methionine ... g	0.862		0		1		1.465	0.733	
Cystine ... g	0.377		0		1		0.641	0.320	
Phenylalanine ... g	1.315		0		1		2.236	1.118	
Tyrosine ... g	1.132		0		1		1.924	0.962	
Valine ... g	1.638		0		1		2.785	1.392	
Arginine ... g	2.129		0		1		3.619	1.810	
Histidine ... g	1.153		0		1		1.960	0.980	
Alanine ... g	2.032		0		1		3.454	1.727	
Aspartic acid ... g	3.077		0		1		5.231	2.615	
Glutamic acid ... g	5.060		0		1		8.602	4.301	
Glycine ... g	1.838		0		1		3.125	1.562	
Proline ... g	1.487		0		1		2.528	1.264	
Serine ... g	1.288		0		1		2.190	1.095	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13228

Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13227

Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 40% Bone 34%, separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.03	0.284	11		1		20.70	331.26	
Energy....kcal	128		0	NC	4		36	581	
Energy....kJ	536		0		4		152	2429	
Protein (N x 6.25)....g	21.75	3.162	11		1		6.17	98.66	
Total lipid (fat)....g	3.85	0.190	11		1		1.09	17.46	
Ash....g	1.44	0.234	7		1		0.41	6.53	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	20	1.806	7		1		6	91	
Iron, Fe....mg	2.32	0.166	7		1		0.66	10.52	
Magnesium, Mg....mg	14	0.415	7		1		4	64	
Phosphorus, P....mg	204		1		1		58	925	
Potassium, K....mg	387		1		1		110	1755	
Sodium, Na....mg	63		1		1		18	286	
Zinc, Zn....mg	6.94	0.238	7		1		1.97	31.48	
Copper, Cu....mg	0.071	0.013	7		1		0.020	0.322	
Manganese, Mn....mg	0.014		1		1		0.004	0.064	
Selenium, Se....mcg	17.7		0	BFNN	4		5.0	80.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100	0.004	7		1		0.028	0.454	
Riboflavin....mg	0.220	0.014	7		1		0.062	0.998	
Niacin....mg	5.740	0.337	7		1		1.627	26.037	
Pantothenic acid....mg	0.350		1		1		0.099	1.588	
Vitamin B-6....mg	0.470	0.026	7		1		0.133	2.132	
Folate, total....mcg	8		1		1		2	36	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		1		1		2	36	
Folate, DFE....mcg_DFE	8		0	NC	4		2	36	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.33		1		1		0.94	15.10	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.280		0		1		0.363	5.806	
4:0....g	0.000		1		1		0.000	0.000	
6:0....g	0.000		1		1		0.000	0.000	
8:0....g	0.000		1		1		0.000	0.000	

NDB No. 13227

Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		1		1		0.000	0.000	
12:0 g	0.000		1		1		0.000	0.000	
13:0 g									
14:0 g	0.090		1		1		0.026	0.408	
15:0 g									
16:0 g	0.770		1		1		0.218	3.493	
17:0 g									
18:0 g	0.370		1		1		0.105	1.678	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.760		0		1		0.499	7.983	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.160		1		1		0.045	0.726	
17:1 g									
18:1 undifferentiated g	1.520		1		1		0.431	6.895	
20:1 g	0.000		1		1		0.000	0.000	
22:1 undifferentiated g	0.000		1		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.150		0		1		0.043	0.680	
18:2 undifferentiated g	0.110		1		1		0.031	0.499	
18:3 undifferentiated g	0.010		1		1		0.003	0.045	
18:4 g	0.000		1		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		1		1		0.009	0.136	
20:5 n-3 (EPA) g	0.000		1		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		1		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		1		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	39	1.353	7		1		11	177	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.244		0		1		0.069	1.107	
Threonine g	0.950		0		1		0.269	4.309	
Isoleucine g	0.978		0		1		0.277	4.436	
Leucine g	1.719		0		1		0.487	7.797	
Lysine g	1.810		0		1		0.513	8.210	
Methionine g	0.557		0		1		0.158	2.527	
Cystine g	0.244		0		1		0.069	1.107	
Phenylalanine g	0.849		0		1		0.241	3.851	
Tyrosine g	0.731		0		1		0.207	3.316	
Valine g	1.058		0		1		0.300	4.799	
Arginine g	1.375		0		1		0.390	6.237	
Histidine g	0.745		0		1		0.211	3.379	
Alanine g	1.312		0		1		0.372	5.951	
Aspartic acid g	1.987		0		1		0.563	9.013	
Glutamic acid g	3.268		0		1		0.926	14.824	
Glycine g	1.187		0		1		0.337	5.384	
Proline g	0.960		0		1		0.272	4.355	
Serine g	0.832		0		1		0.236	3.774	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13227

Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13460

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

URMIS # 2145

Refuse: 21% Bone and heavy connective tissue, 21%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.95		0	PAK	1		45.86	244.73	
Energy....kcal	283		0	NC	4		240	1282	
Energy....kJ	1182		0	NC	4		1005	5362	
Protein (N x 6.25)....g	23.61		0	PAK	1		20.07	107.11	
Total lipid (fat)....g	20.15		0	PAK	1		17.12	91.38	
Ash....g	1.08		0	PAK	1		0.92	4.89	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	PAK	1		6	31	
Iron, Fe....mg	2.96		0	PAK	1		2.51	13.41	
Magnesium, Mg....mg	22		0	PAK	1		19	101	
Phosphorus, P....mg	194		0	PAK	1		165	879	
Potassium, K....mg	278		0	PAK	1		236	1261	
Sodium, Na....mg	65		0	PAK	1		56	297	
Zinc, Zn....mg	4.59		0	PAK	1		3.90	20.83	
Copper, Cu....mg	0.130		0	PAK	1		0.111	0.592	
Manganese, Mn....mg	0.015		0	PAK	1		0.013	0.067	
Selenium, Se....mcg	19.7		0	PIK	4		16.7	89.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.100		0	PAK	1		0.085	0.453	
Riboflavin....mg	0.230		0	PAK	1		0.195	1.041	
Niacin....mg	4.237		0	PAK	1		3.601	19.218	
Pantothenic acid....mg	0.316		0	PAK	1		0.268	1.432	
Vitamin B-6....mg	0.367		0	PAK	1		0.312	1.664	
Folate, total....mcg	7		0	PAK	1		6	33	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	7		0	PAK	1		6	33	
Folate, DFE....mcg_DFE	7		0	NC	4		6	33	
Choline, total....mg	89.9		0	BFPN	4		76.4	407.9	
Betaine....mg									
Vitamin B-12....mcg	2.19		0	PAK	1		1.86	9.92	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	PAK	1		0	0	
Retinol....mcg	0		0	PIK	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	0		0	PAK	1		0	0	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		0	PIK	4		0.15	0.82	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.430		0	PIK	4		6.315	33.701	
4:0....g	0.000		0	PAK	1		0.000	0.000	

NDB No. 13460

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PAK	1		0.000	0.000	
8:0 g	0.000		0	PAK	1		0.000	0.000	
10:0 g	0.034		0	PAK	1		0.029	0.156	
12:0 g	0.036		0	PAK	1		0.031	0.165	
13:0 g									
14:0 g	0.518		0	PAK	1		0.440	2.350	
15:0 g									
16:0 g	4.655		0	PAK	1		3.957	21.115	
17:0 g									
18:0 g	2.168		0	PAK	1		1.843	9.835	
20:0 g	0.017		0	PAK	1		0.015	0.079	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.275		0	PIK	4		7.884	42.071	
14:1 g	0.122		0	PAK	1		0.104	0.554	
15:1 g									
16:1 undifferentiated g	0.728		0	PAK	1		0.619	3.303	
17:1 g									
18:1 undifferentiated g	8.403		0	PAK	1		7.143	38.116	
20:1 g	0.022		0	PAK	1		0.018	0.098	
22:1 undifferentiated g	0.000		0	PAK	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.676		0	PIK	4		0.574	3.064	
18:2 undifferentiated g	0.460		0	PAK	1		0.391	2.086	
18:3 undifferentiated g	0.190		0	PAK	1		0.161	0.860	
18:4 g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.026		0	PAK	1		0.022	0.119	
20:5 n-3 (EPA) g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	69		0	PAK	1		59	313	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.255		0	PAK	1		0.217	1.158	
Threonine g	1.088		0	PAK	1		0.925	4.934	
Isoleucine g	1.210		0	PAK	1		1.029	5.490	
Leucine g	2.075		0	PAK	1		1.764	9.411	
Lysine g	2.202		0	PAK	1		1.871	9.986	
Methionine g	0.666		0	PAK	1		0.566	3.021	
Cystine g	0.254		0	PAK	1		0.216	1.153	
Phenylalanine g	1.018		0	PAK	1		0.865	4.618	
Tyrosine g	0.861		0	PAK	1		0.732	3.907	
Valine g	1.269		0	PAK	1		1.079	5.758	
Arginine g	1.585		0	PAK	1		1.347	7.191	
Histidine g	0.764		0	PAK	1		0.649	3.465	
Alanine g	1.427		0	PAK	1		1.213	6.473	
Aspartic acid g	2.343		0	PAK	1		1.991	10.626	
Glutamic acid g	3.771		0	PAK	1		3.206	17.107	
Glycine g	1.132		0	PAK	1		0.962	5.135	
Proline g	1.001		0	PAK	1		0.851	4.540	
Serine g	0.945		0	PAK	1		0.803	4.286	
Hydroxyproline g	0.103		0	PIK	4		0.087	0.466	
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0	0.0	
Caffeine mg	0		0	PIK	4		0	0	
Theobromine mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13460

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13463

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

URMIS # 1330

Refuse: 20% Bone and heavy connective tissue, 20%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.69		0	PAK	1		47.33	252.60	
Energy....kcal	267		0	NC	4		227	1210	
Energy....kJ	1116		0	NC	4		948	5061	
Protein (N x 6.25)....g	24.47		0	PAK	1		20.80	110.99	
Total lipid (fat)....g	17.98		0	PAK	1		15.29	81.57	
Ash....g	1.29		0	PAK	1		1.10	5.86	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	PAK	1		6	31	
Iron, Fe....mg	2.91		0	PAK	1		2.47	13.20	
Magnesium, Mg....mg	22		0	PAK	1		19	99	
Phosphorus, P....mg	191		0	PAK	1		162	866	
Potassium, K....mg	330		0	PAK	1		281	1497	
Sodium, Na....mg	65		0	PAK	1		55	294	
Zinc, Zn....mg	4.51		0	PAK	1		3.84	20.48	
Copper, Cu....mg	0.128		0	PAK	1		0.109	0.582	
Manganese, Mn....mg	0.015		0	PAK	1		0.012	0.066	
Selenium, Se....mcg	19.6		0	PIK	4		16.7	88.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.098		0	PAK	1		0.083	0.445	
Riboflavin....mg	0.226		0	PAK	1		0.192	1.026	
Niacin....mg	4.171		0	PAK	1		3.545	18.919	
Pantothenic acid....mg	0.312		0	PAK	1		0.265	1.414	
Vitamin B-6....mg	0.361		0	PAK	1		0.307	1.639	
Folate, total....mcg	7		0	PAK	1		6	33	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	7		0	PAK	1		6	33	
Folate, DFE....mcg_DFE	7		0	NC	4		6	33	
Choline, total....mg	93.2		0	BFPN	4		79.2	422.7	
Betaine....mg									
Vitamin B-12....mcg	2.17		0	PAK	1		1.85	9.86	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	PAK	1		0	0	
Retinol....mcg	0		0	PIK	4		0	0	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	0		0	PAK	1		0	0	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.19		0	PIK	4		0.16	0.85	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.040		0	PIK	4		5.984	31.935	
4:0....g	0.000		0	PAK	1		0.000	0.000	

NDB No. 13463

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	PAK	1		0.000	0.000	
8:0 ... g	0.000		0	PAK	1		0.000	0.000	
10:0 ... g	0.040		0	PAK	1		0.034	0.183	
12:0 ... g	0.037		0	PAK	1		0.032	0.169	
13:0 ... g									
14:0 ... g	0.495		0	PAK	1		0.421	2.245	
15:0 ... g									
16:0 ... g	4.351		0	PAK	1		3.699	19.738	
17:0 ... g									
18:0 ... g	2.108		0	PAK	1		1.792	9.562	
20:0 ... g	0.009		0	PAK	1		0.007	0.039	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.739		0	PIK	4		6.579	35.106	
14:1 ... g	0.060		0	PAK	1		0.051	0.270	
15:1 ... g									
16:1 undifferentiated ... g	0.630		0	PAK	1		0.535	2.857	
17:1 ... g									
18:1 undifferentiated ... g	7.025		0	PAK	1		5.971	31.864	
20:1 ... g	0.025		0	PAK	1		0.022	0.115	
22:1 undifferentiated ... g	0.000		0	PAK	1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.711		0	PIK	4		0.605	3.227	
18:2 undifferentiated ... g	0.488		0	PAK	1		0.415	2.215	
18:3 undifferentiated ... g	0.189		0	PAK	1		0.161	0.858	
18:4 ... g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.034		0	PAK	1		0.029	0.154	
20:5 n-3 (EPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	64		0	PAK	1		54	289	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.265		0	PAK	1		0.225	1.201	
Threonine ... g	1.127		0	PAK	1		0.958	5.111	
Isoleucine ... g	1.253		0	PAK	1		1.065	5.683	
Leucine ... g	2.148		0	PAK	1		1.826	9.745	
Lysine ... g	2.279		0	PAK	1		1.938	10.340	
Methionine ... g	0.690		0	PAK	1		0.586	3.129	
Cystine ... g	0.263		0	PAK	1		0.224	1.195	
Phenylalanine ... g	1.054		0	PAK	1		0.896	4.782	
Tyrosine ... g	0.892		0	PAK	1		0.758	4.046	
Valine ... g	1.314		0	PAK	1		1.117	5.963	
Arginine ... g	1.642		0	PAK	1		1.396	7.448	
Histidine ... g	0.792		0	PAK	1		0.673	3.593	
Alanine ... g	1.479		0	PAK	1		1.257	6.707	
Aspartic acid ... g	2.426		0	PAK	1		2.062	11.004	
Glutamic acid ... g	3.906		0	PAK	1		3.320	17.719	
Glycine ... g	1.174		0	PAK	1		0.998	5.327	
Proline ... g	1.037		0	PAK	1		0.882	4.706	
Serine ... g	0.979		0	PAK	1		0.832	4.440	
Hydroxyproline ... g	0.106		0	PAK	1		0.090	0.480	
Others:									
Alcohol, ethyl ... g	0.0		0	PIK	4		0.0	0.0	
Caffeine ... mg	0		0	PIK	4		0	0	
Theobromine ... mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13463

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13459

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 21% Bone and heavy connective tissue, 21%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.66		0	PAK	1		46.46	247.93	
Energy....kcal	276		0	NC	4		235	1252	
Energy....kJ	1155		0	NC	4		982	5240	
Protein (N x 6.25)....g	23.96		0	PAK	1		20.37	108.69	
Total lipid (fat)....g	19.27		0	PAK	1		16.38	87.39	
Ash....g	1.17		0	PAK	1		0.99	5.29	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	PAK	1		6	31	
Iron, Fe....mg	2.94		0	PAK	1		2.50	13.33	
Magnesium, Mg....mg	22		0	PAK	1		19	100	
Phosphorus, P....mg	193		0	PAK	1		164	874	
Potassium, K....mg	299		0	PAK	1		254	1357	
Sodium, Na....mg	65		0	PAK	1		55	296	
Zinc, Zn....mg	4.56		0	PAK	1		3.88	20.69	
Copper, Cu....mg	0.130		0	PAK	1		0.110	0.588	
Manganese, Mn....mg	0.015		0	PAK	1		0.013	0.067	
Selenium, Se....mcg	19.6		0	PIK	4		16.7	89.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.099		0	PAK	1		0.084	0.449	
Riboflavin....mg	0.228		0	PAK	1		0.194	1.035	
Niacin....mg	4.210		0	PAK	1		3.578	19.096	
Pantothenic acid....mg	0.314		0	PAK	1		0.267	1.425	
Vitamin B-6....mg	0.365		0	PAK	1		0.310	1.654	
Folate, total....mcg	7		0	PAK	1		6	33	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	7		0	PAK	1		6	33	
Folate, DFE....mcg_DFE	7		0	NC	4		6	33	
Choline, total....mg	91.3		0	BFPN	4		77.6	414.0	
Betaine....mg									
Vitamin B-12....mcg	2.18		0	PAK	1		1.85	9.89	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	PIK	4		0	0	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	0		0	PIK	4		0	0	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		0	PIK	4		0.16	0.83	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.271		0	PIK	4		6.180	32.982	
4:0....g	0.000		0	PAK	1		0.000	0.000	

NDB No. 13459

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PAK	1		0.000	0.000	
8:0 g	0.000		0	PAK	1		0.000	0.000	
10:0 g	0.037		0	PAK	1		0.031	0.167	
12:0 g	0.037		0	PAK	1		0.031	0.166	
13:0 g									
14:0 g	0.509		0	PAK	1		0.432	2.308	
15:0 g									
16:0 g	4.531		0	PAK	1		3.852	20.554	
17:0 g									
18:0 g	2.144		0	PAK	1		1.822	9.724	
20:0 g	0.014		0	PAK	1		0.012	0.063	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.650		0	PIK	4		7.352	39.236	
14:1 g	0.097		0	PAK	1		0.082	0.438	
15:1 g									
16:1 undifferentiated g	0.688		0	PAK	1		0.585	3.121	
17:1 g									
18:1 undifferentiated g	7.842		0	PAK	1		6.666	35.571	
20:1 g	0.023		0	PAK	1		0.020	0.105	
22:1 undifferentiated g	0.000		0	PAK	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.690		0	PIK	4		0.587	3.130	
18:2 undifferentiated g	0.471		0	PAK	1		0.401	2.138	
18:3 undifferentiated g	0.189		0	PAK	1		0.161	0.859	
18:4 g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.029		0	PAK	1		0.025	0.133	
20:5 n-3 (EPA) g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	67		0	PAK	1		57	303	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.259		0	PAK	1		0.220	1.176	
Threonine g	1.104		0	PAK	1		0.938	5.006	
Isoleucine g	1.228		0	PAK	1		1.044	5.569	
Leucine g	2.105		0	PAK	1		1.789	9.547	
Lysine g	2.233		0	PAK	1		1.898	10.130	
Methionine g	0.676		0	PAK	1		0.574	3.065	
Cystine g	0.258		0	PAK	1		0.219	1.170	
Phenylalanine g	1.033		0	PAK	1		0.878	4.684	
Tyrosine g	0.874		0	PAK	1		0.743	3.963	
Valine g	1.288		0	PAK	1		1.095	5.841	
Arginine g	1.608		0	PAK	1		1.367	7.295	
Histidine g	0.775		0	PAK	1		0.659	3.517	
Alanine g	1.448		0	PAK	1		1.231	6.568	
Aspartic acid g	2.377		0	PAK	1		2.020	10.780	
Glutamic acid g	3.826		0	PAK	1		3.252	17.356	
Glycine g	1.149		0	PAK	1		0.977	5.213	
Proline g	1.016		0	PAK	1		0.863	4.608	
Serine g	0.959		0	PAK	1		0.815	4.349	
Hydroxyproline g	0.104		0	PIK	4		0.088	0.472	
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0	0.0	
Caffeine mg	0		0	PIK	4		0	0	
Theobromine mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13459

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23002

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Refuse: 21% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.62		0	PAE	4		150.49	44.73	
Energy....kcal	297		0	NC	4		849	252	
Energy....kJ	1243		0		4		3554	1056	
Protein (N x 6.25)....g	23.51		0	PAE	4		67.24	19.98	
Total lipid (fat)....g	21.83		0	PAE	4		62.43	18.56	
Ash....g	1.16		0	PAE	4		3.32	0.99	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	PAE	4		23	7	
Iron, Fe....mg	2.74		0	PAE	4		7.84	2.33	
Magnesium, Mg....mg	23		0	PAE	4		66	20	
Phosphorus, P....mg	187		0	PAE	4		535	159	
Potassium, K....mg	321		0	PAE	4		918	273	
Sodium, Na....mg	64		0	PAE	4		183	54	
Zinc, Zn....mg	4.58		0	PAE	4		13.10	3.89	
Copper, Cu....mg	0.125		0	PAE	4		0.358	0.106	
Manganese, Mn....mg	0.015		0	PAE	4		0.043	0.013	
Selenium, Se....mcg	22.8		0	BFZN	4		65.2	19.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0	PAE	4		0.286	0.085	
Riboflavin....mg	0.220		0	PAE	4		0.629	0.187	
Niacin....mg	4.070		0	PAE	4		11.640	3.460	
Pantothenic acid....mg	0.310		0	PAE	4		0.887	0.264	
Vitamin B-6....mg	0.350		0	PAE	4		1.001	0.298	
Folate, total....mcg	7		0	PAE	4		20	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0	PAE	4		20	6	
Folate, DFE....mcg_DFE	7		0	NC	4		20	6	
Choline, total....mg	89.5		0	BFPN	4		256.1	76.1	
Betaine....mg	11.8		0	BFPN	4		33.6	10.0	
Vitamin B-12....mcg	2.15		0	PAE	4		6.15	1.83	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.420		0	PAE	4		24.081	7.157	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23002

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.060		0	PAE	4		0.172	0.051	
12:0 g	0.050		0	PAE	4		0.143	0.043	
13:0 g									
14:0 g	0.620		0	PAE	4		1.773	0.527	
15:0 g									
16:0 g	5.100		0	PAE	4		14.586	4.335	
17:0 g									
18:0 g	2.430		0	PAE	4		6.950	2.066	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.590		0	PAE	4		27.427	8.152	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.820		0	PAE	4		2.345	0.697	
17:1 g									
18:1 undifferentiated g	8.660		0	PAE	4		24.768	7.361	
20:1 g	0.030		0	PAE	4		0.086	0.026	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.820		0	PAE	4		2.345	0.697	
18:2 undifferentiated g	0.540		0	PAE	4		1.544	0.459	
18:3 undifferentiated g	0.230		0	PAE	4		0.658	0.196	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	PAE	4		0.086	0.026	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	71		0	PAE	4		203	60	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.263		0	PAE	4		0.752	0.224	
Threonine g	1.027		0	PAE	4		2.937	0.873	
Isoleucine g	1.057		0	PAE	4		3.023	0.898	
Leucine g	1.858		0	PAE	4		5.314	1.579	
Lysine g	1.956		0	PAE	4		5.594	1.663	
Methionine g	0.602		0	PAE	4		1.722	0.512	
Cystine g	0.263		0	PAE	4		0.752	0.224	
Phenylalanine g	0.918		0	PAE	4		2.625	0.780	
Tyrosine g	0.790		0	PAE	4		2.259	0.672	
Valine g	1.143		0	PAE	4		3.269	0.972	
Arginine g	1.486		0	PAE	4		4.250	1.263	
Histidine g	0.805		0	PAE	4		2.302	0.684	
Alanine g	1.418		0	PAE	4		4.055	1.205	
Aspartic acid g	2.148		0	PAE	4		6.143	1.826	
Glutamic acid g	3.532		0	PAE	4		10.102	3.002	
Glycine g	1.283		0	PAE	4		3.669	1.091	
Proline g	1.038		0	PAE	4		2.969	0.882	
Serine g	0.899		0	PAE	4		2.571	0.764	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23002

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 286g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23001

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 21% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.26		0	PAE	4		17.37	277.88	
Energy....kcal	247		0	NC	4		70	1120	
Energy....kJ	1033		0		4		293	4688	
Protein (N x 6.25)....g	18.80		0	PAE	4		5.33	85.28	
Total lipid (fat)....g	18.51		0	PAE	4		5.25	83.96	
Ash....g	1.01		0	PAE	4		0.29	4.58	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	PAE	4		2	27	
Iron, Fe....mg	1.96		0	PAE	4		0.56	8.89	
Magnesium, Mg....mg	19		0	PAE	4		5	86	
Phosphorus, P....mg	170		0	PAE	4		48	771	
Potassium, K....mg	299		0	PAE	4		85	1356	
Sodium, Na....mg	53		0	PAE	4		15	240	
Zinc, Zn....mg	3.19		0	PAE	4		0.90	14.47	
Copper, Cu....mg	0.077		0	PAE	4		0.022	0.349	
Manganese, Mn....mg	0.013		0	PAE	4		0.004	0.059	
Selenium, Se....mcg	16.4		0	BFYN	4		4.6	74.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0	PAE	4		0.028	0.454	
Riboflavin....mg	0.170		0	PAE	4		0.048	0.771	
Niacin....mg	3.540		0	PAE	4		1.004	16.057	
Pantothenic acid....mg	0.310		0	PAE	4		0.088	1.406	
Vitamin B-6....mg	0.380		0	PAE	4		0.108	1.724	
Folate, total....mcg	6		0	PAE	4		2	27	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0	PAE	4		2	27	
Folate, DFE....mcg_DFE	6		0	NC	4		2	27	
Choline, total....mg	78.5		0	BFPN	4		22.3	356.2	
Betaine....mg	11.5		0	BFPN	4		3.3	52.4	
Vitamin B-12....mcg	2.72		0	PAE	4		0.77	12.34	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.420		0	PAE	4		2.104	33.657	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23001

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.050		0	PAE	4		0.014	0.227	
12:0 g	0.040		0	PAE	4		0.011	0.181	
13:0 g									
14:0 g	0.550		0	PAE	4		0.156	2.495	
15:0 g									
16:0 g	4.410		0	PAE	4		1.250	20.004	
17:0 g									
18:0 g	2.230		0	PAE	4		0.632	10.115	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.200		0	PAE	4		2.325	37.195	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.850		0	PAE	4		0.241	3.856	
17:1 g									
18:1 undifferentiated g	7.260		0	PAE	4		2.058	32.931	
20:1 g	0.030		0	PAE	4		0.009	0.136	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.700		0	PAE	4		0.198	3.175	
18:2 undifferentiated g	0.460		0	PAE	4		0.130	2.087	
18:3 undifferentiated g	0.210		0	PAE	4		0.060	0.953	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	64		0	PAE	4		18	290	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.211		0	PAE	4		0.060	0.957	
Threonine g	0.821		0	PAE	4		0.233	3.724	
Isoleucine g	0.845		0	PAE	4		0.240	3.833	
Leucine g	1.486		0	PAE	4		0.421	6.740	
Lysine g	1.564		0	PAE	4		0.443	7.094	
Methionine g	0.481		0	PAE	4		0.136	2.182	
Cystine g	0.211		0	PAE	4		0.060	0.957	
Phenylalanine g	0.734		0	PAE	4		0.208	3.329	
Tyrosine g	0.632		0	PAE	4		0.179	2.867	
Valine g	0.914		0	PAE	4		0.259	4.146	
Arginine g	1.188		0	PAE	4		0.337	5.389	
Histidine g	0.644		0	PAE	4		0.183	2.921	
Alanine g	1.134		0	PAE	4		0.321	5.144	
Aspartic acid g	1.717		0	PAE	4		0.487	7.788	
Glutamic acid g	2.824		0	PAE	4		0.801	12.810	
Glycine g	1.026		0	PAE	4		0.291	4.654	
Proline g	0.830		0	PAE	4		0.235	3.765	
Serine g	0.719		0	PAE	4		0.204	3.261	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23001

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13906

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

URMIS # 2145

Refuse: 23% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.61		0	PAE	4		134.16	44.72	
Energy	kcal	299		0	NC	4		762	254	
Energy	kJ	1251		0		4		3190	1063	
Protein (N x 6.25)	g	23.27		0	PAE	4		59.34	19.78	
Total lipid (fat)	g	22.11		0	PAE	4		56.38	18.79	
Ash	g	1.19		0	PAE	4		3.03	1.01	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	PAE	4		20	7	
Iron, Fe	mg	2.74		0	PAE	4		6.99	2.33	
Magnesium, Mg	mg	23		0	PAE	4		59	20	
Phosphorus, P	mg	187		0	PAE	4		477	159	
Potassium, K	mg	322		0	PAE	4		821	274	
Sodium, Na	mg	64		0	PAE	4		163	54	
Zinc, Zn	mg	4.59		0	PAE	4		11.70	3.90	
Copper, Cu	mg	0.125		0	PAE	4		0.319	0.106	
Manganese, Mn	mg	0.015		0	PAE	4		0.038	0.013	
Selenium, Se	mcg	22.7		0	BFZN	4		57.9	19.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.100		0	PAE	4		0.255	0.085	
Riboflavin	mg	0.220		0	PAE	4		0.561	0.187	
Niacin	mg	4.080		0	PAE	4		10.404	3.468	
Pantothenic acid	mg	0.310		0	PAE	4		0.791	0.264	
Vitamin B-6	mg	0.350		0	PAE	4		0.893	0.298	
Folate, total	mcg	7		0	PAE	4		18	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0	PAE	4		18	6	
Folate, DFE	mcg_DFE	7		0	NC	4		18	6	
Choline, total	mg	88.6		0	BFPN	4		226.0	75.3	
Betaine	mg	11.6		0	BFPN	4		29.7	9.9	
Vitamin B-12	mcg	2.15		0	PAE	4		5.48	1.83	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg									
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.450		0	PAE	4		21.548	7.183	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 13906

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.060		0	PAE	4		0.153	0.051	
12:0 g	0.050		0	PAE	4		0.128	0.043	
13:0 g									
14:0 g	0.610		0	PAE	4		1.556	0.519	
15:0 g									
16:0 g	5.110		0	PAE	4		13.031	4.344	
17:0 g									
18:0 g	2.390		0	PAE	4		6.095	2.032	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.780		0	PAE	4		24.939	8.313	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.830		0	PAE	4		2.117	0.706	
17:1 g									
18:1 undifferentiated g	8.840		0	PAE	4		22.542	7.514	
20:1 g	0.030		0	PAE	4		0.077	0.026	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.790		0	PAE	4		2.015	0.672	
18:2 undifferentiated g	0.510		0	PAE	4		1.301	0.434	
18:3 undifferentiated g	0.230		0	PAE	4		0.587	0.196	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	PAE	4		0.077	0.026	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	74		0	PAE	4		189	63	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.261		0	PAE	4		0.666	0.222	
Threonine g	1.017		0	PAE	4		2.593	0.864	
Isoleucine g	1.046		0	PAE	4		2.667	0.889	
Leucine g	1.839		0	PAE	4		4.689	1.563	
Lysine g	1.936		0	PAE	4		4.937	1.646	
Methionine g	0.596		0	PAE	4		1.520	0.507	
Cystine g	0.261		0	PAE	4		0.666	0.222	
Phenylalanine g	0.909		0	PAE	4		2.318	0.773	
Tyrosine g	0.782		0	PAE	4		1.994	0.665	
Valine g	1.132		0	PAE	4		2.887	0.962	
Arginine g	1.471		0	PAE	4		3.751	1.250	
Histidine g	0.797		0	PAE	4		2.032	0.677	
Alanine g	1.404		0	PAE	4		3.580	1.193	
Aspartic acid g	2.126		0	PAE	4		5.421	1.807	
Glutamic acid g	3.496		0	PAE	4		8.915	2.972	
Glycine g	1.270		0	PAE	4		3.239	1.080	
Proline g	1.028		0	PAE	4		2.621	0.874	
Serine g	0.890		0	PAE	4		2.270	0.757	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13906

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 255g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13905

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

URMIS # 2145

Refuse: 20% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.21		0	PAE	4		17.07	273.11	
Energy	kcal	258		0	NC	4		73	1170	
Energy	kJ	1079		0		4		306	4896	
Protein (N x 6.25)	g	17.98		0	PAE	4		5.10	81.56	
Total lipid (fat)	g	20.08		0	PAE	4		5.69	91.08	
Ash	g	0.87		0	PAE	4		0.25	3.95	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	PAE	4		2	27	
Iron, Fe	mg	1.94		0	PAE	4		0.55	8.80	
Magnesium, Mg	mg	19		0	PAE	4		5	86	
Phosphorus, P	mg	168		0	PAE	4		48	762	
Potassium, K	mg	295		0	PAE	4		84	1338	
Sodium, Na	mg	52		0	PAE	4		15	236	
Zinc, Zn	mg	3.15		0	PAE	4		0.89	14.29	
Copper, Cu	mg	0.077		0	PAE	4		0.022	0.349	
Manganese, Mn	mg	0.012		0	PAE	4		0.003	0.054	
Selenium, Se	mcg	16.3		0	BFYN	4		4.6	73.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.100		0	PAE	4		0.028	0.454	
Riboflavin	mg	0.170		0	PAE	4		0.048	0.771	
Niacin	mg	3.510		0	PAE	4		0.995	15.921	
Pantothenic acid	mg	0.300		0	PAE	4		0.085	1.361	
Vitamin B-6	mg	0.370		0	PAE	4		0.105	1.678	
Folate, total	mcg	6		0	PAE	4		2	27	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0	PAE	4		2	27	
Folate, DFE	mcg_DFE	6		0	NC	4		2	27	
Choline, total	mg	75.1		0	BFPN	4		21.3	340.7	
Betaine	mg	11.0		0	BFPN	4		3.1	50.1	
Vitamin B-12	mcg	2.70		0	PAE	4		0.77	12.25	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg									
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.020		0	PAE	4		2.274	36.379	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 13905

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.060		0	PAE	4		0.017	0.272	
12:0....g	0.040		0	PAE	4		0.011	0.181	
13:0....g									
14:0....g	0.600		0	PAE	4		0.170	2.722	
15:0....g									
16:0....g	4.760		0	PAE	4		1.349	21.591	
17:0....g									
18:0....g	2.380		0	PAE	4		0.675	10.796	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.940		0	PAE	4		2.534	40.552	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.930		0	PAE	4		0.264	4.218	
17:1....g									
18:1 undifferentiated....g	7.920		0	PAE	4		2.245	35.925	
20:1....g	0.030		0	PAE	4		0.009	0.136	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.740		0	PAE	4		0.210	3.357	
18:2 undifferentiated....g	0.470		0	PAE	4		0.133	2.132	
18:3 undifferentiated....g	0.220		0	PAE	4		0.062	0.998	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	68		0	PAE	4		19	308	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.201		0	PAE	4		0.057	0.912	
Threonine....g	0.785		0	PAE	4		0.223	3.561	
Isoleucine....g	0.808		0	PAE	4		0.229	3.665	
Leucine....g	1.421		0	PAE	4		0.403	6.446	
Lysine....g	1.496		0	PAE	4		0.424	6.786	
Methionine....g	0.460		0	PAE	4		0.130	2.087	
Cystine....g	0.201		0	PAE	4		0.057	0.912	
Phenylalanine....g	0.702		0	PAE	4		0.199	3.184	
Tyrosine....g	0.604		0	PAE	4		0.171	2.740	
Valine....g	0.874		0	PAE	4		0.248	3.964	
Arginine....g	1.136		0	PAE	4		0.322	5.153	
Histidine....g	0.615		0	PAE	4		0.174	2.790	
Alanine....g	1.084		0	PAE	4		0.307	4.917	
Aspartic acid....g	1.642		0	PAE	4		0.466	7.448	
Glutamic acid....g	2.701		0	PAE	4		0.766	12.252	
Glycine....g	0.981		0	PAE	4		0.278	4.450	
Proline....g	0.794		0	PAE	4		0.225	3.602	
Serine....g	0.687		0	PAE	4		0.195	3.116	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13905

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23004

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

URMIS # 1330

Refuse: 21% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.66		0	PAE	4		151.66	44.76	
Energy....kcal	294		0	NC	4		847	250	
Energy....kJ	1230		0		4		3543	1046	
Protein (N x 6.25)....g	24.05		0	PAE	4		69.26	20.44	
Total lipid (fat)....g	21.18		0	PAE	4		61.00	18.00	
Ash....g	1.08		0	PAE	4		3.11	0.92	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	PAE	4		23	7	
Iron, Fe....mg	2.72		0	PAE	4		7.83	2.31	
Magnesium, Mg....mg	23		0	PAE	4		66	20	
Phosphorus, P....mg	186		0	PAE	4		536	158	
Potassium, K....mg	320		0	PAE	4		922	272	
Sodium, Na....mg	64		0	PAE	4		184	54	
Zinc, Zn....mg	4.55		0	PAE	4		13.10	3.87	
Copper, Cu....mg	0.124		0	PAE	4		0.357	0.105	
Manganese, Mn....mg	0.015		0	PAE	4		0.043	0.013	
Selenium, Se....mcg	22.9		0	BFZN	4		66.0	19.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0	PAE	4		0.288	0.085	
Riboflavin....mg	0.220		0	PAE	4		0.634	0.187	
Niacin....mg	4.050		0	PAE	4		11.664	3.443	
Pantothenic acid....mg	0.310		0	PAE	4		0.893	0.264	
Vitamin B-6....mg	0.350		0	PAE	4		1.008	0.298	
Folate, total....mcg	7		0	PAE	4		20	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0	PAE	4		20	6	
Folate, DFE....mcg_DFE	7		0	NC	4		20	6	
Choline, total....mg	91.6		0	BFPN	4		263.8	77.9	
Betaine....mg	12.0		0	BFPN	4		34.7	10.2	
Vitamin B-12....mcg	2.15		0	PAE	4		6.19	1.83	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.340		0	PAE	4		24.019	7.089	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23004

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.050		0	PAE	4		0.144	0.043	
12:0 g	0.050		0	PAE	4		0.144	0.043	
13:0 g									
14:0 g	0.630		0	PAE	4		1.814	0.536	
15:0 g									
16:0 g	5.080		0	PAE	4		14.630	4.318	
17:0 g									
18:0 g	2.520		0	PAE	4		7.258	2.142	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.130		0	PAE	4		26.294	7.761	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.790		0	PAE	4		2.275	0.672	
17:1 g									
18:1 undifferentiated g	8.240		0	PAE	4		23.731	7.004	
20:1 g	0.030		0	PAE	4		0.086	0.026	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.890		0	PAE	4		2.563	0.757	
18:2 undifferentiated g	0.610		0	PAE	4		1.757	0.519	
18:3 undifferentiated g	0.240		0	PAE	4		0.691	0.204	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	PAE	4		0.086	0.026	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	65		0	PAE	4		187	55	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.269		0	PAE	4		0.775	0.229	
Threonine g	1.051		0	PAE	4		3.027	0.893	
Isoleucine g	1.081		0	PAE	4		3.113	0.919	
Leucine g	1.901		0	PAE	4		5.475	1.616	
Lysine g	2.001		0	PAE	4		5.763	1.701	
Methionine g	0.616		0	PAE	4		1.774	0.524	
Cystine g	0.269		0	PAE	4		0.775	0.229	
Phenylalanine g	0.939		0	PAE	4		2.704	0.798	
Tyrosine g	0.808		0	PAE	4		2.327	0.687	
Valine g	1.170		0	PAE	4		3.370	0.995	
Arginine g	1.520		0	PAE	4		4.378	1.292	
Histidine g	0.824		0	PAE	4		2.373	0.700	
Alanine g	1.451		0	PAE	4		4.179	1.233	
Aspartic acid g	2.198		0	PAE	4		6.330	1.868	
Glutamic acid g	3.614		0	PAE	4		10.408	3.072	
Glycine g	1.312		0	PAE	4		3.779	1.115	
Proline g	1.062		0	PAE	4		3.059	0.903	
Serine g	0.920		0	PAE	4		2.650	0.782	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23004

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Common Measures:

Measure 1 = 288g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23003

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw

URMIS # 1330

Refuse: 21% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.70		0	PAE	4		18.06	288.94	
Energy	kcal	222		0	NC	4		63	1007	
Energy	kJ	929		0		4		263	4213	
Protein (N x 6.25)	g	20.72		0	PAE	4		5.87	93.99	
Total lipid (fat)	g	14.82		0	PAE	4		4.20	67.22	
Ash	g	1.34		0	PAE	4		0.38	6.08	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	PAE	4		2	27	
Iron, Fe	mg	2.01		0	PAE	4		0.57	9.12	
Magnesium, Mg	mg	20		0	PAE	4		6	91	
Phosphorus, P	mg	174		0	PAE	4		49	789	
Potassium, K	mg	309		0	PAE	4		88	1402	
Sodium, Na	mg	54		0	PAE	4		15	245	
Zinc, Zn	mg	3.28		0	PAE	4		0.93	14.88	
Copper, Cu	mg	0.079		0	PAE	4		0.022	0.358	
Manganese, Mn	mg	0.013		0	PAE	4		0.004	0.059	
Selenium, Se	mcg	16.5		0	BFYN	4		4.7	74.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.100		0	PAE	4		0.028	0.454	
Riboflavin	mg	0.180		0	PAE	4		0.051	0.816	
Niacin	mg	3.630		0	PAE	4		1.029	16.466	
Pantothenic acid	mg	0.310		0	PAE	4		0.088	1.406	
Vitamin B-6	mg	0.380		0	PAE	4		0.108	1.724	
Folate, total	mcg	6		0	PAE	4		2	27	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0	PAE	4		2	27	
Folate, DFE	mcg_DFE	6		0	NC	4		2	27	
Choline, total	mg	86.5		0	BFPN	4		24.5	392.6	
Betaine	mg	12.7		0	BFPN	4		3.6	57.7	
Vitamin B-12	mcg	2.78		0	PAE	4		0.79	12.61	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg									
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.010		0	PAE	4		1.704	27.261	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 23003

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 ... g	0.000		0	Z	7		0.000	0.000	
10:0 ... g	0.040		0	PAE	4		0.011	0.181	
12:0 ... g	0.030		0	PAE	4		0.009	0.136	
13:0 ... g									
14:0 ... g	0.460		0	PAE	4		0.130	2.087	
15:0 ... g									
16:0 ... g	3.600		0	PAE	4		1.021	16.330	
17:0 ... g									
18:0 ... g	1.870		0	PAE	4		0.530	8.482	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.460		0	PAE	4		1.831	29.303	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.660		0	PAE	4		0.187	2.994	
17:1 ... g									
18:1 undifferentiated ... g	5.740		0	PAE	4		1.627	26.037	
20:1 ... g	0.020		0	PAE	4		0.006	0.091	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.630		0	PAE	4		0.179	2.858	
18:2 undifferentiated ... g	0.420		0	PAE	4		0.119	1.905	
18:3 undifferentiated ... g	0.170		0	PAE	4		0.048	0.771	
18:4 ... g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.040		0	PAE	4		0.011	0.181	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	56		0	PAE	4		16	254	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.232		0	PAE	4		0.066	1.052	
Threonine ... g	0.905		0	PAE	4		0.257	4.105	
Isoleucine ... g	0.931		0	PAE	4		0.264	4.223	
Leucine ... g	1.637		0	PAE	4		0.464	7.425	
Lysine ... g	1.724		0	PAE	4		0.489	7.820	
Methionine ... g	0.530		0	PAE	4		0.150	2.404	
Cystine ... g	0.232		0	PAE	4		0.066	1.052	
Phenylalanine ... g	0.809		0	PAE	4		0.229	3.670	
Tyrosine ... g	0.696		0	PAE	4		0.197	3.157	
Valine ... g	1.008		0	PAE	4		0.286	4.572	
Arginine ... g	1.309		0	PAE	4		0.371	5.938	
Histidine ... g	0.709		0	PAE	4		0.201	3.216	
Alanine ... g	1.250		0	PAE	4		0.354	5.670	
Aspartic acid ... g	1.893		0	PAE	4		0.537	8.587	
Glutamic acid ... g	3.112		0	PAE	4		0.882	14.116	
Glycine ... g	1.130		0	PAE	4		0.320	5.126	
Proline ... g	0.915		0	PAE	4		0.259	4.150	
Serine ... g	0.792		0	PAE	4		0.225	3.593	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23003

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13467

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

URMIS # 2145

Refuse: 31% Bone and heavy connective tissue, 21%, separable fat, 10%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.13	1.015	8	A	1		50.26	50.26	157.29
Energy....kcal	224		0	NC	4		191	191	597
Energy....kJ	939		0	NC	4		798	798	2497
Protein (N x 6.25)....g	25.51	0.583	8	A	1		21.68	21.68	67.86
Total lipid (fat)....g	12.80	0.955	8	A	1		10.88	10.88	34.05
Ash....g	1.17	0.138	8	A	1		0.99	0.99	3.11
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	6	1.330	30	A	1		5	5	15
Iron, Fe....mg	3.24	0.125	30	A	1		2.75	2.75	8.61
Magnesium, Mg....mg	25	2.440	27	A	1		21	21	65
Phosphorus, P....mg	211	7.564	6	A	1		179	179	561
Potassium, K....mg	301	65.600	30	A	1		256	256	802
Sodium, Na....mg	69	3.888	22	A	1		59	59	184
Zinc, Zn....mg	5.06	0.230	24	A	1		4.30	4.30	13.46
Copper, Cu....mg	0.143	0.011	16	A	1		0.122	0.122	0.380
Manganese, Mn....mg	0.016		2	A	1		0.014	0.014	0.043
Selenium, Se....mcg	20.0	5.000	4	A	1		17.0	17.0	53.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.110		0	PAK	1		0.094	0.094	0.293
Riboflavin....mg	0.250		0	PAK	1		0.213	0.213	0.665
Niacin....mg	4.630		0	PAK	1		3.936	3.936	12.316
Pantothenic acid....mg	0.340		0	PAK	1		0.289	0.289	0.904
Vitamin B-6....mg	0.400		0	PAK	1		0.340	0.340	1.064
Folate, total....mcg	8		0	PAK	1		7	7	21
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	8		0	PAK	1		7	7	21
Folate, DFE....mcg_DFE	8		0	NC	4		7	7	21
Choline, total....mg	97.2		0	BFPN	4		82.6	82.6	258.4
Betaine....mg									
Vitamin B-12....mcg	2.27		0	PAK	1		1.93	1.93	6.04
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.14		0	NR	4		0.12	0.12	0.37
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.345		0	NC	4		3.693	3.693	11.558
4:0....g	0.000		0	PAK	1		0.000	0.000	0.000

NDB No. 13467

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PAK	1		0.000	0.000	0.000
8:0 g	0.000		0	PAK	1		0.000	0.000	0.000
10:0 g	0.000		0	PAK	1		0.000	0.000	0.000
12:0 g	0.005	0.005	8	A	1		0.004	0.004	0.013
13:0 g									
14:0 g	0.250	0.000	8	A	1		0.213	0.213	0.665
15:0 g									
16:0 g	2.735	0.085	8	A	1		2.325	2.325	7.275
17:0 g									
18:0 g	1.335	0.045	8	A	1		1.135	1.135	3.551
20:0 g	0.020	0.005	4	A	1		0.017	0.017	0.053
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.175		0	NC	4		5.249	5.249	16.426
14:1 g	0.140	0.025	4	A	1		0.119	0.119	0.372
15:1 g									
16:1 undifferentiated g	0.375	0.035	8	A	1		0.319	0.319	0.998
17:1 g									
18:1 undifferentiated g	5.660	0.130	8	A	1		4.811	4.811	15.056
20:1 g	0.000		0	PAK	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.385		0	NC	4		0.327	0.327	1.024
18:2 undifferentiated g	0.290	0.020	8	A	1		0.247	0.247	0.771
18:3 undifferentiated g	0.065	0.005	8	A	1		0.055	0.055	0.173
18:4 g	0.000		0	PAK	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030	0.000	8	A	1		0.026	0.026	0.080
20:5 n-3 (EPA) g	0.000		0	PAK	1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	PAK	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	65	5.685	4	A	1		55	55	173
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.286		0	PAK	1		0.243	0.243	0.761
Threonine g	1.179		0	A	1		1.002	1.002	3.136
Isoleucine g	1.317		0	A	1		1.120	1.120	3.504
Leucine g	2.255		0	A	1		1.917	1.917	5.999
Lysine g	2.394		0	A	1		2.035	2.035	6.368
Methionine g	0.724		0	A	1		0.615	0.615	1.925
Cystine g	0.274		0	A	1		0.233	0.233	0.729
Phenylalanine g	1.106		0	A	1		0.940	0.940	2.942
Tyrosine g	0.857		0	PAK	1		0.728	0.728	2.280
Valine g	1.379		0	A	1		1.173	1.173	3.669
Arginine g	1.612		0	PAK	1		1.370	1.370	4.288
Histidine g	0.822		0	A	1		0.699	0.699	2.187
Alanine g	1.542		0	A	1		1.311	1.311	4.102
Aspartic acid g	2.330		0	PAK	1		1.981	1.981	6.198
Glutamic acid g	3.832		0	PAK	1		3.257	3.257	10.193
Glycine g	1.392		0	PAK	1		1.183	1.183	3.703
Proline g	1.079		0	A	1		0.917	0.917	2.869
Serine g	1.024		0	A	1		0.870	0.870	2.723
Hydroxyproline g	0.118		0	BFPN	4		0.100	0.100	0.314
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13467

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 85g: 1 serving

Measure 3 = 266g: 1 piece, cooked, excluding refuse

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13470

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

URMIS # 1330

Refuse: 32% Bone and heavy connective tissue, 20%, separable fat, 12%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.19	1.017	6	A	1		52.86	52.86	159.21
Energy....kcal	194		0	NC	4		165	165	497
Energy....kJ	813		0	NC	4		691	691	2081
Protein (N x 6.25)....g	26.89	0.604	6	A	1		22.86	22.86	68.84
Total lipid (fat)....g	8.81	1.053	6	A	1		7.49	7.49	22.55
Ash....g	1.44	0.278	6	A	1		1.22	1.22	3.69
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	6	1.330	30	A	1		5	5	15
Iron, Fe....mg	3.24	0.125	30	A	1		2.75	2.75	8.28
Magnesium, Mg....mg	25	2.440	27	A	1		21	21	63
Phosphorus, P....mg	211	7.564	6	A	1		179	179	540
Potassium, K....mg	367	14.733	26	A	1		312	312	940
Sodium, Na....mg	69	3.888	22	A	1		59	59	177
Zinc, Zn....mg	5.06	0.230	24	A	1		4.30	4.30	12.95
Copper, Cu....mg	0.143	0.011	16	A	1		0.122	0.122	0.366
Manganese, Mn....mg	0.016		2	A	1		0.014	0.014	0.041
Selenium, Se....mcg	20.0	5.000	4	A	1		17.0	17.0	51.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.110		0	PAK	1		0.094	0.094	0.282
Riboflavin....mg	0.250		0	PAK	1		0.213	0.213	0.640
Niacin....mg	4.630		0	PAK	1		3.936	3.936	11.853
Pantothenic acid....mg	0.340		0	PAK	1		0.289	0.289	0.870
Vitamin B-6....mg	0.400		0	PAK	1		0.340	0.340	1.024
Folate, total....mcg	8		0	PAK	1		7	7	20
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	8		0	PAK	1		7	7	20
Folate, DFE....mcg_DFE	8		0	NC	4		7	7	20
Choline, total....mg	102.4		0	BFPN	4		87.1	87.1	262.2
Betaine....mg									
Vitamin B-12....mcg	2.27		0	PAK	1		1.93	1.93	5.81
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.14		0	NR	4		0.12	0.12	0.36
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.280		0	NC	4		2.788	2.788	8.397
4:0....g	0.000		0	PAK	1		0.000	0.000	0.000

NDB No. 13470

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PAK	1		0.000	0.000	0.000
8:0 g	0.000		0	PAK	1		0.000	0.000	0.000
10:0 g	0.000		0	PAK	1		0.000	0.000	0.000
12:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.170	0.040	3	A	1		0.145	0.145	0.435
15:0 g									
16:0 g	2.000	0.040	3	A	1		1.700	1.700	5.120
17:0 g									
18:0 g	1.100	0.087	3	A	1		0.935	0.935	2.816
20:0 g	0.010	0.006	3	A	1		0.009	0.009	0.026
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.760		0	NC	4		3.196	3.196	9.626
14:1 g	0.070	0.006	3	A	1		0.060	0.060	0.179
15:1 g									
16:1 undifferentiated g	0.190	0.029	3	A	1		0.162	0.162	0.486
17:1 g									
18:1 undifferentiated g	3.500	0.185	3	A	1		2.975	2.975	8.960
20:1 g	0.000		0	PAK	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.370		0	NC	4		0.315	0.315	0.947
18:2 undifferentiated g	0.290	0.029	3	A	1		0.247	0.247	0.742
18:3 undifferentiated g	0.040	0.006	3	A	1		0.034	0.034	0.102
18:4 g	0.000		0	PAK	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040	0.006	3	A	1		0.034	0.034	0.102
20:5 n-3 (EPA) g	0.000		0	PAK	1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	PAK	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	58	6.212	3	A	1		50	50	149
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.301		0	PAK	1		0.256	0.256	0.771
Threonine g	1.243		0	A	1		1.056	1.056	3.182
Isoleucine g	1.389		0	A	1		1.180	1.180	3.555
Leucine g	2.377		0	A	1		2.021	2.021	6.086
Lysine g	2.524		0	A	1		2.145	2.145	6.461
Methionine g	0.763		0	A	1		0.648	0.648	1.953
Cystine g	0.289		0	A	1		0.245	0.245	0.739
Phenylalanine g	1.166		0	A	1		0.991	0.991	2.985
Tyrosine g	0.904		0	PAK	1		0.768	0.768	2.314
Valine g	1.454		0	A	1		1.236	1.236	3.722
Arginine g	1.699		0	PAK	1		1.444	1.444	4.349
Histidine g	0.867		0	A	1		0.737	0.737	2.219
Alanine g	1.625		0	A	1		1.382	1.382	4.161
Aspartic acid g	2.457		0	PAK	1		2.088	2.088	6.290
Glutamic acid g	4.040		0	PAK	1		3.434	3.434	10.342
Glycine g	1.467		0	PAK	1		1.247	1.247	3.756
Proline g	1.137		0	A	1		0.966	0.966	2.911
Serine g	1.079		0	A	1		0.917	0.917	2.762
Hydroxyproline g	0.124		0	BFPN	4		0.106	0.106	0.318
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13470

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 85g: 1 serving

Measure 3 = 256g: 1 piece, cooked, excluding refuse

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13466

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 32% Bone and heavy connective tissue, 21%, separable fat, 11%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.38		0	PAK	1		51.32	273.86	
Energy....kcal	212		0	NC	4		180	962	
Energy....kJ	888		0	NC	4		754	4026	
Protein (N x 6.25)....g	26.07		0	PAK	1		22.16	118.26	
Total lipid (fat)....g	11.18		0	PAK	1		9.50	50.69	
Ash....g	1.28		0	PAK	1		1.09	5.81	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	PAK	1		5	26	
Iron, Fe....mg	3.24		0	PAK	1		2.75	14.67	
Magnesium, Mg....mg	25		0	PAK	1		21	111	
Phosphorus, P....mg	211		0	PAK	1		179	957	
Potassium, K....mg	328		0	PAK	1		279	1488	
Sodium, Na....mg	69		0	PAK	1		59	313	
Zinc, Zn....mg	5.06		0	PAK	1		4.30	22.95	
Copper, Cu....mg	0.143		0	PAK	1		0.122	0.649	
Manganese, Mn....mg	0.016		0	PAK	1		0.014	0.073	
Selenium, Se....mcg	20.0		0	PAK	1		17.0	90.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.110		0	PAK	1		0.094	0.499	
Riboflavin....mg	0.250		0	PAK	1		0.213	1.134	
Niacin....mg	4.630		0	PAK	1		3.936	21.002	
Pantothenic acid....mg	0.340		0	PAK	1		0.289	1.542	
Vitamin B-6....mg	0.400		0	PAK	1		0.340	1.814	
Folate, total....mcg	8		0	PAK	1		7	36	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	8		0	PAK	1		7	36	
Folate, DFE....mcg_DFE	8		0	NC	4		7	36	
Choline, total....mg	99.3		0	BFPN	4		84.4	450.4	
Betaine....mg									
Vitamin B-12....mcg	2.27		0	PAK	1		1.93	10.30	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	PAK	1		0	0	
Retinol....mcg	0		0	PIK	4		0	0	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	0		0	PAK	1		0	0	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.14		0	PIK	4		0.12	0.64	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.912		0	PIK	4		3.325	17.743	
4:0....g	0.000		0	PAK	1		0.000	0.000	

NDB No. 13466

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	PAK	1		0.000	0.000	
8:0 ... g	0.000		0	PAK	1		0.000	0.000	
10:0 ... g	0.000		0	PAK	1		0.000	0.000	
12:0 ... g	0.003		0	PAK	1		0.003	0.013	
13:0 ... g									
14:0 ... g	0.217		0	PAK	1		0.185	0.986	
15:0 ... g									
16:0 ... g	2.436		0	PAK	1		2.070	11.049	
17:0 ... g									
18:0 ... g	1.239		0	PAK	1		1.053	5.622	
20:0 ... g	0.016		0	PAK	1		0.014	0.072	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.192		0	PIK	4		4.413	23.551	
14:1 ... g	0.112		0	PAK	1		0.095	0.506	
15:1 ... g									
16:1 undifferentiated ... g	0.300		0	PAK	1		0.255	1.359	
17:1 ... g									
18:1 undifferentiated ... g	4.781		0	PAK	1		4.064	21.686	
20:1 ... g	0.000		0	PAK	1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	PAK	1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.379		0	PIK	4		0.322	1.719	
18:2 undifferentiated ... g	0.290		0	PAK	1		0.247	1.315	
18:3 undifferentiated ... g	0.055		0	PAK	1		0.047	0.249	
18:4 ... g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.034		0	PAK	1		0.029	0.155	
20:5 n-3 (EPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	62		0	PAK	1		53	283	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.281		0	PAK	1		0.239	1.276	
Threonine ... g	1.205		0	PAK	1		1.024	5.466	
Isoleucine ... g	1.346		0	PAK	1		1.144	6.107	
Leucine ... g	2.305		0	PAK	1		1.959	10.455	
Lysine ... g	2.447		0	PAK	1		2.080	11.099	
Methionine ... g	0.740		0	PAK	1		0.629	3.355	
Cystine ... g	0.280		0	PAK	1		0.238	1.270	
Phenylalanine ... g	1.130		0	PAK	1		0.961	5.128	
Tyrosine ... g	0.956		0	PAK	1		0.812	4.334	
Valine ... g	1.410		0	PAK	1		1.198	6.395	
Arginine ... g	1.757		0	PAK	1		1.493	7.968	
Histidine ... g	0.840		0	PAK	1		0.714	3.812	
Alanine ... g	1.576		0	PAK	1		1.339	7.148	
Aspartic acid ... g	2.599		0	PAK	1		2.209	11.789	
Glutamic acid ... g	4.179		0	PAK	1		3.552	18.957	
Glycine ... g	1.239		0	PAK	1		1.054	5.622	
Proline ... g	1.102		0	PAK	1		0.937	5.000	
Serine ... g	1.046		0	PAK	1		0.889	4.745	
Hydroxyproline ... g	0.120		0	PAK	1		0.102	0.546	
Others:									
Alcohol, ethyl ... g	0.0		0	PIK	4		0.0	0.0	
Caffeine ... mg	0		0	PIK	4		0	0	
Theobromine ... mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13466

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13474

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

URMIS # 2184

Refuse: 23% Bone and heavy connective tissue, 23%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.97		0	PAK	1		48.42	258.40	
Energy....kcal	258		0	NC	4		220	1172	
Energy....kJ	1081		0	NC	4		919	4904	
Protein (N x 6.25)....g	24.05		0	PAK	1		20.44	109.08	
Total lipid (fat)....g	17.26		0	PAK	1		14.67	78.29	
Ash....g	1.08		0	PAK	1		0.92	4.90	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0	PAK	1		4	24	
Iron, Fe....mg	3.33		0	PAK	1		2.83	15.10	
Magnesium, Mg....mg	24		0	PAK	1		20	107	
Phosphorus, P....mg	197		0	PAK	1		168	896	
Potassium, K....mg	300		0	PAK	1		255	1363	
Sodium, Na....mg	67		0	PAK	1		57	305	
Zinc, Zn....mg	4.64		0	PAK	1		3.95	21.06	
Copper, Cu....mg	0.131		0	PAK	1		0.111	0.593	
Manganese, Mn....mg	0.015		0	PAK	1		0.013	0.067	
Selenium, Se....mcg	10.9		0	PIK	4		9.3	49.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.100		0	PAK	1		0.085	0.453	
Riboflavin....mg	0.230		0	PAK	1		0.195	1.043	
Niacin....mg	4.242		0	PAK	1		3.606	19.241	
Pantothenic acid....mg	0.307		0	PAK	1		0.261	1.394	
Vitamin B-6....mg	0.359		0	PAK	1		0.305	1.626	
Folate, total....mcg	7		0	PAK	1		6	33	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	7		0	PAK	1		6	33	
Folate, DFE....mcg_DFE	7		0	NC	4		6	33	
Choline, total....mg	91.6		0	BFPN	4		77.9	415.5	
Betaine....mg									
Vitamin B-12....mcg	2.19		0	PAK	1		1.86	9.93	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	PAK	1		0	0	
Retinol....mcg	0		0	PIK	4		0	0	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	0		0	PAK	1		0	0	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		0	PIK	4		0.15	0.82	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.449		0	PIK	4		5.482	29.253	
4:0....g	0.000		0	PAK	1		0.000	0.000	

NDB No. 13474

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	PAK	1		0.000	0.000	
8:0 ... g	0.000		0	PAK	1		0.000	0.000	
10:0 ... g	0.034		0	PAK	1		0.029	0.154	
12:0 ... g	0.040		0	PAK	1		0.034	0.183	
13:0 ... g									
14:0 ... g	0.462		0	PAK	1		0.393	2.096	
15:0 ... g									
16:0 ... g	4.022		0	PAK	1		3.419	18.244	
17:0 ... g									
18:0 ... g	1.873		0	PAK	1		1.592	8.496	
20:0 ... g	0.017		0	PAK	1		0.015	0.079	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.896		0	PIK	4		6.712	35.818	
14:1 ... g	0.070		0	PAK	1		0.059	0.317	
15:1 ... g									
16:1 undifferentiated ... g	0.632		0	PAK	1		0.537	2.865	
17:1 ... g									
18:1 undifferentiated ... g	7.173		0	PAK	1		6.097	32.539	
20:1 ... g	0.021		0	PAK	1		0.018	0.097	
22:1 undifferentiated ... g	0.000		0	PAK	1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.615		0	PIK	4		0.523	2.789	
18:2 undifferentiated ... g	0.423		0	PAK	1		0.359	1.917	
18:3 undifferentiated ... g	0.166		0	PAK	1		0.141	0.753	
18:4 ... g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.026		0	PAK	1		0.022	0.119	
20:5 n-3 (EPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	61		0	PAK	1		52	275	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.260		0	PAK	1		0.221	1.180	
Threonine ... g	1.108		0	PAK	1		0.942	5.026	
Isoleucine ... g	1.233		0	PAK	1		1.048	5.592	
Leucine ... g	2.114		0	PAK	1		1.796	9.587	
Lysine ... g	2.243		0	PAK	1		1.906	10.173	
Methionine ... g	0.679		0	PAK	1		0.577	3.078	
Cystine ... g	0.259		0	PAK	1		0.220	1.174	
Phenylalanine ... g	1.037		0	PAK	1		0.881	4.704	
Tyrosine ... g	0.877		0	PAK	1		0.746	3.980	
Valine ... g	1.293		0	PAK	1		1.099	5.866	
Arginine ... g	1.615		0	PAK	1		1.372	7.324	
Histidine ... g	0.778		0	PAK	1		0.661	3.529	
Alanine ... g	1.453		0	PAK	1		1.235	6.592	
Aspartic acid ... g	2.386		0	PAK	1		2.028	10.824	
Glutamic acid ... g	3.841		0	PAK	1		3.265	17.425	
Glycine ... g	1.153		0	PAK	1		0.980	5.229	
Proline ... g	1.019		0	PAK	1		0.866	4.623	
Serine ... g	0.962		0	PAK	1		0.818	4.365	
Hydroxyproline ... g	0.105		0	PAK	1		0.089	0.476	
Others:									
Alcohol, ethyl ... g	0.0		0	PIK	4		0.0	0.0	
Caffeine ... mg	0		0	PIK	4		0	0	
Theobromine ... mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13474

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13477

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

URMIS # 01369

Refuse: 21% Bone and heavy connective tissue, 21%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.97		0	PAK	1		50.13	267.49	
Energy....kcal	230		0	NC	4		196	1045	
Energy....kJ	964		0	NC	4		819	4372	
Protein (N x 6.25)....g	24.38		0	PAK	1		20.72	110.60	
Total lipid (fat)....g	14.00		0	PAK	1		11.90	63.49	
Ash....g	1.12		0	PAK	1		0.95	5.08	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0	PAK	1		4	23	
Iron, Fe....mg	3.38		0	PAK	1		2.87	15.34	
Magnesium, Mg....mg	24		0	PAK	1		20	109	
Phosphorus, P....mg	200		0	PAK	1		170	909	
Potassium, K....mg	305		0	PAK	1		259	1382	
Sodium, Na....mg	68		0	PAK	1		58	308	
Zinc, Zn....mg	4.72		0	PAK	1		4.01	21.41	
Copper, Cu....mg	0.133		0	PAK	1		0.113	0.602	
Manganese, Mn....mg	0.015		0	PAK	1		0.013	0.068	
Selenium, Se....mcg	10.8		0	PIK	4		9.2	48.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.102		0	PAK	1		0.086	0.461	
Riboflavin....mg	0.233		0	PAK	1		0.198	1.058	
Niacin....mg	4.305		0	PAK	1		3.660	19.529	
Pantothenic acid....mg	0.311		0	PAK	1		0.264	1.411	
Vitamin B-6....mg	0.364		0	PAK	1		0.309	1.650	
Folate, total....mcg	7		0	PAK	1		6	34	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	7		0	PAK	1		6	34	
Folate, DFE....mcg_DFE	7		0	NC	4		6	34	
Choline, total....mg	92.9		0	BFPN	4		78.9	421.2	
Betaine....mg									
Vitamin B-12....mcg	2.20		0	PAK	1		1.87	9.99	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	PAK	1		0	0	
Retinol....mcg	0		0	PIK	4		0	0	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	0		0	PAK	1		0	0	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.17		0	PIK	4		0.15	0.79	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.527		0	PIK	4		4.698	25.069	
4:0....g	0.000		0	PAK	1		0.000	0.000	

NDB No. 13477

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	PAK	1		0.000	0.000	
8:0 ... g	0.000		0	PAK	1		0.000	0.000	
10:0 ... g	0.028		0	PAK	1		0.024	0.129	
12:0 ... g	0.026		0	PAK	1		0.022	0.120	
13:0 ... g									
14:0 ... g	0.436		0	PAK	1		0.370	1.976	
15:0 ... g									
16:0 ... g	3.371		0	PAK	1		2.866	15.293	
17:0 ... g									
18:0 ... g	1.656		0	PAK	1		1.408	7.511	
20:0 ... g	0.009		0	PAK	1		0.008	0.041	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.197		0	PIK	4		5.268	28.111	
14:1 ... g	0.063		0	PAK	1		0.053	0.284	
15:1 ... g									
16:1 undifferentiated ... g	0.519		0	PAK	1		0.441	2.353	
17:1 ... g									
18:1 undifferentiated ... g	5.598		0	PAK	1		4.758	25.393	
20:1 ... g	0.018		0	PAK	1		0.015	0.081	
22:1 undifferentiated ... g	0.000		0	PAK	1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.620		0	PIK	4		0.527	2.814	
18:2 undifferentiated ... g	0.385		0	PAK	1		0.328	1.748	
18:3 undifferentiated ... g	0.163		0	PAK	1		0.139	0.741	
18:4 ... g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.072		0	PAK	1		0.061	0.325	
20:5 n-3 (EPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	59		0	PAK	1		50	266	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.264		0	PAK	1		0.224	1.196	
Threonine ... g	1.124		0	PAK	1		0.955	5.099	
Isoleucine ... g	1.252		0	PAK	1		1.064	5.677	
Leucine ... g	2.145		0	PAK	1		1.823	9.730	
Lysine ... g	2.276		0	PAK	1		1.935	10.325	
Methionine ... g	0.689		0	PAK	1		0.585	3.123	
Cystine ... g	0.262		0	PAK	1		0.223	1.190	
Phenylalanine ... g	1.052		0	PAK	1		0.895	4.774	
Tyrosine ... g	0.890		0	PAK	1		0.757	4.038	
Valine ... g	1.312		0	PAK	1		1.115	5.953	
Arginine ... g	1.638		0	PAK	1		1.392	7.430	
Histidine ... g	0.788		0	PAK	1		0.670	3.576	
Alanine ... g	1.474		0	PAK	1		1.253	6.684	
Aspartic acid ... g	2.421		0	PAK	1		2.058	10.983	
Glutamic acid ... g	3.897		0	PAK	1		3.313	17.677	
Glycine ... g	1.167		0	PAK	1		0.992	5.294	
Proline ... g	1.033		0	PAK	1		0.878	4.686	
Serine ... g	0.976		0	PAK	1		0.830	4.428	
Hydroxyproline ... g	0.107		0	PAK	1		0.091	0.488	
Others:									
Alcohol, ethyl ... g	0.0		0	PIK	4		0.0	0.0	
Caffeine ... mg	0		0	PIK	4		0	0	
Theobromine ... mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13477

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13473

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 22% Bone and heavy connective tissue, 22%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.78		0	PAK	1		49.11	262.10	
Energy....kcal	247		0	NC	4		210	1120	
Energy....kJ	1033		0	NC	4		878	4687	
Protein (N x 6.25)....g	24.18		0	PAK	1		20.56	109.70	
Total lipid (fat)....g	15.93		0	PAK	1		13.54	72.27	
Ash....g	1.10		0	PAK	1		0.93	4.97	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0	PAK	1		4	23	
Iron, Fe....mg	3.35		0	PAK	1		2.85	15.19	
Magnesium, Mg....mg	24		0	PAK	1		20	108	
Phosphorus, P....mg	199		0	PAK	1		169	901	
Potassium, K....mg	302		0	PAK	1		257	1371	
Sodium, Na....mg	67		0	PAK	1		57	306	
Zinc, Zn....mg	4.67		0	PAK	1		3.97	21.20	
Copper, Cu....mg	0.131		0	PAK	1		0.112	0.596	
Manganese, Mn....mg	0.015		0	PAK	1		0.013	0.068	
Selenium, Se....mcg	10.9		0	PIK	4		9.2	49.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.101		0	PAK	1		0.086	0.456	
Riboflavin....mg	0.231		0	PAK	1		0.197	1.049	
Niacin....mg	4.268		0	PAK	1		3.628	19.358	
Pantothenic acid....mg	0.309		0	PAK	1		0.263	1.401	
Vitamin B-6....mg	0.361		0	PAK	1		0.307	1.636	
Folate, total....mcg	7		0	PAK	1		6	34	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	7		0	PAK	1		6	34	
Folate, DFE....mcg_DFE	7		0	NC	4		6	34	
Choline, total....mg	92.1		0	BFPN	4		78.3	417.8	
Betaine....mg									
Vitamin B-12....mcg	2.19		0	PAK	1		1.86	9.95	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	PIK	4		0	0	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	0		0	PIK	4		0	0	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		0	PIK	4		0.15	0.81	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.074		0	PIK	4		5.163	27.550	
4:0....g	0.000		0	PAK	1		0.000	0.000	

NDB No. 13473

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PAK	1		0.000	0.000	
8:0 g	0.000		0	PAK	1		0.000	0.000	
10:0 g	0.032		0	PAK	1		0.027	0.144	
12:0 g	0.035		0	PAK	1		0.029	0.157	
13:0 g									
14:0 g	0.451		0	PAK	1		0.384	2.047	
15:0 g									
16:0 g	3.757		0	PAK	1		3.194	17.043	
17:0 g									
18:0 g	1.785		0	PAK	1		1.517	8.095	
20:0 g	0.014		0	PAK	1		0.012	0.064	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.205		0	PIK	4		6.124	32.682	
14:1 g	0.067		0	PAK	1		0.057	0.304	
15:1 g									
16:1 undifferentiated g	0.586		0	PAK	1		0.498	2.657	
17:1 g									
18:1 undifferentiated g	6.532		0	PAK	1		5.552	29.630	
20:1 g	0.020		0	PAK	1		0.017	0.091	
22:1 undifferentiated g	0.000		0	PAK	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.617		0	PIK	4		0.525	2.799	
18:2 undifferentiated g	0.407		0	PAK	1		0.346	1.848	
18:3 undifferentiated g	0.165		0	PAK	1		0.140	0.748	
18:4 g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.045		0	PAK	1		0.038	0.203	
20:5 n-3 (EPA) g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	60		0	PAK	1		51	272	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.261		0	PAK	1		0.222	1.186	
Threonine g	1.115		0	PAK	1		0.947	5.056	
Isoleucine g	1.241		0	PAK	1		1.054	5.627	
Leucine g	2.126		0	PAK	1		1.807	9.645	
Lysine g	2.256		0	PAK	1		1.918	10.235	
Methionine g	0.683		0	PAK	1		0.580	3.096	
Cystine g	0.260		0	PAK	1		0.221	1.180	
Phenylalanine g	1.043		0	PAK	1		0.887	4.732	
Tyrosine g	0.883		0	PAK	1		0.750	4.003	
Valine g	1.301		0	PAK	1		1.106	5.901	
Arginine g	1.624		0	PAK	1		1.381	7.367	
Histidine g	0.782		0	PAK	1		0.665	3.548	
Alanine g	1.462		0	PAK	1		1.242	6.630	
Aspartic acid g	2.400		0	PAK	1		2.040	10.889	
Glutamic acid g	3.864		0	PAK	1		3.285	17.528	
Glycine g	1.159		0	PAK	1		0.985	5.255	
Proline g	1.025		0	PAK	1		0.871	4.649	
Serine g	0.968		0	PAK	1		0.823	4.391	
Hydroxyproline g	0.106		0	PAK	1		0.090	0.481	
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0	0.0	
Caffeine mg	0		0	PIK	4		0	0	
Theobromine mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13473

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23006

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Refuse: 22% Bone

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.57		0	PAE	4		156.62	46.38	
Energy	kcal	280		0	NC	4		804	238	
Energy	kJ	1172		0		4		3362	996	
Protein (N x 6.25)	g	24.33		0	PAE	4		69.83	20.68	
Total lipid (fat)	g	19.47		0	PAE	4		55.88	16.55	
Ash	g	1.22		0	PAE	4		3.50	1.04	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	PAE	4		23	7	
Iron, Fe	mg	2.83		0	PAE	4		8.12	2.41	
Magnesium, Mg	mg	24		0	PAE	4		69	20	
Phosphorus, P	mg	193		0	PAE	4		554	164	
Potassium, K	mg	336		0	PAE	4		964	286	
Sodium, Na	mg	66		0	PAE	4		189	56	
Zinc, Zn	mg	4.68		0	PAE	4		13.43	3.98	
Copper, Cu	mg	0.127		0	PAE	4		0.364	0.108	
Manganese, Mn	mg	0.015		0	PAE	4		0.043	0.013	
Selenium, Se	mcg	22.2		0	BFZN	4		63.7	18.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.100		0	PAE	4		0.287	0.085	
Riboflavin	mg	0.220		0	PAE	4		0.631	0.187	
Niacin	mg	4.140		0	PAE	4		11.882	3.519	
Pantothenic acid	mg	0.300		0	PAE	4		0.861	0.255	
Vitamin B-6	mg	0.350		0	PAE	4		1.005	0.298	
Folate, total	mcg	7		0	PAE	4		20	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0	PAE	4		20	6	
Folate, DFE	mcg_DFE	7		0	NC	4		20	6	
Choline, total	mg	92.7		0	BFPN	4		266.0	78.8	
Betaine	mg	12.2		0	BFPN	4		34.9	10.3	
Vitamin B-12	mcg	2.17		0	PAE	4		6.23	1.84	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg									
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.560		0	PAE	4		21.697	6.426	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 23006

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.050		0	PAE	4		0.144	0.043	
12:0....g	0.040		0	PAE	4		0.115	0.034	
13:0....g									
14:0....g	0.560		0	PAE	4		1.607	0.476	
15:0....g									
16:0....g	4.580		0	PAE	4		13.145	3.893	
17:0....g									
18:0....g	2.180		0	PAE	4		6.257	1.853	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.540		0	PAE	4		24.510	7.259	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.720		0	PAE	4		2.066	0.612	
17:1....g									
18:1 undifferentiated....g	7.720		0	PAE	4		22.156	6.562	
20:1....g	0.030		0	PAE	4		0.086	0.026	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.700		0	PAE	4		2.009	0.595	
18:2 undifferentiated....g	0.460		0	PAE	4		1.320	0.391	
18:3 undifferentiated....g	0.200		0	PAE	4		0.574	0.170	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.086	0.026	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	62		0	PAE	4		178	53	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.272		0	PAE	4		0.781	0.231	
Threonine....g	1.063		0	PAE	4		3.051	0.904	
Isoleucine....g	1.094		0	PAE	4		3.140	0.930	
Leucine....g	1.923		0	PAE	4		5.519	1.635	
Lysine....g	2.024		0	PAE	4		5.809	1.720	
Methionine....g	0.623		0	PAE	4		1.788	0.530	
Cystine....g	0.272		0	PAE	4		0.781	0.231	
Phenylalanine....g	0.950		0	PAE	4		2.727	0.808	
Tyrosine....g	0.817		0	PAE	4		2.345	0.694	
Valine....g	1.183		0	PAE	4		3.395	1.006	
Arginine....g	1.538		0	PAE	4		4.414	1.307	
Histidine....g	0.833		0	PAE	4		2.391	0.708	
Alanine....g	1.468		0	PAE	4		4.213	1.248	
Aspartic acid....g	2.223		0	PAE	4		6.380	1.890	
Glutamic acid....g	3.655		0	PAE	4		10.490	3.107	
Glycine....g	1.327		0	PAE	4		3.808	1.128	
Proline....g	1.074		0	PAE	4		3.082	0.913	
Serine....g	0.930		0	PAE	4		2.669	0.791	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23006

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 287g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23005

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 22% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.48		0	PAE	4		18.00	287.95	
Energy....kcal	220		0	NC	4		62	998	
Energy....kJ	920		0		4		261	4175	
Protein (N x 6.25)....g	19.19		0	PAE	4		5.44	87.05	
Total lipid (fat)....g	15.32		0	PAE	4		4.34	69.49	
Ash....g	1.16		0	PAE	4		0.33	5.26	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	PAE	4		2	27	
Iron, Fe....mg	2.12		0	PAE	4		0.60	9.62	
Magnesium, Mg....mg	20		0	PAE	4		6	91	
Phosphorus, P....mg	175		0	PAE	4		50	794	
Potassium, K....mg	311		0	PAE	4		88	1411	
Sodium, Na....mg	54		0	PAE	4		15	245	
Zinc, Zn....mg	3.27		0	PAE	4		0.93	14.83	
Copper, Cu....mg	0.079		0	PAE	4		0.022	0.358	
Manganese, Mn....mg	0.013		0	PAE	4		0.004	0.059	
Selenium, Se....mcg	16.7		0	BFYN	4		4.7	75.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0	PAE	4		0.028	0.454	
Riboflavin....mg	0.180		0	PAE	4		0.051	0.816	
Niacin....mg	3.640		0	PAE	4		1.032	16.511	
Pantothenic acid....mg	0.310		0	PAE	4		0.088	1.406	
Vitamin B-6....mg	0.390		0	PAE	4		0.111	1.769	
Folate, total....mcg	6		0	PAE	4		2	27	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0	PAE	4		2	27	
Folate, DFE....mcg_DFE	6		0	NC	4		2	27	
Choline, total....mg	80.2		0	BFPN	4		22.7	363.6	
Betaine....mg	11.8		0	BFPN	4		3.3	53.5	
Vitamin B-12....mcg	2.78		0	PAE	4		0.79	12.61	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.140		0	PAE	4		1.741	27.851	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23005

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.040		0	PAE	4		0.011	0.181	
12:0....g	0.030		0	PAE	4		0.009	0.136	
13:0....g									
14:0....g	0.450		0	PAE	4		0.128	2.041	
15:0....g									
16:0....g	3.660		0	PAE	4		1.038	16.602	
17:0....g									
18:0....g	1.840		0	PAE	4		0.522	8.346	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.760		0	PAE	4		1.916	30.663	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.680		0	PAE	4		0.193	3.084	
17:1....g									
18:1 undifferentiated....g	6.010		0	PAE	4		1.704	27.261	
20:1....g	0.020		0	PAE	4		0.006	0.091	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.600		0	PAE	4		0.170	2.722	
18:2 undifferentiated....g	0.390		0	PAE	4		0.111	1.769	
18:3 undifferentiated....g	0.170		0	PAE	4		0.048	0.771	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	57		0	PAE	4		16	259	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.215		0	PAE	4		0.061	0.975	
Threonine....g	0.838		0	PAE	4		0.238	3.801	
Isoleucine....g	0.863		0	PAE	4		0.245	3.915	
Leucine....g	1.517		0	PAE	4		0.430	6.881	
Lysine....g	1.597		0	PAE	4		0.453	7.244	
Methionine....g	0.491		0	PAE	4		0.139	2.227	
Cystine....g	0.215		0	PAE	4		0.061	0.975	
Phenylalanine....g	0.749		0	PAE	4		0.212	3.397	
Tyrosine....g	0.645		0	PAE	4		0.183	2.926	
Valine....g	0.934		0	PAE	4		0.265	4.237	
Arginine....g	1.213		0	PAE	4		0.344	5.502	
Histidine....g	0.657		0	PAE	4		0.186	2.980	
Alanine....g	1.158		0	PAE	4		0.328	5.253	
Aspartic acid....g	1.753		0	PAE	4		0.497	7.952	
Glutamic acid....g	2.884		0	PAE	4		0.818	13.082	
Glycine....g	1.047		0	PAE	4		0.297	4.749	
Proline....g	0.848		0	PAE	4		0.240	3.847	
Serine....g	0.734		0	PAE	4		0.208	3.329	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23005

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13908

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

URMIS # 2184

Refuse: 23% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.16		0	PAE	4		140.27	46.04	
Energy....kcal	286		0	NC	4		741	243	
Energy....kJ	1197		0		4		3099	1017	
Protein (N x 6.25)....g	24.04		0	PAE	4		62.26	20.43	
Total lipid (fat)....g	20.30		0	PAE	4		52.58	17.26	
Ash....g	1.16		0	PAE	4		3.00	0.99	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	PAE	4		21	7	
Iron, Fe....mg	2.81		0	PAE	4		7.28	2.39	
Magnesium, Mg....mg	24		0	PAE	4		62	20	
Phosphorus, P....mg	191		0	PAE	4		495	162	
Potassium, K....mg	334		0	PAE	4		865	284	
Sodium, Na....mg	66		0	PAE	4		171	56	
Zinc, Zn....mg	4.64		0	PAE	4		12.02	3.94	
Copper, Cu....mg	0.126		0	PAE	4		0.326	0.107	
Manganese, Mn....mg	0.015		0	PAE	4		0.039	0.013	
Selenium, Se....mcg	21.8		0	BFZN	4		56.5	18.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0	PAE	4		0.259	0.085	
Riboflavin....mg	0.220		0	PAE	4		0.570	0.187	
Niacin....mg	4.110		0	PAE	4		10.645	3.494	
Pantothenic acid....mg	0.300		0	PAE	4		0.777	0.255	
Vitamin B-6....mg	0.350		0	PAE	4		0.907	0.298	
Folate, total....mcg	7		0	PAE	4		18	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0	PAE	4		18	6	
Folate, DFE....mcg_DFE	7		0	NC	4		18	6	
Choline, total....mg	91.6		0	BFPN	4		237.1	77.8	
Betaine....mg	12.0		0	BFPN	4		31.2	10.2	
Vitamin B-12....mcg	2.16		0	PAE	4		5.59	1.84	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.830		0	PAE	4		20.280	6.656	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13908

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.050		0	PAE	4		0.130	0.043	
12:0....g	0.050		0	PAE	4		0.130	0.043	
13:0....g									
14:0....g	0.570		0	PAE	4		1.476	0.485	
15:0....g									
16:0....g	4.740		0	PAE	4		12.277	4.029	
17:0....g									
18:0....g	2.210		0	PAE	4		5.724	1.879	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.940		0	PAE	4		23.155	7.599	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.760		0	PAE	4		1.968	0.646	
17:1....g									
18:1 undifferentiated....g	8.060		0	PAE	4		20.875	6.851	
20:1....g	0.030		0	PAE	4		0.078	0.026	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.710		0	PAE	4		1.839	0.604	
18:2 undifferentiated....g	0.460		0	PAE	4		1.191	0.391	
18:3 undifferentiated....g	0.200		0	PAE	4		0.518	0.170	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0	PAE	4		0.052	0.017	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	65		0	PAE	4		168	55	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.269		0	PAE	4		0.697	0.229	
Threonine....g	1.050		0	PAE	4		2.720	0.893	
Isoleucine....g	1.081		0	PAE	4		2.800	0.919	
Leucine....g	1.900		0	PAE	4		4.921	1.615	
Lysine....g	2.000		0	PAE	4		5.180	1.700	
Methionine....g	0.615		0	PAE	4		1.593	0.523	
Cystine....g	0.269		0	PAE	4		0.697	0.229	
Phenylalanine....g	0.938		0	PAE	4		2.429	0.797	
Tyrosine....g	0.808		0	PAE	4		2.093	0.687	
Valine....g	1.169		0	PAE	4		3.028	0.994	
Arginine....g	1.519		0	PAE	4		3.934	1.291	
Histidine....g	0.823		0	PAE	4		2.132	0.700	
Alanine....g	1.450		0	PAE	4		3.756	1.233	
Aspartic acid....g	2.196		0	PAE	4		5.688	1.867	
Glutamic acid....g	3.611		0	PAE	4		9.352	3.069	
Glycine....g	1.311		0	PAE	4		3.395	1.114	
Proline....g	1.061		0	PAE	4		2.748	0.902	
Serine....g	0.919		0	PAE	4		2.380	0.781	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13908

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 259g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13907

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

URMIS # 2184

Refuse: 22% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.28		0	PAE	4		17.66	282.50	
Energy	kcal	232		0	NC	4		66	1052	
Energy	kJ	971		0		4		275	4403	
Protein (N x 6.25)	g	18.90		0	PAE	4		5.36	85.73	
Total lipid (fat)	g	16.81		0	PAE	4		4.77	76.25	
Ash	g	1.12		0	PAE	4		0.32	5.08	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	PAE	4		2	27	
Iron, Fe	mg	2.10		0	PAE	4		0.60	9.53	
Magnesium, Mg	mg	20		0	PAE	4		6	91	
Phosphorus, P	mg	173		0	PAE	4		49	785	
Potassium, K	mg	308		0	PAE	4		87	1397	
Sodium, Na	mg	53		0	PAE	4		15	240	
Zinc, Zn	mg	3.24		0	PAE	4		0.92	14.70	
Copper, Cu	mg	0.079		0	PAE	4		0.022	0.358	
Manganese, Mn	mg	0.013		0	PAE	4		0.004	0.059	
Selenium, Se	mcg	15.7		0	BFYN	4		4.5	71.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.100		0	PAE	4		0.028	0.454	
Riboflavin	mg	0.170		0	PAE	4		0.048	0.771	
Niacin	mg	3.610		0	PAE	4		1.023	16.375	
Pantothenic acid	mg	0.310		0	PAE	4		0.088	1.406	
Vitamin B-6	mg	0.380		0	PAE	4		0.108	1.724	
Folate, total	mcg	6		0	PAE	4		2	27	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0	PAE	4		2	27	
Folate, DFE	mcg_DFE	6		0	NC	4		2	27	
Choline, total	mg	78.9		0	BFPN	4		22.4	358.1	
Betaine	mg	11.6		0	BFPN	4		3.3	52.7	
Vitamin B-12	mcg	2.76		0	PAE	4		0.78	12.52	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg									
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.700		0	PAE	4		1.899	30.391	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 13907

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.050		0	PAE	4		0.014	0.227	
12:0....g	0.030		0	PAE	4		0.009	0.136	
13:0....g									
14:0....g	0.490		0	PAE	4		0.139	2.223	
15:0....g									
16:0....g	3.990		0	PAE	4		1.131	18.099	
17:0....g									
18:0....g	1.990		0	PAE	4		0.564	9.027	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.470		0	PAE	4		2.118	33.884	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.750		0	PAE	4		0.213	3.402	
17:1....g									
18:1 undifferentiated....g	6.640		0	PAE	4		1.882	30.119	
20:1....g	0.020		0	PAE	4		0.006	0.091	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.620		0	PAE	4		0.176	2.812	
18:2 undifferentiated....g	0.400		0	PAE	4		0.113	1.814	
18:3 undifferentiated....g	0.190		0	PAE	4		0.054	0.862	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	62		0	PAE	4		18	281	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.212		0	PAE	4		0.060	0.962	
Threonine....g	0.825		0	PAE	4		0.234	3.742	
Isoleucine....g	0.850		0	PAE	4		0.241	3.856	
Leucine....g	1.494		0	PAE	4		0.424	6.777	
Lysine....g	1.572		0	PAE	4		0.446	7.131	
Methionine....g	0.484		0	PAE	4		0.137	2.195	
Cystine....g	0.212		0	PAE	4		0.060	0.962	
Phenylalanine....g	0.738		0	PAE	4		0.209	3.348	
Tyrosine....g	0.635		0	PAE	4		0.180	2.880	
Valine....g	0.919		0	PAE	4		0.261	4.169	
Arginine....g	1.194		0	PAE	4		0.338	5.416	
Histidine....g	0.647		0	PAE	4		0.183	2.935	
Alanine....g	1.140		0	PAE	4		0.323	5.171	
Aspartic acid....g	1.726		0	PAE	4		0.489	7.829	
Glutamic acid....g	2.839		0	PAE	4		0.805	12.878	
Glycine....g	1.031		0	PAE	4		0.292	4.677	
Proline....g	0.834		0	PAE	4		0.236	3.783	
Serine....g	0.723		0	PAE	4		0.205	3.280	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13907

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23008

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

URMIS # 1369

Refuse: 2% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.53		0	PAE	4		202.13	47.20	
Energy....kcal	265		0	NC	4		965	225	
Energy....kJ	1109		0		4		4036	942	
Protein (N x 6.25)....g	25.01		0	PAE	4		91.04	21.26	
Total lipid (fat)....g	17.54		0	PAE	4		63.85	14.91	
Ash....g	1.35		0	PAE	4		4.91	1.15	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	PAE	4		29	7	
Iron, Fe....mg	2.88		0	PAE	4		10.48	2.45	
Magnesium, Mg....mg	25		0	PAE	4		91	21	
Phosphorus, P....mg	196		0	PAE	4		713	167	
Potassium, K....mg	342		0	PAE	4		1245	291	
Sodium, Na....mg	66		0	PAE	4		240	56	
Zinc, Zn....mg	4.76		0	PAE	4		17.33	4.05	
Copper, Cu....mg	0.129		0	PAE	4		0.470	0.110	
Manganese, Mn....mg	0.015		0	PAE	4		0.055	0.013	
Selenium, Se....mcg	22.3		0	BFZN	4		81.2	19.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0	PAE	4		0.364	0.085	
Riboflavin....mg	0.220		0	PAE	4		0.801	0.187	
Niacin....mg	4.200		0	PAE	4		15.288	3.570	
Pantothenic acid....mg	0.310		0	PAE	4		1.128	0.264	
Vitamin B-6....mg	0.350		0	PAE	4		1.274	0.298	
Folate, total....mcg	7		0	PAE	4		25	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0	PAE	4		25	6	
Folate, DFE....mcg_DFE	7		0	NC	4		25	6	
Choline, total....mg	95.3		0	BFPN	4		346.7	81.0	
Betaine....mg	12.5		0	BFPN	4		45.6	10.6	
Vitamin B-12....mcg	2.18		0	PAE	4		7.94	1.85	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.910		0	PAE	4		25.152	5.874	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23008

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.040		0	PAE	4		0.146	0.034	
12:0....g	0.040		0	PAE	4		0.146	0.034	
13:0....g									
14:0....g	0.510		0	PAE	4		1.856	0.434	
15:0....g									
16:0....g	4.210		0	PAE	4		15.324	3.579	
17:0....g									
18:0....g	2.100		0	PAE	4		7.644	1.785	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.600		0	PAE	4		27.664	6.460	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.610		0	PAE	4		2.220	0.519	
17:1....g									
18:1 undifferentiated....g	6.910		0	PAE	4		25.152	5.874	
20:1....g	0.020		0	PAE	4		0.073	0.017	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.660		0	PAE	4		2.402	0.561	
18:2 undifferentiated....g	0.460		0	PAE	4		1.674	0.391	
18:3 undifferentiated....g	0.170		0	PAE	4		0.619	0.145	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.109	0.026	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	57		0	PAE	4		207	48	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.280		0	PAE	4		1.019	0.238	
Threonine....g	1.093		0	PAE	4		3.979	0.929	
Isoleucine....g	1.125		0	PAE	4		4.095	0.956	
Leucine....g	1.977		0	PAE	4		7.196	1.680	
Lysine....g	2.081		0	PAE	4		7.575	1.769	
Methionine....g	0.640		0	PAE	4		2.330	0.544	
Cystine....g	0.280		0	PAE	4		1.019	0.238	
Phenylalanine....g	0.977		0	PAE	4		3.556	0.830	
Tyrosine....g	0.840		0	PAE	4		3.058	0.714	
Valine....g	1.217		0	PAE	4		4.430	1.034	
Arginine....g	1.581		0	PAE	4		5.755	1.344	
Histidine....g	0.856		0	PAE	4		3.116	0.728	
Alanine....g	1.509		0	PAE	4		5.493	1.283	
Aspartic acid....g	2.285		0	PAE	4		8.317	1.942	
Glutamic acid....g	3.758		0	PAE	4		13.679	3.194	
Glycine....g	1.365		0	PAE	4		4.969	1.160	
Proline....g	1.105		0	PAE	4		4.022	0.939	
Serine....g	0.957		0	PAE	4		3.483	0.813	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23008

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Common Measures:

Measure 1 = 364g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23007

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw

URMIS # 1369

Refuse: 22% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.28		0	PAE	4		18.79	300.65	
Energy....kcal	192		0	NC	4		54	871	
Energy....kJ	803		0		4		228	3644	
Protein (N x 6.25)....g	19.89		0	PAE	4		5.64	90.22	
Total lipid (fat)....g	11.84		0	PAE	4		3.36	53.71	
Ash....g	1.24		0	PAE	4		0.35	5.62	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	PAE	4		2	27	
Iron, Fe....mg	2.16		0	PAE	4		0.61	9.80	
Magnesium, Mg....mg	20		0	PAE	4		6	91	
Phosphorus, P....mg	178		0	PAE	4		50	807	
Potassium, K....mg	319		0	PAE	4		90	1447	
Sodium, Na....mg	55		0	PAE	4		16	249	
Zinc, Zn....mg	3.34		0	PAE	4		0.95	15.15	
Copper, Cu....mg	0.081		0	PAE	4		0.023	0.367	
Manganese, Mn....mg	0.013		0	PAE	4		0.004	0.059	
Selenium, Se....mcg	16.7		0	BFYN	4		4.7	75.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.110		0	PAE	4		0.031	0.499	
Riboflavin....mg	0.180		0	PAE	4		0.051	0.816	
Niacin....mg	3.710		0	PAE	4		1.052	16.829	
Pantothenic acid....mg	0.320		0	PAE	4		0.091	1.452	
Vitamin B-6....mg	0.390		0	PAE	4		0.111	1.769	
Folate, total....mcg	7		0	PAE	4		2	32	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0	PAE	4		2	32	
Folate, DFE....mcg_DFE	7		0	NC	4		2	32	
Choline, total....mg	83.1		0	BFPN	4		23.6	376.8	
Betaine....mg	12.2		0	BFPN	4		3.5	55.4	
Vitamin B-12....mcg	2.82		0	PAE	4		0.80	12.79	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.810		0	PAE	4		1.364	21.818	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23007

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.030		0	PAE	4		0.009	0.136	
12:0....g	0.030		0	PAE	4		0.009	0.136	
13:0....g									
14:0....g	0.360		0	PAE	4		0.102	1.633	
15:0....g									
16:0....g	2.890		0	PAE	4		0.819	13.109	
17:0....g									
18:0....g	1.490		0	PAE	4		0.422	6.759	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.100		0	PAE	4		1.446	23.134	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.520		0	PAE	4		0.147	2.359	
17:1....g									
18:1 undifferentiated....g	4.530		0	PAE	4		1.284	20.548	
20:1....g	0.010		0	PAE	4		0.003	0.045	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.550		0	PAE	4		0.156	2.495	
18:2 undifferentiated....g	0.380		0	PAE	4		0.108	1.724	
18:3 undifferentiated....g	0.140		0	PAE	4		0.040	0.635	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAE	4		0.011	0.181	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	45		0	PAE	4		13	204	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.223		0	PAE	4		0.063	1.012	
Threonine....g	0.869		0	PAE	4		0.246	3.942	
Isoleucine....g	0.894		0	PAE	4		0.253	4.055	
Leucine....g	1.572		0	PAE	4		0.446	7.131	
Lysine....g	1.654		0	PAE	4		0.469	7.503	
Methionine....g	0.509		0	PAE	4		0.144	2.309	
Cystine....g	0.223		0	PAE	4		0.063	1.012	
Phenylalanine....g	0.776		0	PAE	4		0.220	3.520	
Tyrosine....g	0.668		0	PAE	4		0.189	3.030	
Valine....g	0.967		0	PAE	4		0.274	4.386	
Arginine....g	1.257		0	PAE	4		0.356	5.702	
Histidine....g	0.681		0	PAE	4		0.193	3.089	
Alanine....g	1.199		0	PAE	4		0.340	5.439	
Aspartic acid....g	1.817		0	PAE	4		0.515	8.242	
Glutamic acid....g	2.988		0	PAE	4		0.847	13.554	
Glycine....g	1.085		0	PAE	4		0.308	4.922	
Proline....g	0.878		0	PAE	4		0.249	3.983	
Serine....g	0.760		0	PAE	4		0.215	3.447	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23007

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13481

Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

URMIS # 2184

Refuse: 32% Bone and heavy connective tissue, 22%, separable fat, 10%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.50	0.442	8	A	1		53.13	53.13	169.38
Energy....kcal	198		0	NC	4		168	168	536
Energy....kJ	827		0	NC	4		703	703	2241
Protein (N x 6.25)....g	25.98	1.273	8	A	1		22.08	22.08	70.41
Total lipid (fat)....g	9.61	0.410	8	A	1		8.17	8.17	26.04
Ash....g	1.17	0.088	8	A	1		0.99	0.99	3.17
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	4	2.035	29	A	1		3	3	11
Iron, Fe....mg	3.66	0.485	29	A	1		3.11	3.11	9.91
Magnesium, Mg....mg	26	1.805	27	A	1		22	22	71
Phosphorus, P....mg	215	5.891	6	A	1		183	183	583
Potassium, K....mg	327	51.350	29	A	1		278	278	885
Sodium, Na....mg	71	3.732	24	A	1		60	60	192
Zinc, Zn....mg	5.11	0.200	24	A	1		4.34	4.34	13.85
Copper, Cu....mg	0.143	0.011	16	A	1		0.122	0.122	0.388
Manganese, Mn....mg	0.016		2	A	1		0.014	0.014	0.043
Selenium, Se....mcg	10.0	5.000	4	A	1		8.5	8.5	27.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.110		0	PAK	1		0.094	0.094	0.298
Riboflavin....mg	0.250		0	PAK	1		0.213	0.213	0.678
Niacin....mg	4.630		0	PAK	1		3.936	3.936	12.547
Pantothenic acid....mg	0.330		0	PAK	1		0.281	0.281	0.894
Vitamin B-6....mg	0.390		0	PAK	1		0.332	0.332	1.057
Folate, total....mcg	8		0	PAK	1		7	7	22
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	8		0	PAK	1		7	7	22
Folate, DFE....mcg_DFE	8		0	NC	4		7	7	22
Choline, total....mg	99.0		0	BFPN	4		84.1	84.1	268.2
Betaine....mg									
Vitamin B-12....mcg	2.27		0	PAK	1		1.93	1.93	6.15
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	PAK	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.14		0	NR	4		0.12	0.12	0.38
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.270		0	NC	4		2.780	2.780	8.862
4:0....g	0.000		0	PAK	1		0.000	0.000	0.000

NDB No. 13481

Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PAK	1		0.000	0.000	0.000
8:0 g	0.000		0	PAK	1		0.000	0.000	0.000
10:0 g	0.000		0	PAK	1		0.000	0.000	0.000
12:0 g	0.010	0.005	4	A	1		0.009	0.009	0.027
13:0 g									
14:0 g	0.190	0.015	4	A	1		0.162	0.162	0.515
15:0 g									
16:0 g	2.040	0.130	4	A	1		1.734	1.734	5.528
17:0 g									
18:0 g	1.010	0.065	4	A	1		0.859	0.859	2.737
20:0 g	0.020	0.005	4	A	1		0.017	0.017	0.054
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.645		0	NC	4		3.948	3.948	12.588
14:1 g	0.080	0.010	4	A	1		0.068	0.068	0.217
15:1 g									
16:1 undifferentiated g	0.270	0.020	4	A	1		0.230	0.230	0.732
17:1 g									
18:1 undifferentiated g	4.295	0.025	8	A	1		3.651	3.651	11.639
20:1 g	0.000		0	PAK	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.320		0	NC	4		0.272	0.272	0.867
18:2 undifferentiated g	0.250	0.035	4	A	1		0.213	0.213	0.678
18:3 undifferentiated g	0.040	0.005	4	A	1		0.034	0.034	0.108
18:4 g	0.000		0	PAK	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030	0.005	4	A	1		0.026	0.026	0.081
20:5 n-3 (EPA) g	0.000		0	PAK	1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	PAK	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	56	3.790	8	A	1		47	47	151
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.291		0	PAK	1		0.247	0.247	0.789
Threonine g	1.201		0	A	1		1.021	1.021	3.254
Isoleucine g	1.342		0	A	1		1.140	1.140	3.636
Leucine g	2.297		0	A	1		1.952	1.952	6.224
Lysine g	2.438		0	A	1		2.073	2.073	6.608
Methionine g	0.737		0	A	1		0.626	0.626	1.997
Cystine g	0.279		0	A	1		0.237	0.237	0.756
Phenylalanine g	1.127		0	A	1		0.958	0.958	3.053
Tyrosine g	0.873		0	PAK	1		0.742	0.742	2.366
Valine g	1.405		0	A	1		1.194	1.194	3.807
Arginine g	1.642		0	PAK	1		1.396	1.396	4.450
Histidine g	0.838		0	A	1		0.712	0.712	2.270
Alanine g	1.570		0	A	1		1.335	1.335	4.256
Aspartic acid g	2.373		0	PAK	1		2.017	2.017	6.431
Glutamic acid g	3.903		0	PAK	1		3.318	3.318	10.577
Glycine g	1.417		0	PAK	1		1.204	1.204	3.840
Proline g	1.098		0	A	1		0.934	0.934	2.977
Serine g	1.042		0	A	1		0.886	0.886	2.825
Hydroxyproline g	0.120		0	BFPN	4		0.102	0.102	0.325
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13481

Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 85g: 1 serving

Measure 3 = 271g: 1 piece, cooked, excluding refuse

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13484

Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

URMIS # 1369

Refuse: 29% Bone and heavy connective tissue, 21%, separable fat, 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.73	0.751	6	A	1		54.17	54.17	168.25
Energy....kcal	177		0	NC	4		151	151	468
Energy....kJ	742		0	NC	4		631	631	1960
Protein (N x 6.25)....g	26.00	1.278	6	A	1		22.10	22.10	68.64
Total lipid (fat)....g	7.36	0.710	6	A	1		6.26	6.26	19.43
Ash....g	1.20	0.033	6	A	1		1.02	1.02	3.17
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	4	2.035	28	A	1		3	3	10
Iron, Fe....mg	3.66	0.485	28	A	1		3.11	3.11	9.65
Magnesium, Mg....mg	26	1.805	26	A	1		22	22	69
Phosphorus, P....mg	215	5.891	6	A	1		183	183	568
Potassium, K....mg	327	51.350	28	A	1		278	278	862
Sodium, Na....mg	71	3.732	24	A	1		60	60	187
Zinc, Zn....mg	5.11	0.200	23	A	1		4.34	4.34	13.49
Copper, Cu....mg	0.143	0.011	16	A	1		0.122	0.122	0.378
Manganese, Mn....mg	0.016		2	A	1		0.014	0.014	0.042
Selenium, Se....mcg	10.0	5.774	3	A	1		8.5	8.5	26.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.110		0	PAK	1		0.094	0.094	0.290
Riboflavin....mg	0.250		0	PAK	1		0.213	0.213	0.660
Niacin....mg	4.630		0	PAK	1		3.936	3.936	12.223
Pantothenic acid....mg	0.330		0	PAK	1		0.281	0.281	0.871
Vitamin B-6....mg	0.390		0	PAK	1		0.332	0.332	1.030
Folate, total....mcg	8		0	PAK	1		7	7	21
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	8		0	PAK	1		7	7	21
Folate, DFE....mcg_DFE	8		0	NC	4		7	7	21
Choline, total....mg	99.0		0	BFPN	4		84.2	84.2	261.4
Betaine....mg									
Vitamin B-12....mcg	2.27		0	PAK	1		1.93	1.93	5.99
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.14		0	NR	4		0.12	0.12	0.37
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.820		0	NC	4		2.397	2.397	7.445
4:0....g	0.000		0	PAK	1		0.000	0.000	0.000

NDB No. 13484

Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PAK	1		0.000	0.000	0.000
8:0 g	0.000		0	PAK	1		0.000	0.000	0.000
10:0 g	0.000		0	PAK	1		0.000	0.000	0.000
12:0 g	0.000	0.000	5	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.210	0.010	5	A	1		0.179	0.179	0.554
15:0 g									
16:0 g	1.675	0.075	5	A	1		1.424	1.424	4.422
17:0 g									
18:0 g	0.925	0.045	5	A	1		0.786	0.786	2.442
20:0 g	0.010	0.006	3	A	1		0.009	0.009	0.026
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.340		0	NC	4		2.839	2.839	8.818
14:1 g	0.070	0.017	3	A	1		0.060	0.060	0.185
15:1 g									
16:1 undifferentiated g	0.210	0.010	5	A	1		0.179	0.179	0.554
17:1 g									
18:1 undifferentiated g	3.060	0.130	5	A	1		2.601	2.601	8.078
20:1 g	0.000		0	PAK	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.380		0	NC	4		0.323	0.323	1.003
18:2 undifferentiated g	0.240	0.010	5	A	1		0.204	0.204	0.634
18:3 undifferentiated g	0.060	0.000	5	A	1		0.051	0.051	0.158
18:4 g	0.000		0	PAK	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080	0.000	5	A	1		0.068	0.068	0.211
20:5 n-3 (EPA) g	0.000		0	PAK	1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	PAK	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	54	0.430	6	A	1		46	46	144
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.291		0	PAK	1		0.247	0.247	0.768
Threonine g	1.202		0	A	1		1.021	1.021	3.172
Isoleucine g	1.343		0	A	1		1.141	1.141	3.545
Leucine g	2.299		0	A	1		1.954	1.954	6.068
Lysine g	2.440		0	A	1		2.074	2.074	6.442
Methionine g	0.738		0	A	1		0.627	0.627	1.947
Cystine g	0.279		0	A	1		0.237	0.237	0.737
Phenylalanine g	1.127		0	A	1		0.958	0.958	2.976
Tyrosine g	0.874		0	PAK	1		0.743	0.743	2.307
Valine g	1.406		0	A	1		1.195	1.195	3.712
Arginine g	1.643		0	PAK	1		1.397	1.397	4.338
Histidine g	0.838		0	A	1		0.712	0.712	2.213
Alanine g	1.572		0	A	1		1.336	1.336	4.149
Aspartic acid g	2.375		0	PAK	1		2.019	2.019	6.270
Glutamic acid g	3.906		0	PAK	1		3.320	3.320	10.312
Glycine g	1.419		0	PAK	1		1.206	1.206	3.746
Proline g	1.099		0	A	1		0.934	0.934	2.902
Serine g	1.043		0	A	1		0.887	0.887	2.754
Hydroxyproline g	0.120		0	BFPN	4		0.102	0.102	0.317
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13484

Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 85g: 1 serving

Measure 3 = 264g: 1 piece, cooked, excluding refuse

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13480

Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 31% Bone and heavy connective tissue, 22%, separable fat, 9%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.00		0	PAK	1		53.55	285.77	
Energy....kcal	189		0	NC	4		161	859	
Energy....kJ	792		0	NC	4		674	3594	
Protein (N x 6.25)....g	25.99		0	PAK	1		22.09	117.88	
Total lipid (fat)....g	8.69		0	PAK	1		7.39	39.44	
Ash....g	1.18		0	PAK	1		1.00	5.36	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	PAK	1		3	18	
Iron, Fe....mg	3.66		0	PAK	1		3.11	16.58	
Magnesium, Mg....mg	26		0	PAK	1		22	119	
Phosphorus, P....mg	215		0	PAK	1		183	975	
Potassium, K....mg	327		0	PAK	1		278	1482	
Sodium, Na....mg	71		0	PAK	1		60	322	
Zinc, Zn....mg	5.11		0	PAK	1		4.34	23.18	
Copper, Cu....mg	0.143		0	PAK	1		0.122	0.649	
Manganese, Mn....mg	0.016		0	PAK	1		0.014	0.073	
Selenium, Se....mcg	10.0		0	PAK	1		8.5	45.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.110		0	PAK	1		0.094	0.499	
Riboflavin....mg	0.250		0	PAK	1		0.213	1.134	
Niacin....mg	4.630		0	PAK	1		3.936	21.002	
Pantothenic acid....mg	0.330		0	PAK	1		0.281	1.497	
Vitamin B-6....mg	0.390		0	PAK	1		0.332	1.769	
Folate, total....mcg	8		0	PAK	1		7	36	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	8		0	PAK	1		7	36	
Folate, DFE....mcg_DFE	8		0	NC	4		7	36	
Choline, total....mg	99.0		0	BFPN	4		84.1	449.0	
Betaine....mg									
Vitamin B-12....mcg	2.27		0	PAK	1		1.93	10.30	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	PAK	1		0	0	
Retinol....mcg	0		0	PIK	4		0	0	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	0		0	PAK	1		0	0	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.14		0	PIK	4		0.12	0.64	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.087		0	PIK	4		2.624	14.002	
4:0....g	0.000		0	PAK	1		0.000	0.000	

NDB No. 13480

Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	PAK	1		0.000	0.000	
8:0 ... g	0.000		0	PAK	1		0.000	0.000	
10:0 ... g	0.000		0	PAK	1		0.000	0.000	
12:0 ... g	0.006		0	PAK	1		0.005	0.027	
13:0 ... g									
14:0 ... g	0.198		0	PAK	1		0.168	0.899	
15:0 ... g									
16:0 ... g	1.891		0	PAK	1		1.608	8.580	
17:0 ... g									
18:0 ... g	0.975		0	PAK	1		0.829	4.424	
20:0 ... g	0.016		0	PAK	1		0.014	0.072	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.114		0	PIK	4		3.497	18.660	
14:1 ... g	0.076		0	PAK	1		0.065	0.344	
15:1 ... g									
16:1 undifferentiated ... g	0.246		0	PAK	1		0.209	1.114	
17:1 ... g									
18:1 undifferentiated ... g	3.792		0	PAK	1		3.224	17.202	
20:1 ... g	0.000		0	PAK	1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	PAK	1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.344		0	PIK	4		0.293	1.562	
18:2 undifferentiated ... g	0.246		0	PAK	1		0.209	1.116	
18:3 undifferentiated ... g	0.048		0	PAK	1		0.041	0.218	
18:4 ... g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.050		0	PAK	1		0.043	0.228	
20:5 n-3 (EPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	55		0	PAK	1		47	251	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.280		0	PAK	1		0.238	1.272	
Threonine ... g	1.201		0	PAK	1		1.021	5.448	
Isoleucine ... g	1.342		0	PAK	1		1.141	6.087	
Leucine ... g	2.298		0	PAK	1		1.953	10.422	
Lysine ... g	2.439		0	PAK	1		2.073	11.063	
Methionine ... g	0.737		0	PAK	1		0.627	3.344	
Cystine ... g	0.279		0	PAK	1		0.237	1.266	
Phenylalanine ... g	1.127		0	PAK	1		0.958	5.111	
Tyrosine ... g	0.952		0	PAK	1		0.810	4.320	
Valine ... g	1.405		0	PAK	1		1.194	6.374	
Arginine ... g	1.751		0	PAK	1		1.488	7.943	
Histidine ... g	0.838		0	PAK	1		0.712	3.800	
Alanine ... g	1.571		0	PAK	1		1.335	7.125	
Aspartic acid ... g	2.591		0	PAK	1		2.202	11.752	
Glutamic acid ... g	4.166		0	PAK	1		3.541	18.896	
Glycine ... g	1.236		0	PAK	1		1.050	5.604	
Proline ... g	1.099		0	PAK	1		0.934	4.984	
Serine ... g	1.043		0	PAK	1		0.886	4.730	
Hydroxyproline ... g	0.120		0	PAK	1		0.102	0.545	
Others:									
Alcohol, ethyl ... g	0.0		0	PIK	4		0.0	0.0	
Caffeine ... mg	0		0	PIK	4		0	0	
Theobromine ... mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13480

Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13479

Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Refuse: 38% Bone and heavy connective tissue, 21%, separable fat, 17%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.49		0	PAK	1		52.26	278.90	
Energy....kcal	202		0	PIK	4		172	916	
Energy....kJ	845		0	PIK	4		718	3833	
Protein (N x 6.25)....g	27.01		0	PAK	1		22.96	122.53	
Total lipid (fat)....g	9.60		0	PAK	1		8.16	43.56	
Ash....g	1.39		0	PAK	1		1.18	6.29	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0	PAK	1		4	23	
Iron, Fe....mg	3.66		0	PAK	1		3.11	16.58	
Magnesium, Mg....mg	26		0	PAK	1		22	119	
Phosphorus, P....mg	215		0	PAK	1		183	975	
Potassium, K....mg	327		0	PAK	1		278	1482	
Sodium, Na....mg	75		0	PAK	1		64	339	
Zinc, Zn....mg	5.11		0	PAK	1		4.34	23.18	
Copper, Cu....mg	0.143		0	PAK	1		0.122	0.649	
Manganese, Mn....mg	0.016		0	PAK	1		0.014	0.073	
Selenium, Se....mcg	10.0		0	PAK	1		8.5	45.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.110		0	PAK	1		0.094	0.499	
Riboflavin....mg	0.250		0	PAK	1		0.213	1.134	
Niacin....mg	4.630		0	PAK	1		3.936	21.002	
Pantothenic acid....mg	0.330		0	PAK	1		0.281	1.497	
Vitamin B-6....mg	0.390		0	PAK	1		0.332	1.769	
Folate, total....mcg	8		0	PAK	1		7	36	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	8		0	PAK	1		7	36	
Folate, DFE....mcg_DFE	8		0	NC	4		7	36	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.27		0	PAK	1		1.93	10.30	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	PIK	4		0	0	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.14		0	PIK	4		0.12	0.64	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.488		0	PIK	4		2.965	15.823	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	

NDB No. 13479

Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.006		0	PAK	1		0.005	0.027	
12:0 g	0.006		0	PAK	1		0.005	0.027	
13:0 g									
14:0 g	0.216		0	PAK	1		0.184	0.979	
15:0 g									
16:0 g	2.126		0	PAK	1		1.807	9.645	
17:0 g									
18:0 g	1.118		0	PAK	1		0.950	5.072	
20:0 g	0.016		0	PAK	1		0.014	0.072	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.542		0	PIK	4		3.860	20.600	
14:1 g	0.088		0	PAK	1		0.075	0.398	
15:1 g									
16:1 undifferentiated g	0.259		0	PAK	1		0.220	1.176	
17:1 g									
18:1 undifferentiated g	4.194		0	PAK	1		3.565	19.026	
20:1 g	0.000		0	PAK	1		0.000	0.000	
22:1 undifferentiated g	0.000		0	PAK	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.314		0	PIK	4		0.267	1.425	
18:2 undifferentiated g	0.247		0	PIK	4		0.210	1.121	
18:3 undifferentiated g	0.033		0	PAK	1		0.028	0.150	
18:4 g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.034		0	PAK	1		0.029	0.155	
20:5 n-3 (EPA) g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	57		0	PAK	1		48	256	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.287		0	PAK	1		0.244	1.303	
Threonine g	1.230		0	PAK	1		1.045	5.578	
Isoleucine g	1.374		0	PAK	1		1.168	6.233	
Leucine g	2.352		0	PAK	1		2.000	10.670	
Lysine g	2.497		0	PAK	1		2.123	11.328	
Methionine g	0.755		0	PAK	1		0.642	3.424	
Cystine g	0.286		0	PAK	1		0.243	1.296	
Phenylalanine g	1.154		0	PAK	1		0.981	5.234	
Tyrosine g	0.975		0	PAK	1		0.829	4.424	
Valine g	1.439		0	PAK	1		1.223	6.527	
Arginine g	1.793		0	PAK	1		1.524	8.132	
Histidine g	0.858		0	PAK	1		0.729	3.891	
Alanine g	1.608		0	PAK	1		1.367	7.295	
Aspartic acid g	2.653		0	PAK	1		2.255	12.032	
Glutamic acid g	4.265		0	PAK	1		3.626	19.348	
Glycine g	1.265		0	PAK	1		1.075	5.738	
Proline g	1.125		0	PAK	1		0.956	5.103	
Serine g	1.068		0	PAK	1		0.908	4.843	
Hydroxyproline g	0.124		0	PAK	1		0.105	0.562	
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0	0.0	
Caffeine mg	0		0	PIK	4		0	0	
Theobromine mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13479

Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23627

Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, raw

URMIS # 2213

Refuse: 23% Bone and connective tissue 10%, sep fat 13%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.30	0.469	10	A	1		19.93	318.88	
Energy....kcal	155		0	NC	4		44	704	
Energy....kJ	650		0	NC	4		184	2947	
Protein (N x 6.25)....g	22.78	0.213	10	A	1		6.46	103.31	
Total lipid (fat)....g	6.43	0.533	10	A	1		1.82	29.18	
Ash....g	1.04	0.029	10	A	1		0.30	4.73	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	29	7.905	3	A	1		8	131	
Iron, Fe....mg	1.66	0.088	3	A	1		0.47	7.54	
Magnesium, Mg....mg	24	0.462	3	A	1		7	108	
Phosphorus, P....mg	208	2.603	3	A	1		59	945	
Potassium, K....mg	348	6.660	3	A	1		99	1578	
Sodium, Na....mg	58	1.877	3	A	1		16	263	
Zinc, Zn....mg	4.22	0.125	3	A	1		1.20	19.13	
Copper, Cu....mg	0.074	0.001	3	A	1		0.021	0.335	
Manganese, Mn....mg	0.015	0.002	3	A	1		0.004	0.066	
Selenium, Se....mcg	26.0	5.065	3	A	1		7.4	117.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.063	0.006	3	A	1		0.018	0.286	
Riboflavin....mg	0.112	0.016	3	A	1		0.032	0.506	
Niacin....mg	7.713	0.371	3	A	1		2.186	34.984	
Pantothenic acid....mg	0.678		0	BFPN	4		0.192	3.076	
Vitamin B-6....mg	0.625	0.042	3	A	1		0.177	2.835	
Folate, total....mcg	13		0	BFPN	4		4	61	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0	BFPN	4		4	61	
Folate, DFE....mcg_DFE	13		0	NC	4		4	61	
Choline, total....mg	95.1		0	BFPN	4		27.0	431.5	
Betaine....mg	14.0		0	BFPN	4		4.0	63.5	
Vitamin B-12....mcg	1.24	0.046	3	A	1		0.35	5.60	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.41		0	BFSN	4		0.11	1.84	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		0.5	7.3	
Lipids:									
Fatty acids, total saturated....g	2.378		0	NC	4		0.674	10.788	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23627

Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.163		0	BFFN	4		0.046	0.738	
15:0....g									
16:0....g	1.428		0	BFFN	4		0.405	6.476	
17:0....g									
18:0....g	0.788		0	BFFN	4		0.223	3.574	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.588		0	NC	4		0.734	11.739	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.199		0	BFFN	4		0.056	0.902	
17:1....g									
18:1 undifferentiated....g	2.386		0	BFFN	4		0.676	10.821	
20:1....g	0.004		0	BFFN	4		0.001	0.016	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.278		0	NC	4		0.079	1.262	
18:2 undifferentiated....g	0.224		0	BFFN	4		0.064	1.017	
18:3 undifferentiated....g	0.014		0	BFFN	4		0.004	0.065	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	BFFN	4		0.011	0.180	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	66		0	BFFN	4		19	298	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.150		0	A	1		0.042	0.679	
Threonine....g	0.910		0	A	1		0.258	4.127	
Isoleucine....g	1.036		0	A	1		0.294	4.700	
Leucine....g	1.812		0	A	1		0.514	8.218	
Lysine....g	1.925		0	A	1		0.546	8.731	
Methionine....g	0.593		0	A	1		0.168	2.690	
Cystine....g	0.294		0	A	1		0.083	1.333	
Phenylalanine....g	0.900		0	A	1		0.255	4.081	
Tyrosine....g	0.726		0	A	1		0.206	3.292	
Valine....g	1.130		0	A	1		0.320	5.125	
Arginine....g	1.473		0	A	1		0.418	6.680	
Histidine....g	0.727		0	A	1		0.206	3.297	
Alanine....g	1.385		0	A	1		0.393	6.281	
Aspartic acid....g	2.075		0	A	1		0.588	9.410	
Glutamic acid....g	3.419		0	A	1		0.969	15.509	
Glycine....g	1.387		0	A	1		0.393	6.291	
Proline....g	1.086		0	A	1		0.308	4.925	
Serine....g	0.897		0	A	1		0.254	4.070	
Hydroxyproline....g	0.239		0	BFPN	4		0.068	1.085	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23627

Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13909

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Club Steak, Kansas City Strip, New York Strip

Refuse: 9% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.43	0.485	5	PAK	1		168.72	287.71	
Energy....kcal	228		0	NC	4		606	1033	
Energy....kJ	953		0	NC	4		2534	4322	
Protein (N x 6.25)....g	20.61	0.137	5	PAK	1		54.82	93.48	
Total lipid (fat)....g	15.49	0.324	5	PAK	1		41.21	70.27	
Ash....g	0.90	0.025	5	PAK	1		2.40	4.09	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	24	6.072	4	PAK	1		65	110	
Iron, Fe....mg	1.47	0.089	4	PAK	1		3.92	6.69	
Magnesium, Mg....mg	21	0.189	4	PAK	1		55	94	
Phosphorus, P....mg	186	1.943	4	PAK	1		495	845	
Potassium, K....mg	313	5.090	4	PAK	1		833	1420	
Sodium, Na....mg	52	0.845	4	PAK	1		137	234	
Zinc, Zn....mg	3.53	0.142	4	PAK	1		9.40	16.03	
Copper, Cu....mg	0.069	0.004	4	PAK	1		0.183	0.313	
Manganese, Mn....mg	0.011	0.001	5	PAK	1		0.030	0.050	
Selenium, Se....mcg	22.8	3.701	4	PAK	1		60.7	103.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.064	0.009	4	PAK	1		0.170	0.290	
Riboflavin....mg	0.100	0.015	4	PAK	1		0.265	0.451	
Niacin....mg	6.077	0.385	4	PAK	1		16.164	27.563	
Pantothenic acid....mg	0.593		0	BFPN	4		1.576	2.688	
Vitamin B-6....mg	0.562	0.028	4	PAK	1		1.495	2.549	
Folate, total....mcg	11		0	BFPN	4		29	50	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0	BFPN	4		29	50	
Folate, DFE....mcg_DFE	11		0	NC	4		29	50	
Choline, total....mg	86.1		0	BFPN	4		229.0	390.4	
Betaine....mg	12.7		0	BFPN	4		33.7	57.4	
Vitamin B-12....mcg	1.06	0.062	4	PAK	1		2.83	4.82	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.39		0	BFSN	4		1.04	1.77	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		4.1	7.1	
Lipids:									
Fatty acids, total saturated....g	6.251		0	NC	4		16.628	28.355	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13909

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000	0.000	
8:0 ... g	0.000		0	BFFN	4		0.000	0.000	
10:0 ... g	0.050		0	BFFN	4		0.132	0.226	
12:0 ... g	0.033		0	BFFN	4		0.088	0.151	
13:0 ... g									
14:0 ... g	0.490		0	BFFN	4		1.303	2.222	
15:0 ... g									
16:0 ... g	3.763		0	BFFN	4		10.011	17.071	
17:0 ... g									
18:0 ... g	1.915		0	BFFN	4		5.094	8.686	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.633		0	NC	4		17.644	30.087	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.755		0	BFFN	4		2.009	3.426	
17:1 ... g									
18:1 undifferentiated ... g	5.855		0	BFFN	4		15.575	26.560	
20:1 ... g	0.022		0	BFFN	4		0.059	0.100	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.589		0	NC	4		1.568	2.674	
18:2 undifferentiated ... g	0.379		0	BFFN	4		1.008	1.720	
18:3 undifferentiated ... g	0.185		0	BFFN	4		0.493	0.841	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.025		0	BFFN	4		0.066	0.113	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	57		0	BFFN	4		151	257	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.135		0	PAK	1		0.360	0.614	
Threonine ... g	0.823		0	PAK	1		2.190	3.734	
Isoleucine ... g	0.938		0	PAK	1		2.494	4.253	
Leucine ... g	1.639		0	PAK	1		4.360	7.436	
Lysine ... g	1.742		0	PAK	1		4.632	7.900	
Methionine ... g	0.537		0	PAK	1		1.427	2.434	
Cystine ... g	0.266		0	PAK	1		0.707	1.206	
Phenylalanine ... g	0.814		0	PAK	1		2.165	3.692	
Tyrosine ... g	0.657		0	PAK	1		1.747	2.979	
Valine ... g	1.022		0	PAK	1		2.719	4.637	
Arginine ... g	1.333		0	PAK	1		3.544	6.044	
Histidine ... g	0.658		0	PAK	1		1.749	2.983	
Alanine ... g	1.253		0	PAK	1		3.332	5.683	
Aspartic acid ... g	1.877		0	PAK	1		4.993	8.514	
Glutamic acid ... g	3.094		0	PAK	1		8.229	14.032	
Glycine ... g	1.255		0	PAK	1		3.338	5.692	
Proline ... g	0.982		0	PAK	1		2.613	4.456	
Serine ... g	0.812		0	PAK	1		2.159	3.682	
Hydroxyproline ... g	0.216		0	BFPN	4		0.576	0.982	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13909

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 266g: 1 steak

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13911

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Club Steak, Kansas City Strip, New York Strip, URMIS # 2213

Refuse: 10% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.91	0.679	3	PAK	1		172.37	285.36	
Energy....kcal	232		0	NC	4		635	1052	
Energy....kJ	970		0	NC	4		2659	4401	
Protein (N x 6.25)....g	20.63	0.162	3	PAK	1		56.51	93.56	
Total lipid (fat)....g	15.95	0.232	3	PAK	1		43.69	72.34	
Ash....g	0.93	0.014	3	PAK	1		2.55	4.22	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	25		2	PAK	1		70	116	
Iron, Fe....mg	1.48		2	PAK	1		4.04	6.69	
Magnesium, Mg....mg	21		2	PAK	1		57	94	
Phosphorus, P....mg	184		2	PAK	1		503	833	
Potassium, K....mg	313		2	PAK	1		859	1422	
Sodium, Na....mg	51		2	PAK	1		141	233	
Zinc, Zn....mg	3.62		2	PAK	1		9.91	16.41	
Copper, Cu....mg	0.067		2	PAK	1		0.184	0.304	
Manganese, Mn....mg	0.013	0.002	3	PAK	1		0.035	0.058	
Selenium, Se....mcg	22.1		2	PAK	1		60.7	100.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.055		2	PAK	1		0.149	0.247	
Riboflavin....mg	0.087		2	PAK	1		0.239	0.396	
Niacin....mg	6.652		2	PAK	1		18.225	30.172	
Pantothenic acid....mg	0.602		0	BFPN	4		1.649	2.731	
Vitamin B-6....mg	0.555		2	PAK	1		1.522	2.519	
Folate, total....mcg	11		0	BFPN	4		31	51	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0	BFPN	4		31	51	
Folate, DFE....mcg_DFE	11		0	NC	4		31	51	
Choline, total....mg	86.1		0	BFPN	4		236.1	390.8	
Betaine....mg	12.7		0	BFPN	4		34.7	57.5	
Vitamin B-12....mcg	1.15		2	PAK	1		3.14	5.20	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFSN	4		1.08	1.79	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		4.3	7.2	
Lipids:									
Fatty acids, total saturated....g	6.435		0	NC	4		17.632	29.189	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13911

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.051		0	BFFN	4		0.140	0.232	
12:0 g	0.034		0	BFFN	4		0.093	0.155	
13:0 g									
14:0 g	0.504		0	BFFN	4		1.382	2.287	
15:0 g									
16:0 g	3.874		0	BFFN	4		10.615	17.573	
17:0 g									
18:0 g	1.971		0	BFFN	4		5.401	8.941	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.828		0	NC	4		18.709	30.972	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.778		0	BFFN	4		2.131	3.527	
17:1 g									
18:1 undifferentiated g	6.028		0	BFFN	4		16.516	27.342	
20:1 g	0.023		0	BFFN	4		0.062	0.103	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.607		0	NC	4		1.662	2.752	
18:2 undifferentiated g	0.390		0	BFFN	4		1.069	1.770	
18:3 undifferentiated g	0.191		0	BFFN	4		0.523	0.865	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.026		0	BFFN	4		0.070	0.116	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	58		0	BFFN	4		160	265	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.136		0	PAK	1		0.371	0.615	
Threonine g	0.824		0	PAK	1		2.258	3.737	
Isoleucine g	0.938		0	PAK	1		2.571	4.256	
Leucine g	1.641		0	PAK	1		4.495	7.442	
Lysine g	1.743		0	PAK	1		4.776	7.907	
Methionine g	0.537		0	PAK	1		1.472	2.436	
Cystine g	0.266		0	PAK	1		0.729	1.207	
Phenylalanine g	0.815		0	PAK	1		2.232	3.695	
Tyrosine g	0.657		0	PAK	1		1.801	2.981	
Valine g	1.023		0	PAK	1		2.804	4.641	
Arginine g	1.334		0	PAK	1		3.654	6.050	
Histidine g	0.658		0	PAK	1		1.804	2.986	
Alanine g	1.254		0	PAK	1		3.436	5.688	
Aspartic acid g	1.879		0	PAK	1		5.148	8.522	
Glutamic acid g	3.096		0	PAK	1		8.484	14.045	
Glycine g	1.256		0	PAK	1		3.441	5.697	
Proline g	0.983		0	PAK	1		2.694	4.460	
Serine g	0.812		0	PAK	1		2.226	3.685	
Hydroxyproline g	0.217		0	BFPN	4		0.594	0.983	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13911

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 274g: 1 steak

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13916

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Club Steak, Kansas City Strip, New York Strip

Refuse: 8% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.34		0	PAE	4		43.64	85.74	
Energy....kcal	310		0	NC	4		264	518	
Energy....kJ	1297		0		4		1102	2166	
Protein (N x 6.25)....g	25.92		0	PAE	4		22.03	43.29	
Total lipid (fat)....g	22.12		0	PAE	4		18.80	36.94	
Ash....g	1.06		0	PAE	4		0.90	1.77	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	PAE	4		8	15	
Iron, Fe....mg	2.26		0	PAE	4		1.92	3.77	
Magnesium, Mg....mg	24		0	PAE	4		20	40	
Phosphorus, P....mg	197		0	PAE	4		167	329	
Potassium, K....mg	354		0	PAE	4		301	591	
Sodium, Na....mg	64		0	PAE	4		54	107	
Zinc, Zn....mg	4.65		0	PAE	4		3.95	7.77	
Copper, Cu....mg	0.098		0	PAE	4		0.083	0.164	
Manganese, Mn....mg	0.015		0	PAE	4		0.013	0.025	
Selenium, Se....mcg	23.7		0	BFYN	4		20.1	39.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0	PAE	4		0.068	0.134	
Riboflavin....mg	0.180		0	PAE	4		0.153	0.301	
Niacin....mg	4.770		0	PAE	4		4.055	7.966	
Pantothenic acid....mg	0.330		0	PAE	4		0.281	0.551	
Vitamin B-6....mg	0.380		0	PAE	4		0.323	0.635	
Folate, total....mcg	7		0	PAE	4		6	12	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0	PAE	4		6	12	
Folate, DFE....mcg_DFE	7		0	NC	4		6	12	
Choline, total....mg	98.7		0	BFPN	4		83.9	164.9	
Betaine....mg	13.0		0	BFPN	4		11.0	21.7	
Vitamin B-12....mcg	1.94		0	PAE	4		1.65	3.24	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.910		0	PAE	4		7.574	14.880	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13916

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.050		0	PAE	4		0.043	0.084	
12:0....g	0.050		0	PAE	4		0.043	0.084	
13:0....g									
14:0....g	0.690		0	PAE	4		0.587	1.152	
15:0....g									
16:0....g	5.300		0	PAE	4		4.505	8.851	
17:0....g									
18:0....g	2.620		0	PAE	4		2.227	4.375	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.390		0	PAE	4		7.982	15.681	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.840		0	PAE	4		0.714	1.403	
17:1....g									
18:1 undifferentiated....g	8.350		0	PAE	4		7.098	13.945	
20:1....g	0.030		0	PAE	4		0.026	0.050	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.800		0	PAE	4		0.680	1.336	
18:2 undifferentiated....g	0.540		0	PAE	4		0.459	0.902	
18:3 undifferentiated....g	0.180		0	PAE	4		0.153	0.301	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0	PAE	4		0.043	0.084	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	79		0	PAE	4		67	132	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.290		0	PAE	4		0.247	0.484	
Threonine....g	1.132		0	PAE	4		0.962	1.890	
Isoleucine....g	1.166		0	PAE	4		0.991	1.947	
Leucine....g	2.049		0	PAE	4		1.742	3.422	
Lysine....g	2.157		0	PAE	4		1.833	3.602	
Methionine....g	0.664		0	PAE	4		0.564	1.109	
Cystine....g	0.290		0	PAE	4		0.247	0.484	
Phenylalanine....g	1.012		0	PAE	4		0.860	1.690	
Tyrosine....g	0.871		0	PAE	4		0.740	1.455	
Valine....g	1.261		0	PAE	4		1.072	2.106	
Arginine....g	1.638		0	PAE	4		1.392	2.735	
Histidine....g	0.888		0	PAE	4		0.755	1.483	
Alanine....g	1.564		0	PAE	4		1.329	2.612	
Aspartic acid....g	2.368		0	PAE	4		2.013	3.955	
Glutamic acid....g	3.895		0	PAE	4		3.311	6.505	
Glycine....g	1.414		0	PAE	4		1.202	2.361	
Proline....g	1.145		0	PAE	4		0.973	1.912	
Serine....g	0.991		0	PAE	4		0.842	1.655	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13916

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 167g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 242 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13915

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, raw

Club Steak, Kansas City Strip, New York Strip

Refuse: 6% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	58.42		0	PAE	4		264.99	132.61	
Energy ... kcal	281		0	NC	4		1275	638	
Energy ... kJ	1176		0		4		5333	2669	
Protein (N x 6.25) ... g	19.00		0	PAE	4		86.18	43.13	
Total lipid (fat) ... g	22.17		0	PAE	4		100.56	50.33	
Ash ... g	0.77		0	PAE	4		3.49	1.75	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	6		0	PAE	4		27	14	
Iron, Fe ... mg	1.58		0	PAE	4		7.17	3.59	
Magnesium, Mg ... mg	18		0	PAE	4		82	41	
Phosphorus, P ... mg	163		0	PAE	4		739	370	
Potassium, K ... mg	295		0	PAE	4		1338	670	
Sodium, Na ... mg	53		0	PAE	4		240	120	
Zinc, Zn ... mg	3.14		0	PAE	4		14.24	7.13	
Copper, Cu ... mg	0.069		0	PAE	4		0.313	0.157	
Manganese, Mn ... mg	0.012		0	PAE	4		0.054	0.027	
Selenium, Se ... mcg	17.3		0	BFNN	4		78.5	39.3	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.090		0	PAE	4		0.408	0.204	
Riboflavin ... mg	0.140		0	PAE	4		0.635	0.318	
Niacin ... mg	3.880		0	PAE	4		17.600	8.808	
Pantothenic acid ... mg	0.320		0	PAE	4		1.452	0.726	
Vitamin B-6 ... mg	0.390		0	PAE	4		1.769	0.885	
Folate, total ... mcg	6		0	PAE	4		27	14	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	6		0	PAE	4		27	14	
Folate, DFE ... mcg_DFE	6		0	NC	4		27	14	
Choline, total ... mg	79.4		0	BFPN	4		360.0	180.1	
Betaine ... mg	11.7		0	BFPN	4		52.9	26.5	
Vitamin B-12 ... mcg	2.75		0	PAE	4		12.47	6.24	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	AS	1		0	0	
Retinol ... mcg									
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0	PAE	4		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	9.080		0	PAE	4		41.187	20.612	
4:0 ... g	0.000		0	Z	7		0.000	0.000	
6:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 13915

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.060		0	PAE	4		0.272	0.136	
12:0....g	0.050		0	PAE	4		0.227	0.114	
13:0....g									
14:0....g	0.710		0	PAE	4		3.221	1.612	
15:0....g									
16:0....g	5.430		0	PAE	4		24.630	12.326	
17:0....g									
18:0....g	2.670		0	PAE	4		12.111	6.061	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.780		0	PAE	4		44.362	22.201	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.050		0	PAE	4		4.763	2.384	
17:1....g									
18:1 undifferentiated....g	8.520		0	PAE	4		38.647	19.340	
20:1....g	0.030		0	PAE	4		0.136	0.068	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.800		0	PAE	4		3.629	1.816	
18:2 undifferentiated....g	0.530		0	PAE	4		2.404	1.203	
18:3 undifferentiated....g	0.220		0	PAE	4		0.998	0.499	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAE	4		0.181	0.091	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	67		0	PAE	4		304	152	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.213		0	PAE	4		0.966	0.484	
Threonine....g	0.830		0	PAE	4		3.765	1.884	
Isoleucine....g	0.854		0	PAE	4		3.874	1.939	
Leucine....g	1.502		0	PAE	4		6.813	3.410	
Lysine....g	1.581		0	PAE	4		7.171	3.589	
Methionine....g	0.486		0	PAE	4		2.204	1.103	
Cystine....g	0.213		0	PAE	4		0.966	0.484	
Phenylalanine....g	0.742		0	PAE	4		3.366	1.684	
Tyrosine....g	0.638		0	PAE	4		2.894	1.448	
Valine....g	0.924		0	PAE	4		4.191	2.097	
Arginine....g	1.201		0	PAE	4		5.448	2.726	
Histidine....g	0.650		0	PAE	4		2.948	1.476	
Alanine....g	1.146		0	PAE	4		5.198	2.601	
Aspartic acid....g	1.736		0	PAE	4		7.874	3.941	
Glutamic acid....g	2.854		0	PAE	4		12.946	6.479	
Glycine....g	1.037		0	PAE	4		4.704	2.354	
Proline....g	0.839		0	PAE	4		3.806	1.905	
Serine....g	0.726		0	PAE	4		3.293	1.648	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13915

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, raw

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 227g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 242 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13913

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw

Club Steak, Kansas City Strip, New York Strip, URMIS # 1398

Refuse: 9% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.95	0.598	3	PAK	1		164.99	290.07	
Energy....kcal	224		0	NC	4		577	1014	
Energy....kJ	935		0	NC	4		2413	4242	
Protein (N x 6.25)....g	20.59	0.229	3	PAK	1		53.12	93.39	
Total lipid (fat)....g	15.04	0.532	3	PAK	1		38.79	68.20	
Ash....g	0.87	0.039	3	PAK	1		2.25	3.96	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	23		2	PAK	1		59	105	
Iron, Fe....mg	1.47		2	PAK	1		3.80	6.68	
Magnesium, Mg....mg	21		2	PAK	1		54	94	
Phosphorus, P....mg	189		2	PAK	1		487	857	
Potassium, K....mg	313		2	PAK	1		806	1418	
Sodium, Na....mg	52		2	PAK	1		134	235	
Zinc, Zn....mg	3.45		2	PAK	1		8.90	15.65	
Copper, Cu....mg	0.071		2	PAK	1		0.182	0.321	
Manganese, Mn....mg	0.009	0.000	3	PAK	1		0.024	0.043	
Selenium, Se....mcg	23.5		2	PAK	1		60.6	106.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.074		2	PAK	1		0.190	0.334	
Riboflavin....mg	0.112		2	PAK	1		0.288	0.507	
Niacin....mg	5.502		2	PAK	1		14.194	24.955	
Pantothenic acid....mg	0.583		0	BFPN	4		1.505	2.645	
Vitamin B-6....mg	0.569		2	PAK	1		1.467	2.579	
Folate, total....mcg	11		0	BFPN	4		28	49	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0	BFPN	4		28	49	
Folate, DFE....mcg_DFE	11		0	NC	4		28	49	
Choline, total....mg	86.0		0	BFPN	4		221.9	390.1	
Betaine....mg	12.6		0	BFPN	4		32.6	57.4	
Vitamin B-12....mcg	0.98		2	PAK	1		2.52	4.43	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.38		0	BFSN	4		0.99	1.74	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		4.0	7.0	
Lipids:									
Fatty acids, total saturated....g	6.067		0	NC	4		15.653	27.519	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13913

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.048		0	BFFN	4		0.125	0.219	
12:0....g	0.032		0	BFFN	4		0.083	0.146	
13:0....g									
14:0....g	0.475		0	BFFN	4		1.226	2.156	
15:0....g									
16:0....g	3.653		0	BFFN	4		9.424	16.568	
17:0....g									
18:0....g	1.859		0	BFFN	4		4.795	8.430	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.438		0	NC	4		16.609	29.201	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.733		0	BFFN	4		1.892	3.326	
17:1....g									
18:1 undifferentiated....g	5.683		0	BFFN	4		14.662	25.779	
20:1....g	0.021		0	BFFN	4		0.055	0.097	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.572		0	NC	4		1.476	2.594	
18:2 undifferentiated....g	0.368		0	BFFN	4		0.949	1.669	
18:3 undifferentiated....g	0.180		0	BFFN	4		0.464	0.816	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.024		0	BFFN	4		0.062	0.109	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	55		0	BFFN	4		142	250	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.129		0	NR	4		0.333	0.585	
Threonine....g	0.783		0	NR	4		2.021	3.553	
Isoleucine....g	0.892		0	NR	4		2.302	4.047	
Leucine....g	1.560		0	NR	4		4.025	7.076	
Lysine....g	1.657		0	NR	4		4.276	7.517	
Methionine....g	0.511		0	NR	4		1.318	2.316	
Cystine....g	0.253		0	NR	4		0.653	1.148	
Phenylalanine....g	0.775		0	NR	4		1.998	3.513	
Tyrosine....g	0.625		0	NR	4		1.612	2.834	
Valine....g	0.973		0	NR	4		2.510	4.413	
Arginine....g	1.268		0	NR	4		3.272	5.752	
Histidine....g	0.626		0	NR	4		1.615	2.839	
Alanine....g	1.192		0	NR	4		3.076	5.408	
Aspartic acid....g	1.786		0	NR	4		4.608	8.102	
Glutamic acid....g	2.944		0	NR	4		7.595	13.354	
Glycine....g	1.194		0	NR	4		3.081	5.416	
Proline....g	0.935		0	NR	4		2.412	4.241	
Serine....g	0.772		0	NR	4		1.993	3.504	
Hydroxyproline....g	0.206		0	BFPN	4		0.532	0.935	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13913

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 258g: 1 steak

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23607

Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, all grades, raw

Refuse: 24% Bone and connective tissue 10%, sep fat 14%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.49	0.408	20	A	1		20.27	324.27	
Energy....kcal	138		0	NC	4		39	626	
Energy....kJ	578		0	NC	4		164	2621	
Protein (N x 6.25)....g	22.93	0.173	20	A	1		6.50	103.99	
Total lipid (fat)....g	5.15	0.409	20	A	1		1.46	23.38	
Ash....g	1.02	0.021	20	A	1		0.29	4.61	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	25	6.520	5	A	1		7	113	
Iron, Fe....mg	1.64	0.081	5	A	1		0.46	7.42	
Magnesium, Mg....mg	24	0.181	5	A	1		7	108	
Phosphorus, P....mg	211	1.969	5	A	1		60	955	
Potassium, K....mg	354	4.012	5	A	1		100	1606	
Sodium, Na....mg	57	0.885	5	A	1		16	258	
Zinc, Zn....mg	4.10	0.135	5	A	1		1.16	18.58	
Copper, Cu....mg	0.076	0.004	5	A	1		0.022	0.345	
Manganese, Mn....mg	0.013	0.001	5	A	1		0.004	0.059	
Selenium, Se....mcg	27.5	3.641	5	A	1		7.8	124.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070	0.009	5	A	1		0.020	0.319	
Riboflavin....mg	0.115	0.015	5	A	1		0.033	0.523	
Niacin....mg	7.101	0.374	5	A	1		2.013	32.212	
Pantothenic acid....mg	0.678		0	BFPN	4		0.192	3.075	
Vitamin B-6....mg	0.642	0.027	5	A	1		0.182	2.912	
Folate, total....mcg	13		0	BFPN	4		4	61	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0	BFPN	4		4	61	
Folate, DFE....mcg_DFE	13		0	NC	4		4	61	
Choline, total....mg	95.8		0	BFPN	4		27.1	434.3	
Betaine....mg	14.1		0	BFPN	4		4.0	63.9	
Vitamin B-12....mcg	1.13	0.070	4	A	1		0.32	5.11	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.30		0	BFSN	4		0.09	1.38	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.2		0	BFSN	4		0.3	5.5	
Lipids:									
Fatty acids, total saturated....g	1.905		0	NC	4		0.540	8.642	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23607

Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.000		0	BFFN	4		0.000	0.000	
13:0 g									
14:0 g	0.130		0	BFFN	4		0.037	0.591	
15:0 g									
16:0 g	1.144		0	BFFN	4		0.324	5.188	
17:0 g									
18:0 g	0.631		0	BFFN	4		0.179	2.863	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.073		0	NC	4		0.588	9.404	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.159		0	BFFN	4		0.045	0.722	
17:1 g									
18:1 undifferentiated g	1.911		0	BFFN	4		0.542	8.669	
20:1 g	0.003		0	BFFN	4		0.001	0.013	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.223		0	NC	4		0.063	1.011	
18:2 undifferentiated g	0.180		0	BFFN	4		0.051	0.814	
18:3 undifferentiated g	0.012		0	BFFN	4		0.003	0.052	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.032		0	BFFN	4		0.009	0.144	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	53		0	BFFN	4		15	239	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.151		0	A	1		0.043	0.683	
Threonine g	0.916		0	A	1		0.260	4.154	
Isoleucine g	1.043		0	A	1		0.296	4.731	
Leucine g	1.824		0	A	1		0.517	8.272	
Lysine g	1.937		0	A	1		0.549	8.788	
Methionine g	0.597		0	A	1		0.169	2.708	
Cystine g	0.296		0	A	1		0.084	1.342	
Phenylalanine g	0.906		0	A	1		0.257	4.107	
Tyrosine g	0.731		0	A	1		0.207	3.314	
Valine g	1.137		0	A	1		0.322	5.159	
Arginine g	1.482		0	A	1		0.420	6.724	
Histidine g	0.732		0	A	1		0.207	3.319	
Alanine g	1.394		0	A	1		0.395	6.322	
Aspartic acid g	2.088		0	A	1		0.592	9.472	
Glutamic acid g	3.442		0	A	1		0.976	15.611	
Glycine g	1.396		0	A	1		0.396	6.332	
Proline g	1.093		0	A	1		0.310	4.957	
Serine g	0.903		0	A	1		0.256	4.096	
Hydroxyproline g	0.241		0	BFPN	4		0.068	1.092	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23607

Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23585

Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, raw

URMIS # 1398

Refuse: 24% Bone and connective tissue 9%, sep fat 15%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.68	0.410	10	A	1		20.60	329.66	
Energy....kcal	133		0	NC	4		38	605	
Energy....kJ	558		0	NC	4		158	2533	
Protein (N x 6.25)....g	23.07	0.276	10	A	1		6.54	104.66	
Total lipid (fat)....g	3.88	0.244	10	A	1		1.10	17.58	
Ash....g	0.99	0.031	10	A	1		0.28	4.50	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	23	8.731	3	A	1		6	103	
Iron, Fe....mg	1.63	0.127	3	A	1		0.46	7.41	
Magnesium, Mg....mg	24	0.136	3	A	1		7	108	
Phosphorus, P....mg	214	0.441	3	A	1		61	970	
Potassium, K....mg	361	7.371	3	A	1		102	1637	
Sodium, Na....mg	57	1.158	3	A	1		16	256	
Zinc, Zn....mg	4.05	0.224	3	A	1		1.15	18.37	
Copper, Cu....mg	0.078	0.007	3	A	1		0.022	0.352	
Manganese, Mn....mg	0.011	0.000	3	A	1		0.003	0.051	
Selenium, Se....mcg	31.2	5.664	3	A	1		8.8	141.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.078	0.013	3	A	1		0.022	0.352	
Riboflavin....mg	0.124	0.023	3	A	1		0.035	0.562	
Niacin....mg	6.703	0.392	3	A	1		1.900	30.406	
Pantothenic acid....mg	0.678		0	BFPN	4		0.192	3.074	
Vitamin B-6....mg	0.651	0.026	3	A	1		0.185	2.952	
Folate, total....mcg	13		0	BFPN	4		4	61	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0	BFPN	4		4	61	
Folate, DFE....mcg_DFE	13		0	NC	4		4	61	
Choline, total....mg	96.4		0	BFPN	4		27.3	437.2	
Betaine....mg	14.2		0	BFPN	4		4.0	64.3	
Vitamin B-12....mcg	0.98	0.106	3	A	1		0.28	4.43	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		0	BFSN	4		0.08	1.32	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.2		0	BFSN	4		0.3	5.3	
Lipids:									
Fatty acids, total saturated....g	1.432		0	NC	4		0.406	6.497	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23585

Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.098		0	BFFN	4		0.028	0.444	
15:0....g									
16:0....g	0.860		0	BFFN	4		0.244	3.901	
17:0....g									
18:0....g	0.475		0	BFFN	4		0.135	2.152	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.559		0	NC	4		0.442	7.069	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.120		0	BFFN	4		0.034	0.543	
17:1....g									
18:1 undifferentiated....g	1.437		0	BFFN	4		0.407	6.517	
20:1....g	0.002		0	BFFN	4		0.001	0.010	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.168		0	NC	4		0.047	0.760	
18:2 undifferentiated....g	0.135		0	BFFN	4		0.038	0.612	
18:3 undifferentiated....g	0.009		0	BFFN	4		0.002	0.039	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.024		0	BFFN	4		0.007	0.108	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	40		0	BFFN	4		11	180	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.152		0	A	1		0.043	0.688	
Threonine....g	0.922		0	A	1		0.261	4.181	
Isoleucine....g	1.050		0	A	1		0.298	4.762	
Leucine....g	1.835		0	A	1		0.520	8.326	
Lysine....g	1.950		0	A	1		0.553	8.845	
Methionine....g	0.601		0	A	1		0.170	2.726	
Cystine....g	0.298		0	A	1		0.084	1.351	
Phenylalanine....g	0.911		0	A	1		0.258	4.134	
Tyrosine....g	0.735		0	A	1		0.208	3.335	
Valine....g	1.145		0	A	1		0.325	5.192	
Arginine....g	1.492		0	A	1		0.423	6.768	
Histidine....g	0.736		0	A	1		0.209	3.340	
Alanine....g	1.403		0	A	1		0.398	6.363	
Aspartic acid....g	2.102		0	A	1		0.596	9.533	
Glutamic acid....g	3.464		0	A	1		0.982	15.712	
Glycine....g	1.405		0	A	1		0.398	6.373	
Proline....g	1.100		0	A	1		0.312	4.990	
Serine....g	0.909		0	A	1		0.258	4.123	
Hydroxyproline....g	0.242		0	BFPN	4		0.069	1.100	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23585

Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13445

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Club Steak, Kansas City Strip, New York Strip

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.33	0.426	20	PAK	1		53.83	98.17	
Energy....kcal	193		0	NC	4		164	298	
Energy....kJ	806		0	NC	4		685	1249	
Protein (N x 6.25)....g	28.87	0.234	20	PAK	1		24.54	44.75	
Total lipid (fat)....g	7.68	0.417	20	PAK	1		6.53	11.90	
Ash....g	1.23	0.037	20	PAK	1		1.05	1.91	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0	BFFN	4		18	32	
Iron, Fe....mg	1.83		0	BFFN	4		1.56	2.84	
Magnesium, Mg....mg	24		0	BFFN	4		20	37	
Phosphorus, P....mg	221		0	BFFN	4		188	343	
Potassium, K....mg	356		0	BFFN	4		302	551	
Sodium, Na....mg	59		0	BFFN	4		50	91	
Zinc, Zn....mg	5.15		0	BFFN	4		4.37	7.98	
Copper, Cu....mg	0.086		0	BFFN	4		0.073	0.133	
Manganese, Mn....mg	0.010		0	BFFN	4		0.008	0.015	
Selenium, Se....mcg	30.8		0	BFFN	4		26.2	47.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.078		0	BFPN	4		0.066	0.121	
Riboflavin....mg	0.139		0	BFPN	4		0.118	0.216	
Niacin....mg	7.684		0	BFPN	4		6.532	11.911	
Pantothenic acid....mg	0.569		0	BFPN	4		0.484	0.882	
Vitamin B-6....mg	0.604		0	BFPN	4		0.514	0.937	
Folate, total....mcg	9		0	BFPN	4		8	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		8	14	
Folate, DFE....mcg_DFE	9		0	NC	4		8	14	
Choline, total....mg	110.0		0	BFPN	4		93.5	170.4	
Betaine....mg	14.4		0	BFPN	4		12.3	22.4	
Vitamin B-12....mcg	1.70		0	BFPN	4		1.44	2.63	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.39		0	BFSN	4		0.33	0.61	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.1	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	PAK	1		0.1	0.2	
Vitamin D....IU	6		0	PAK	1		5	10	
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		1.2	2.2	
Lipids:									
Fatty acids, total saturated....g	2.981		0	NC	4		2.534	4.620	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13445

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.012		0	BFFN	4		0.010	0.018	
12:0 g	0.014		0	BFFN	4		0.012	0.021	
13:0 g									
14:0 g	0.223		0	BFFN	4		0.190	0.346	
15:0 g									
16:0 g	1.771		0	BFFN	4		1.505	2.745	
17:0 g									
18:0 g	0.961		0	BFFN	4		0.817	1.490	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.144		0	NC	4		2.673	4.874	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.265		0	BFFN	4		0.225	0.410	
17:1 g									
18:1 undifferentiated g	2.871		0	BFFN	4		2.440	4.449	
20:1 g	0.009		0	BFFN	4		0.008	0.014	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.285		0	NC	4		0.242	0.442	
18:2 undifferentiated g	0.209		0	BFFN	4		0.178	0.324	
18:3 undifferentiated g	0.048		0	BFFN	4		0.041	0.075	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.028		0	BFFN	4		0.023	0.043	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	58		0	BFFN	4		49	89	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.190		0	PAK	1		0.161	0.294	
Threonine g	1.153		0	PAK	1		0.980	1.788	
Isoleucine g	1.314		0	PAK	1		1.116	2.036	
Leucine g	2.297		0	PAK	1		1.952	3.560	
Lysine g	2.440		0	PAK	1		2.074	3.782	
Methionine g	0.752		0	PAK	1		0.639	1.165	
Cystine g	0.373		0	PAK	1		0.317	0.578	
Phenylalanine g	1.140		0	PAK	1		0.969	1.768	
Tyrosine g	0.920		0	PAK	1		0.782	1.426	
Valine g	1.432		0	PAK	1		1.217	2.220	
Arginine g	1.867		0	PAK	1		1.587	2.894	
Histidine g	0.921		0	PAK	1		0.783	1.428	
Alanine g	1.755		0	PAK	1		1.492	2.721	
Aspartic acid g	2.630		0	PAK	1		2.235	4.076	
Glutamic acid g	4.334		0	PAK	1		3.684	6.718	
Glycine g	1.758		0	PAK	1		1.494	2.725	
Proline g	1.376		0	PAK	1		1.170	2.133	
Serine g	1.137		0	PAK	1		0.967	1.763	
Hydroxyproline g	0.303		0	BFPN	4		0.258	0.470	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13445

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 155g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 223 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13446

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Club Steak, Kansas City Steak, New York Strip, URMIS # 2213

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.10	0.454	10	PAK	1		101.85	52.79	
Energy....kcal	205		0	NC	4		336	174	
Energy....kJ	856		0	NC	4		1404	728	
Protein (N x 6.25)....g	28.45	0.367	10	PAK	1		46.66	24.18	
Total lipid (fat)....g	9.22	0.365	10	PAK	1		15.13	7.84	
Ash....g	1.17	0.023	10	PAK	1		1.92	1.00	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0	BFFN	4		30	16	
Iron, Fe....mg	1.89		0	BFFN	4		3.09	1.60	
Magnesium, Mg....mg	23		0	BFFN	4		37	19	
Phosphorus, P....mg	210		0	BFFN	4		345	179	
Potassium, K....mg	342		0	BFFN	4		560	290	
Sodium, Na....mg	56		0	BFFN	4		92	48	
Zinc, Zn....mg	5.02		0	BFFN	4		8.24	4.27	
Copper, Cu....mg	0.092		0	BFFN	4		0.151	0.078	
Manganese, Mn....mg	0.010		0	BFFN	4		0.016	0.008	
Selenium, Se....mcg	30.4		0	BFFN	4		49.8	25.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.071		0	BFPN	4		0.116	0.060	
Riboflavin....mg	0.125		0	BFPN	4		0.205	0.106	
Niacin....mg	7.716		0	BFPN	4		12.654	6.559	
Pantothenic acid....mg	0.560		0	BFPN	4		0.919	0.476	
Vitamin B-6....mg	0.567		0	BFPN	4		0.930	0.482	
Folate, total....mcg	9		0	BFPN	4		15	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		15	8	
Folate, DFE....mcg_DFE	9		0	NC	4		15	8	
Choline, total....mg	108.4		0	BFPN	4		177.7	92.1	
Betaine....mg	14.2		0	BFPN	4		23.3	12.1	
Vitamin B-12....mcg	1.88		0	BFPN	4		3.08	1.60	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFSN	4		0.66	0.34	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		2.4	1.2	
Lipids:									
Fatty acids, total saturated....g	3.580		0	NC	4		5.870	3.043	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13446

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.014		0	BFFN	4		0.023	0.012	
12:0 g	0.017		0	BFFN	4		0.027	0.014	
13:0 g									
14:0 g	0.268		0	BFFN	4		0.439	0.228	
15:0 g									
16:0 g	2.127		0	BFFN	4		3.488	1.808	
17:0 g									
18:0 g	1.155		0	BFFN	4		1.893	0.981	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.776		0	NC	4		6.192	3.209	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.318		0	BFFN	4		0.521	0.270	
17:1 g									
18:1 undifferentiated g	3.447		0	BFFN	4		5.653	2.930	
20:1 g	0.011		0	BFFN	4		0.018	0.009	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.342		0	NC	4		0.562	0.291	
18:2 undifferentiated g	0.251		0	BFFN	4		0.412	0.214	
18:3 undifferentiated g	0.058		0	BFFN	4		0.095	0.049	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.033		0	BFFN	4		0.054	0.028	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	69		0	BFFN	4		114	59	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.187		0	PAK	1		0.307	0.159	
Threonine g	1.137		0	PAK	1		1.864	0.966	
Isoleucine g	1.294		0	PAK	1		2.123	1.100	
Leucine g	2.263		0	PAK	1		3.712	1.924	
Lysine g	2.404		0	PAK	1		3.943	2.044	
Methionine g	0.741		0	PAK	1		1.215	0.630	
Cystine g	0.367		0	PAK	1		0.602	0.312	
Phenylalanine g	1.124		0	PAK	1		1.843	0.955	
Tyrosine g	0.907		0	PAK	1		1.487	0.771	
Valine g	1.411		0	PAK	1		2.315	1.200	
Arginine g	1.840		0	PAK	1		3.017	1.564	
Histidine g	0.908		0	PAK	1		1.489	0.772	
Alanine g	1.730		0	PAK	1		2.837	1.470	
Aspartic acid g	2.592		0	PAK	1		4.250	2.203	
Glutamic acid g	4.271		0	PAK	1		7.005	3.630	
Glycine g	1.732		0	PAK	1		2.841	1.473	
Proline g	1.356		0	PAK	1		2.224	1.153	
Serine g	1.121		0	PAK	1		1.838	0.953	
Hydroxyproline g	0.299		0	BFPN	4		0.490	0.254	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13446

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 164g: 1 steak (yield from 203 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13447

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Club Steak, Kansas City Strip, New York Strip, URMIS # 1398

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.56	0.473	10	PAK	1		96.84		
Energy....kcal	180		0	NC	4		271		
Energy....kJ	755		0	NC	4		1132		
Protein (N x 6.25)....g	29.29	0.241	10	PAK	1		43.94		
Total lipid (fat)....g	6.14	0.269	10	PAK	1		9.21		
Ash....g	1.29	0.067	10	PAK	1		1.94		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	23		0	BFFN	4		35		
Iron, Fe....mg	1.77		0	BFFN	4		2.66		
Magnesium, Mg....mg	25		0	BFFN	4		37		
Phosphorus, P....mg	232		0	BFFN	4		348		
Potassium, K....mg	370		0	BFFN	4		555		
Sodium, Na....mg	61		0	BFFN	4		92		
Zinc, Zn....mg	5.27		0	BFFN	4		7.91		
Copper, Cu....mg	0.080		0	BFFN	4		0.119		
Manganese, Mn....mg	0.010		0	BFFN	4		0.015		
Selenium, Se....mcg	31.4		0	BFFN	4		47.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.085		0	BFPN	4		0.128		
Riboflavin....mg	0.153		0	BFPN	4		0.230		
Niacin....mg	7.651		0	BFPN	4		11.477		
Pantothenic acid....mg	0.578		0	BFPN	4		0.867		
Vitamin B-6....mg	0.642		0	BFPN	4		0.963		
Folate, total....mcg	9		0	BFPN	4		14		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFPN	4		14		
Folate, DFE....mcg_DFE	9		0	NC	4		14		
Choline, total....mg	111.6		0	BFPN	4		167.3		
Betaine....mg	14.7		0	BFPN	4		22.0		
Vitamin B-12....mcg	1.52		0	BFPN	4		2.28		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.38		0	BFSN	4		0.57		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		2.0		
Lipids:									
Fatty acids, total saturated....g	2.382		0	NC	4		3.573		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13447

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.009		0	BFFN	4		0.014		
12:0 ... g	0.011		0	BFFN	4		0.017		
13:0 ... g									
14:0 ... g	0.178		0	BFFN	4		0.267		
15:0 ... g									
16:0 ... g	1.415		0	BFFN	4		2.123		
17:0 ... g									
18:0 ... g	0.768		0	BFFN	4		1.153		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.513		0	NC	4		3.769		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.211		0	BFFN	4		0.317		
17:1 ... g									
18:1 undifferentiated ... g	2.294		0	BFFN	4		3.441		
20:1 ... g	0.007		0	BFFN	4		0.011		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.228		0	NC	4		0.342		
18:2 undifferentiated ... g	0.167		0	BFFN	4		0.251		
18:3 undifferentiated ... g	0.039		0	BFFN	4		0.058		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.022		0	BFFN	4		0.033		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	46		0	BFFN	4		69		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.193		0	PAK	1		0.289		
Threonine ... g	1.170		0	PAK	1		1.755		
Isoleucine ... g	1.333		0	PAK	1		1.999		
Leucine ... g	2.330		0	PAK	1		3.495		
Lysine ... g	2.476		0	PAK	1		3.713		
Methionine ... g	0.763		0	PAK	1		1.144		
Cystine ... g	0.378		0	PAK	1		0.567		
Phenylalanine ... g	1.157		0	PAK	1		1.736		
Tyrosine ... g	0.933		0	PAK	1		1.400		
Valine ... g	1.453		0	PAK	1		2.180		
Arginine ... g	1.894		0	PAK	1		2.841		
Histidine ... g	0.935		0	PAK	1		1.402		
Alanine ... g	1.781		0	PAK	1		2.671		
Aspartic acid ... g	2.668		0	PAK	1		4.002		
Glutamic acid ... g	4.397		0	PAK	1		6.596		
Glycine ... g	1.784		0	PAK	1		2.675		
Proline ... g	1.396		0	PAK	1		2.095		
Serine ... g	1.154		0	PAK	1		1.731		
Hydroxyproline ... g	0.308		0	BFPN	4		0.462		
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13447

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Common Measures:

Measure 1 = 150g: 1 steak (yield from 186 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13910

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Club Steak, Kansas City Strip, New York Strip

Refuse: 12% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.48	0.824	5	PAK	1		48.01	93.19	
Energy....kcal	264		0	NC	4		225	436	
Energy....kJ	1106		0	NC	4		940	1824	
Protein (N x 6.25)....g	26.44	0.174	5	PAK	1		22.47	43.62	
Total lipid (fat)....g	16.78	0.866	5	PAK	1		14.26	27.68	
Ash....g	1.03	0.013	5	PAK	1		0.88	1.70	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	19	2.391	4	PAK	1		16	32	
Iron, Fe....mg	1.69	0.067	4	PAK	1		1.44	2.79	
Magnesium, Mg....mg	22	0.579	4	PAK	1		19	36	
Phosphorus, P....mg	204	5.513	4	PAK	1		173	336	
Potassium, K....mg	328	8.006	4	PAK	1		279	541	
Sodium, Na....mg	54	1.566	4	PAK	1		46	89	
Zinc, Zn....mg	4.75	0.098	4	PAK	1		4.04	7.83	
Copper, Cu....mg	0.079	0.005	4	PAK	1		0.067	0.130	
Manganese, Mn....mg	0.009	0.001	5	PAK	1		0.008	0.015	
Selenium, Se....mcg	28.5	5.045	4	PAK	1		24.2	47.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.071	0.005	4	PAK	1		0.061	0.118	
Riboflavin....mg	0.127	0.013	4	PAK	1		0.108	0.210	
Niacin....mg	7.037	0.341	4	PAK	1		5.981	11.610	
Pantothenic acid....mg	0.521		0	BFPN	4		0.443	0.860	
Vitamin B-6....mg	0.553	0.033	4	PAK	1		0.470	0.913	
Folate, total....mcg	8		0	BFPN	4		7	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0	BFPN	4		7	14	
Folate, DFE....mcg_DFE	8		0	NC	4		7	14	
Choline, total....mg	100.7		0	BFPN	4		85.6	166.1	
Betaine....mg	13.2		0	BFPN	4		11.2	21.8	
Vitamin B-12....mcg	1.56	0.099	4	PAK	1		1.32	2.57	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.46		0	BFSN	4		0.39	0.77	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.3		0	AS	1		0.2	0.5	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.3		0	BFFN	4		0.2	0.5	
Vitamin D....IU	11		0	BFFN	4		9	18	
Vitamin K (phylloquinone)....mcg	1.7		0	BFSN	4		1.4	2.7	
Lipids:									
Fatty acids, total saturated....g	6.608		0	NC	4		5.616	10.903	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13910

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.042		0	BFFN	4		0.035	0.069	
12:0....g	0.038		0	BFFN	4		0.032	0.063	
13:0....g									
14:0....g	0.510		0	BFFN	4		0.434	0.842	
15:0....g									
16:0....g	3.990		0	BFFN	4		3.391	6.583	
17:0....g									
18:0....g	2.028		0	BFFN	4		1.724	3.346	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.993		0	NC	4		5.944	11.539	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.632		0	BFFN	4		0.537	1.043	
17:1....g									
18:1 undifferentiated....g	6.337		0	BFFN	4		5.386	10.456	
20:1....g	0.024		0	BFFN	4		0.021	0.040	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.621		0	NC	4		0.528	1.025	
18:2 undifferentiated....g	0.434		0	BFFN	4		0.369	0.716	
18:3 undifferentiated....g	0.149		0	BFFN	4		0.127	0.246	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.038		0	BFFN	4		0.032	0.063	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	88		0	BFFN	4		75	146	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.174		0	PAK	1		0.148	0.287	
Threonine....g	1.056		0	PAK	1		0.898	1.743	
Isoleucine....g	1.203		0	PAK	1		1.022	1.985	
Leucine....g	2.103		0	PAK	1		1.788	3.470	
Lysine....g	2.234		0	PAK	1		1.899	3.687	
Methionine....g	0.688		0	PAK	1		0.585	1.136	
Cystine....g	0.341		0	PAK	1		0.290	0.563	
Phenylalanine....g	1.044		0	PAK	1		0.888	1.723	
Tyrosine....g	0.842		0	PAK	1		0.716	1.390	
Valine....g	1.312		0	PAK	1		1.115	2.164	
Arginine....g	1.710		0	PAK	1		1.453	2.821	
Histidine....g	0.844		0	PAK	1		0.717	1.392	
Alanine....g	1.607		0	PAK	1		1.366	2.652	
Aspartic acid....g	2.408		0	PAK	1		2.047	3.974	
Glutamic acid....g	3.969		0	PAK	1		3.374	6.549	
Glycine....g	1.610		0	PAK	1		1.368	2.656	
Proline....g	1.260		0	PAK	1		1.071	2.080	
Serine....g	1.041		0	PAK	1		0.885	1.718	
Hydroxyproline....g	0.276		0	BFPN	4		0.235	0.456	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13910

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 165g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 242 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13912

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Club Steak, Kansas City Strip, New York Strip, URMIS # 2213

Refuse: 12% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.99	0.726	3	PAK	1		121.54	46.75	
Energy....kcal	278		0	NC	4		615	236	
Energy....kJ	1164		0	NC	4		2571	989	
Protein (N x 6.25)....g	26.16	0.134	3	PAK	1		57.82	22.24	
Total lipid (fat)....g	18.45	0.610	3	PAK	1		40.76	15.68	
Ash....g	1.02	0.021	3	PAK	1		2.26	0.87	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	17		2	PAK	1		38	15	
Iron, Fe....mg	1.75		2	PAK	1		3.86	1.49	
Magnesium, Mg....mg	21		2	PAK	1		46	18	
Phosphorus, P....mg	195		2	PAK	1		430	165	
Potassium, K....mg	316		2	PAK	1		699	269	
Sodium, Na....mg	52		2	PAK	1		115	44	
Zinc, Zn....mg	4.65		2	PAK	1		10.28	3.95	
Copper, Cu....mg	0.085		2	PAK	1		0.188	0.072	
Manganese, Mn....mg	0.009	0.001	3	PAK	1		0.020	0.008	
Selenium, Se....mcg	28.1		2	PAK	1		62.1	23.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.065		2	PAK	1		0.144	0.055	
Riboflavin....mg	0.115		2	PAK	1		0.254	0.098	
Niacin....mg	7.095		2	PAK	1		15.680	6.031	
Pantothenic acid....mg	0.515		0	BFPN	4		1.138	0.438	
Vitamin B-6....mg	0.521		2	PAK	1		1.152	0.443	
Folate, total....mcg	8		0	BFPN	4		18	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0	BFPN	4		18	7	
Folate, DFE....mcg_DFE	8		0	NC	4		18	7	
Choline, total....mg	99.6		0	BFPN	4		220.2	84.7	
Betaine....mg	13.1		0	BFPN	4		28.9	11.1	
Vitamin B-12....mcg	1.73		2	PAK	1		3.81	1.47	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.48		0	BFSN	4		1.06	0.41	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.7		0	BFSN	4		3.8	1.5	
Lipids:									
Fatty acids, total saturated....g	7.264		0	NC	4		16.054	6.175	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13912

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.046		0	BFFN	4		0.101	0.039	
12:0 g	0.042		0	BFFN	4		0.093	0.036	
13:0 g									
14:0 g	0.561		0	BFFN	4		1.240	0.477	
15:0 g									
16:0 g	4.386		0	BFFN	4		9.693	3.728	
17:0 g									
18:0 g	2.229		0	BFFN	4		4.927	1.895	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.688		0	NC	4		16.991	6.535	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.695		0	BFFN	4		1.535	0.590	
17:1 g									
18:1 undifferentiated g	6.967		0	BFFN	4		15.396	5.922	
20:1 g	0.027		0	BFFN	4		0.059	0.023	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.683		0	NC	4		1.510	0.581	
18:2 undifferentiated g	0.477		0	BFFN	4		1.054	0.406	
18:3 undifferentiated g	0.164		0	BFFN	4		0.363	0.139	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.042		0	BFFN	4		0.093	0.036	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	97		0	BFFN	4		214	82	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.172		0	PAK	1		0.380	0.146	
Threonine g	1.045		0	PAK	1		2.310	0.888	
Isoleucine g	1.190		0	PAK	1		2.630	1.012	
Leucine g	2.081		0	PAK	1		4.599	1.769	
Lysine g	2.211		0	PAK	1		4.886	1.879	
Methionine g	0.681		0	PAK	1		1.506	0.579	
Cystine g	0.338		0	PAK	1		0.746	0.287	
Phenylalanine g	1.033		0	PAK	1		2.284	0.878	
Tyrosine g	0.834		0	PAK	1		1.842	0.709	
Valine g	1.298		0	PAK	1		2.868	1.103	
Arginine g	1.692		0	PAK	1		3.739	1.438	
Histidine g	0.835		0	PAK	1		1.845	0.710	
Alanine g	1.590		0	PAK	1		3.515	1.352	
Aspartic acid g	2.383		0	PAK	1		5.266	2.026	
Glutamic acid g	3.927		0	PAK	1		8.680	3.338	
Glycine g	1.593		0	PAK	1		3.520	1.354	
Proline g	1.247		0	PAK	1		2.756	1.060	
Serine g	1.031		0	PAK	1		2.277	0.876	
Hydroxyproline g	0.275		0	BFPN	4		0.607	0.234	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13912

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 221g: 1 steak (yield from 270 g raw meat)

Measure 2 = 85g: 3 oz (1 serving)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13914

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Club Steak, Kansas City Strip, New York Strip, URMIS # 1398

Refuse: 12% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.96	0.340	3	PAK	1		118.24	49.27	
Energy....kcal	250		0	NC	4		511	213	
Energy....kJ	1048		0	NC	4		2137	890	
Protein (N x 6.25)....g	26.72	0.163	3	PAK	1		54.50	22.71	
Total lipid (fat)....g	15.11	0.188	3	PAK	1		30.83	12.84	
Ash....g	1.04	0.021	3	PAK	1		2.12	0.88	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22		2	PAK	1		44	18	
Iron, Fe....mg	1.63		2	PAK	1		3.32	1.38	
Magnesium, Mg....mg	23		2	PAK	1		46	19	
Phosphorus, P....mg	213		2	PAK	1		435	181	
Potassium, K....mg	340		2	PAK	1		693	289	
Sodium, Na....mg	57		2	PAK	1		115	48	
Zinc, Zn....mg	4.85		2	PAK	1		9.88	4.12	
Copper, Cu....mg	0.073		2	PAK	1		0.149	0.062	
Manganese, Mn....mg	0.009	0.000	3	PAK	1		0.019	0.008	
Selenium, Se....mcg	28.8		2	PAK	1		58.8	24.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.078		2	PAK	1		0.159	0.066	
Riboflavin....mg	0.140		2	PAK	1		0.285	0.119	
Niacin....mg	6.978		2	PAK	1		14.236	5.932	
Pantothenic acid....mg	0.527		0	BFPN	4		1.075	0.448	
Vitamin B-6....mg	0.585		2	PAK	1		1.194	0.498	
Folate, total....mcg	8		0	BFPN	4		17	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0	BFPN	4		17	7	
Folate, DFE....mcg_DFE	8		0	NC	4		17	7	
Choline, total....mg	101.8		0	BFPN	4		207.6	86.5	
Betaine....mg	13.4		0	BFPN	4		27.3	11.4	
Vitamin B-12....mcg	1.38		2	PAK	1		2.82	1.18	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.45		0	BFSN	4		0.91	0.38	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		3.3	1.4	
Lipids:									
Fatty acids, total saturated....g	5.951		0	NC	4		12.140	5.059	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13914

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.038		0	BFFN	4		0.077	0.032	
12:0 g	0.034		0	BFFN	4		0.070	0.029	
13:0 g									
14:0 g	0.460		0	BFFN	4		0.938	0.391	
15:0 g									
16:0 g	3.593		0	BFFN	4		7.330	3.054	
17:0 g									
18:0 g	1.826		0	BFFN	4		3.726	1.552	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.298		0	NC	4		12.848	5.353	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.569		0	BFFN	4		1.161	0.484	
17:1 g									
18:1 undifferentiated g	5.707		0	BFFN	4		11.643	4.851	
20:1 g	0.022		0	BFFN	4		0.044	0.019	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.560		0	NC	4		1.142	0.476	
18:2 undifferentiated g	0.391		0	BFFN	4		0.797	0.332	
18:3 undifferentiated g	0.134		0	BFFN	4		0.274	0.114	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.034		0	BFFN	4		0.070	0.029	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	79		0	BFFN	4		162	68	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.173		0	NR	4		0.354	0.147	
Threonine g	1.054		0	NR	4		2.151	0.896	
Isoleucine g	1.201		0	NR	4		2.449	1.021	
Leucine g	2.099		0	NR	4		4.283	1.784	
Lysine g	2.230		0	NR	4		4.550	1.896	
Methionine g	0.687		0	NR	4		1.402	0.584	
Cystine g	0.341		0	NR	4		0.695	0.289	
Phenylalanine g	1.042		0	NR	4		2.126	0.886	
Tyrosine g	0.841		0	NR	4		1.716	0.715	
Valine g	1.309		0	NR	4		2.671	1.113	
Arginine g	1.706		0	NR	4		3.481	1.450	
Histidine g	0.842		0	NR	4		1.718	0.716	
Alanine g	1.604		0	NR	4		3.273	1.364	
Aspartic acid g	2.404		0	NR	4		4.904	2.043	
Glutamic acid g	3.962		0	NR	4		8.082	3.368	
Glycine g	1.607		0	NR	4		3.278	1.366	
Proline g	1.258		0	NR	4		2.567	1.069	
Serine g	1.040		0	NR	4		2.121	0.884	
Hydroxyproline g	0.277		0	BFPN	4		0.566	0.236	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13914

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Common Measures:

Measure 1 = 204g: 1 steak (yield from raw steak weighing 248 g)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13448

Beef, short loin, top loin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Club Steak, Kansas City Strip, New York Strip

Refuse: 5% Bone and connective tissue, 1.7%, separable fat, 2.0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.27	0.425	20	A	1		96.41	54.63	
Energy....kcal	182		0	NC	4		274	155	
Energy....kJ	763		0	NC	4		1144	648	
Protein (N x 6.25)....g	29.25	0.227	20	A	1		43.88	24.86	
Total lipid (fat)....g	6.37	0.385	20	A	1		9.55	5.41	
Ash....g	1.25		20	A	1		1.87	1.06	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0	BFNN	4		28	16	
Iron, Fe....mg	1.84		0	BFNN	4		2.76	1.56	
Magnesium, Mg....mg	25		0	BFNN	4		37	21	
Phosphorus, P....mg	229		0	BFNN	4		344	195	
Potassium, K....mg	370		0	BFNN	4		554	314	
Sodium, Na....mg	60		0	BFNN	4		90	51	
Zinc, Zn....mg	5.37		0	BFNN	4		8.05	4.56	
Copper, Cu....mg	0.086		0	BFNN	4		0.128	0.073	
Manganese, Mn....mg	0.011		0	BFNN	4		0.016	0.009	
Selenium, Se....mcg	33.7		0	BFNN	4		50.5	28.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0	BFPN	4		0.120	0.068	
Riboflavin....mg	0.148		0	BFPN	4		0.222	0.126	
Niacin....mg	8.371		0	BFPN	4		12.556	7.115	
Pantothenic acid....mg	0.576		0	BFPN	4		0.863	0.489	
Vitamin B-6....mg	0.628		0	BFPN	4		0.942	0.534	
Folate, total....mcg	10		0	BFPN	4		15	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		15	8	
Folate, DFE....mcg_DFE	10		0	NC	4		15	8	
Choline, total....mg	111.4		0	BFPN	4		167.1	94.7	
Betaine....mg	14.6		0	BFPN	4		22.0	12.4	
Vitamin B-12....mcg	1.64		0	BFPN	4		2.45	1.39	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.38		0	BFSN	4		0.57	0.32	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.2	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.2	0.1	
Vitamin D....IU	4		0	BFFN	4		6	4	
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		2.0	1.2	
Lipids:									
Fatty acids, total saturated....g	2.425		0	NC	4		3.638	2.062	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13448

Beef, short loin, top loin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.004	0.002	
12:0....g	0.008		0	BFFN	4		0.012	0.007	
13:0....g									
14:0....g	0.173		0	BFFN	4		0.259	0.147	
15:0....g									
16:0....g	1.413		0	BFFN	4		2.119	1.201	
17:0....g									
18:0....g	0.830		0	BFFN	4		1.245	0.706	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.542		0	NC	4		3.812	2.160	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.191		0	BFFN	4		0.286	0.162	
17:1....g									
18:1 undifferentiated....g	2.348		0	BFFN	4		3.522	1.996	
20:1....g	0.003		0	BFFN	4		0.004	0.002	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.234		0	NC	4		0.352	0.199	
18:2 undifferentiated....g	0.186		0	BFFN	4		0.278	0.158	
18:3 undifferentiated....g	0.018		0	BFFN	4		0.027	0.015	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.031		0	BFFN	4		0.046	0.026	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	64		0	BFFN	4		96	55	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.192		0	A	1		0.288	0.163	
Threonine....g	1.169		0	A	1		1.753	0.993	
Isoleucine....g	1.331		0	A	1		1.996	1.131	
Leucine....g	2.327		0	A	1		3.490	1.978	
Lysine....g	2.472		0	A	1		3.708	2.101	
Methionine....g	0.762		0	A	1		1.143	0.647	
Cystine....g	0.377		0	A	1		0.566	0.321	
Phenylalanine....g	1.155		0	A	1		1.733	0.982	
Tyrosine....g	0.932		0	A	1		1.398	0.792	
Valine....g	1.451		0	A	1		2.177	1.234	
Arginine....g	1.892		0	A	1		2.837	1.608	
Histidine....g	0.934		0	A	1		1.400	0.794	
Alanine....g	1.778		0	A	1		2.668	1.512	
Aspartic acid....g	2.664		0	A	1		3.997	2.265	
Glutamic acid....g	4.391		0	A	1		6.587	3.733	
Glycine....g	1.781		0	A	1		2.672	1.514	
Proline....g	1.395		0	A	1		2.092	1.185	
Serine....g	1.152		0	A	1		1.728	0.979	
Hydroxyproline....g	0.307		0	BFPN	4		0.461	0.261	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13448

Beef, short loin, top loin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 150g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 223 g)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13449

Beef, short loin, top loin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Club Steak, Kansas City Strip, New York Strip, URMIS # 2213

Refuse: 5% Bone and connective tissue 2%, sep fat 3%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.24	0.521	10	A	1		103.72	53.76	
Energy....kcal	192		0	NC	4		315	163	
Energy....kJ	804		0	NC	4		1319	684	
Protein (N x 6.25)....g	28.91	0.366	10	A	1		47.42	24.58	
Total lipid (fat)....g	7.63	0.410	10	A	1		12.51	6.48	
Ash....g	1.19	0.023	10	A	1		1.95	1.01	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	BFNN	4		26	14	
Iron, Fe....mg	1.94		0	BFNN	4		3.19	1.65	
Magnesium, Mg....mg	24		0	BFNN	4		40	21	
Phosphorus, P....mg	222		0	BFNN	4		365	189	
Potassium, K....mg	356		0	BFNN	4		585	303	
Sodium, Na....mg	59		0	BFNN	4		97	50	
Zinc, Zn....mg	5.39		0	BFNN	4		8.83	4.58	
Copper, Cu....mg	0.091		0	BFNN	4		0.149	0.077	
Manganese, Mn....mg	0.011		0	BFNN	4		0.017	0.009	
Selenium, Se....mcg	32.9		0	BFNN	4		54.0	28.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.077		0	BFPN	4		0.126	0.065	
Riboflavin....mg	0.148		0	BFPN	4		0.243	0.126	
Niacin....mg	8.530		0	BFPN	4		13.990	7.251	
Pantothenic acid....mg	0.568		0	BFPN	4		0.931	0.483	
Vitamin B-6....mg	0.602		0	BFPN	4		0.987	0.512	
Folate, total....mcg	10		0	BFPN	4		16	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		16	8	
Folate, DFE....mcg_DFE	10		0	NC	4		16	8	
Choline, total....mg	110.1		0	BFPN	4		180.6	93.6	
Betaine....mg	14.5		0	BFPN	4		23.7	12.3	
Vitamin B-12....mcg	1.80		0	BFPN	4		2.96	1.53	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.39		0	BFSN	4		0.64	0.33	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		2.3	1.2	
Lipids:									
Fatty acids, total saturated....g	2.906		0	NC	4		4.766	2.470	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13449

Beef, short loin, top loin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.005	0.003	
12:0....g	0.009		0	BFFN	4		0.015	0.008	
13:0....g									
14:0....g	0.207		0	BFFN	4		0.339	0.176	
15:0....g									
16:0....g	1.692		0	BFFN	4		2.775	1.438	
17:0....g									
18:0....g	0.994		0	BFFN	4		1.631	0.845	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.045		0	NC	4		4.994	2.588	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.229		0	BFFN	4		0.375	0.194	
17:1....g									
18:1 undifferentiated....g	2.813		0	BFFN	4		4.614	2.391	
20:1....g	0.003		0	BFFN	4		0.005	0.003	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.281		0	NC	4		0.461	0.239	
18:2 undifferentiated....g	0.222		0	BFFN	4		0.365	0.189	
18:3 undifferentiated....g	0.022		0	BFFN	4		0.035	0.018	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.037		0	BFFN	4		0.061	0.031	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	77		0	BFFN	4		126	65	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.190		0	A	1		0.312	0.162	
Threonine....g	1.155		0	A	1		1.894	0.982	
Isoleucine....g	1.315		0	A	1		2.157	1.118	
Leucine....g	2.300		0	A	1		3.772	1.955	
Lysine....g	2.443		0	A	1		4.007	2.077	
Methionine....g	0.753		0	A	1		1.235	0.640	
Cystine....g	0.373		0	A	1		0.612	0.317	
Phenylalanine....g	1.142		0	A	1		1.873	0.971	
Tyrosine....g	0.921		0	A	1		1.511	0.783	
Valine....g	1.434		0	A	1		2.352	1.219	
Arginine....g	1.870		0	A	1		3.066	1.589	
Histidine....g	0.923		0	A	1		1.513	0.784	
Alanine....g	1.758		0	A	1		2.883	1.494	
Aspartic acid....g	2.634		0	A	1		4.319	2.239	
Glutamic acid....g	4.340		0	A	1		7.118	3.689	
Glycine....g	1.761		0	A	1		2.887	1.496	
Proline....g	1.378		0	A	1		2.260	1.172	
Serine....g	1.139		0	A	1		1.868	0.968	
Hydroxyproline....g	0.304		0	BFPN	4		0.498	0.258	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13449

Beef, short loin, top loin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 164g: 1 steak (yield from 203 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13450

Beef, short loin, top loin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

Club Steak, Kansas City Strip, New York Strip, URMIS # 1398

Refuse: 3% Bone and connective tissue 1%, sep fat 2%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.30	0.507	10	A	1		97.95	55.51	
Energy....kcal	172		0	NC	4		259	147	
Energy....kJ	721		0	NC	4		1082	613	
Protein (N x 6.25)....g	29.59	0.242	10	A	1		44.39	25.15	
Total lipid (fat)....g	5.11	0.321	10	A	1		7.66	4.34	
Ash....g	1.31	0.068	10	A	1		1.96	1.11	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0	BFNN	4		32	18	
Iron, Fe....mg	1.81		0	BFNN	4		2.71	1.54	
Magnesium, Mg....mg	25		0	BFNN	4		38	22	
Phosphorus, P....mg	238		0	BFNN	4		358	203	
Potassium, K....mg	386		0	BFNN	4		579	328	
Sodium, Na....mg	62		0	BFNN	4		93	53	
Zinc, Zn....mg	5.38		0	BFNN	4		8.06	4.57	
Copper, Cu....mg	0.080		0	BFNN	4		0.120	0.068	
Manganese, Mn....mg	0.011		0	BFNN	4		0.016	0.009	
Selenium, Se....mcg	36.7		0	BFNN	4		55.0	31.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.084		0	BFPN	4		0.127	0.072	
Riboflavin....mg	0.157		0	BFPN	4		0.235	0.133	
Niacin....mg	8.648		0	BFPN	4		12.972	7.351	
Pantothenic acid....mg	0.583		0	BFPN	4		0.875	0.496	
Vitamin B-6....mg	0.654		0	BFPN	4		0.981	0.556	
Folate, total....mcg	10		0	BFPN	4		15	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		15	8	
Folate, DFE....mcg_DFE	10		0	NC	4		15	8	
Choline, total....mg	112.7		0	BFPN	4		169.1	95.8	
Betaine....mg	14.8		0	BFPN	4		22.2	12.6	
Vitamin B-12....mcg	1.41		0	BFPN	4		2.12	1.20	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.37		0	BFSN	4		0.55	0.31	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		2.0	1.1	
Lipids:									
Fatty acids, total saturated....g	1.945		0	NC	4		2.918	1.653	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13450

Beef, short loin, top loin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.002		0	BFFN	4		0.003	0.002	
12:0....g	0.006		0	BFFN	4		0.009	0.005	
13:0....g									
14:0....g	0.139		0	BFFN	4		0.208	0.118	
15:0....g									
16:0....g	1.133		0	BFFN	4		1.699	0.963	
17:0....g									
18:0....g	0.666		0	BFFN	4		0.998	0.566	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.038		0	NC	4		3.057	1.732	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.153		0	BFFN	4		0.229	0.130	
17:1....g									
18:1 undifferentiated....g	1.883		0	BFFN	4		2.825	1.601	
20:1....g	0.002		0	BFFN	4		0.003	0.002	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.188		0	NC	4		0.282	0.160	
18:2 undifferentiated....g	0.149		0	BFFN	4		0.223	0.126	
18:3 undifferentiated....g	0.014		0	BFFN	4		0.022	0.012	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.025		0	BFFN	4		0.037	0.021	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	51		0	BFFN	4		77	44	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.194		0	A	1		0.292	0.165	
Threonine....g	1.182		0	A	1		1.773	1.005	
Isoleucine....g	1.346		0	A	1		2.019	1.144	
Leucine....g	2.354		0	A	1		3.531	2.001	
Lysine....g	2.501		0	A	1		3.751	2.126	
Methionine....g	0.771		0	A	1		1.156	0.655	
Cystine....g	0.382		0	A	1		0.573	0.325	
Phenylalanine....g	1.169		0	A	1		1.753	0.993	
Tyrosine....g	0.943		0	A	1		1.414	0.801	
Valine....g	1.468		0	A	1		2.202	1.248	
Arginine....g	1.913		0	A	1		2.870	1.626	
Histidine....g	0.944		0	A	1		1.417	0.803	
Alanine....g	1.799		0	A	1		2.698	1.529	
Aspartic acid....g	2.695		0	A	1		4.043	2.291	
Glutamic acid....g	4.442		0	A	1		6.663	3.776	
Glycine....g	1.802		0	A	1		2.703	1.532	
Proline....g	1.411		0	A	1		2.116	1.199	
Serine....g	1.166		0	A	1		1.748	0.991	
Hydroxyproline....g	0.311		0	BFPN	4		0.466	0.264	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13450

Beef, short loin, top loin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

Common Measures:

Measure 1 = 150g: 1 steak (yield from 186 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23606

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Refuse: 25% Bone and connective tissue, 11.91%, separable fat, 13.48%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.32	0.518	20	A	1		17.95	287.21	
Energy....kcal	189		0	NC	4		54	858	
Energy....kJ	791		0	NC	4		224	3588	
Protein (N x 6.25)....g	29.30	0.230	20	A	1		8.31	132.90	
Total lipid (fat)....g	7.09	0.394	20	A	1		2.01	32.16	
Ash....g	1.14	0.019	20	A	1		0.32	5.15	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	19	2.097	5	A	1		5	86	
Iron, Fe....mg	1.85	0.082	5	A	1		0.53	8.41	
Magnesium, Mg....mg	25	0.465	5	A	1		7	113	
Phosphorus, P....mg	231	4.447	5	A	1		66	1048	
Potassium, K....mg	372	6.301	5	A	1		106	1689	
Sodium, Na....mg	61	1.435	5	A	1		17	275	
Zinc, Zn....mg	5.41	0.084	5	A	1		1.53	24.54	
Copper, Cu....mg	0.086	0.005	5	A	1		0.024	0.391	
Manganese, Mn....mg	0.011	0.001	5	A	1		0.003	0.049	
Selenium, Se....mcg	33.9	4.867	5	A	1		9.6	153.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080	0.004	5	A	1		0.023	0.363	
Riboflavin....mg	0.148	0.013	5	A	1		0.042	0.673	
Niacin....mg	8.384	0.467	5	A	1		2.377	38.032	
Pantothenic acid....mg	0.576		0	BFPN	4		0.163	2.615	
Vitamin B-6....mg	0.629	0.030	5	A	1		0.178	2.852	
Folate, total....mcg	10		0	BFPN	4		3	44	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		3	44	
Folate, DFE....mcg_DFE	10		0	NC	4		3	44	
Choline, total....mg	111.6		0	BFPN	4		31.6	506.2	
Betaine....mg	14.7		0	BFPN	4		4.2	66.5	
Vitamin B-12....mcg	1.68	0.110	4	A	1		0.48	7.60	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.39		0	BFSN	4		0.11	1.77	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.0	0.5	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.0	0.5	
Vitamin D....IU	5		0	BFFN	4		1	21	
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		0.4	6.3	
Lipids:									
Fatty acids, total saturated....g	2.700		0	NC	4		0.765	12.247	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23606

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.001	0.012	
12:0....g	0.008		0	BFFN	4		0.002	0.036	
13:0....g									
14:0....g	0.192		0	BFFN	4		0.054	0.870	
15:0....g									
16:0....g	1.573		0	BFFN	4		0.446	7.134	
17:0....g									
18:0....g	0.925		0	BFFN	4		0.262	4.195	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.831		0	NC	4		0.803	12.840	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.213		0	BFFN	4		0.060	0.967	
17:1....g									
18:1 undifferentiated....g	2.615		0	BFFN	4		0.741	11.861	
20:1....g	0.003		0	BFFN	4		0.001	0.012	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.253		0	NC	4		0.072	1.148	
18:2 undifferentiated....g	0.203		0	BFFN	4		0.057	0.919	
18:3 undifferentiated....g	0.019		0	BFFN	4		0.005	0.084	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.032		0	BFFN	4		0.009	0.145	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	66		0	BFFN	4		19	301	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.193		0	A	1		0.055	0.873	
Threonine....g	1.170		0	A	1		0.332	5.309	
Isoleucine....g	1.333		0	A	1		0.378	6.047	
Leucine....g	2.331		0	A	1		0.661	10.572	
Lysine....g	2.476		0	A	1		0.702	11.232	
Methionine....g	0.763		0	A	1		0.216	3.461	
Cystine....g	0.378		0	A	1		0.107	1.715	
Phenylalanine....g	1.157		0	A	1		0.328	5.250	
Tyrosine....g	0.934		0	A	1		0.265	4.235	
Valine....g	1.454		0	A	1		0.412	6.594	
Arginine....g	1.895		0	A	1		0.537	8.594	
Histidine....g	0.935		0	A	1		0.265	4.242	
Alanine....g	1.781		0	A	1		0.505	8.080	
Aspartic acid....g	2.669		0	A	1		0.757	12.106	
Glutamic acid....g	4.399		0	A	1		1.247	19.952	
Glycine....g	1.784		0	A	1		0.506	8.093	
Proline....g	1.397		0	A	1		0.396	6.336	
Serine....g	1.154		0	A	1		0.327	5.235	
Hydroxyproline....g	0.308		0	BFPN	4		0.087	1.396	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23606

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23630

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

URMIS # 2213

Refuse: 26% Bone and connective tissue 12%, sep fat 14%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.99	0.583	10	A	1		17.57	281.16	
Energy....kcal	201		0	NC	4		57	911	
Energy....kJ	840		0	NC	4		238	3810	
Protein (N x 6.25)....g	29.16	0.311	10	A	1		8.27	132.28	
Total lipid (fat)....g	8.45	0.388	10	A	1		2.40	38.32	
Ash....g	1.13	0.031	10	A	1		0.32	5.14	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16	1.549	3	A	1		5	74	
Iron, Fe....mg	1.97	0.133	3	A	1		0.56	8.95	
Magnesium, Mg....mg	25	0.852	3	A	1		7	112	
Phosphorus, P....mg	226	5.525	3	A	1		64	1024	
Potassium, K....mg	362	6.496	3	A	1		103	1641	
Sodium, Na....mg	60	2.602	3	A	1		17	273	
Zinc, Zn....mg	5.47	0.162	3	A	1		1.55	24.80	
Copper, Cu....mg	0.092	0.007	3	A	1		0.026	0.417	
Manganese, Mn....mg	0.011	0.001	3	A	1		0.003	0.049	
Selenium, Se....mcg	33.4	7.755	3	A	1		9.5	151.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.077	0.006	3	A	1		0.022	0.351	
Riboflavin....mg	0.149	0.021	3	A	1		0.042	0.677	
Niacin....mg	8.604	0.635	3	A	1		2.439	39.026	
Pantothenic acid....mg	0.573		0	BFPN	4		0.162	2.598	
Vitamin B-6....mg	0.607	0.035	3	A	1		0.172	2.753	
Folate, total....mcg	10		0	BFPN	4		3	44	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		3	44	
Folate, DFE....mcg_DFE	10		0	NC	4		3	44	
Choline, total....mg	111.1		0	BFPN	4		31.5	503.8	
Betaine....mg	14.6		0	BFPN	4		4.1	66.2	
Vitamin B-12....mcg	1.82	0.049	3	A	1		0.52	8.25	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.41		0	BFSN	4		0.11	1.84	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		0.4	6.5	
Lipids:									
Fatty acids, total saturated....g	3.217		0	NC	4		0.912	14.594	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23630

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.001	0.014	
12:0....g	0.010		0	BFFN	4		0.003	0.043	
13:0....g									
14:0....g	0.229		0	BFFN	4		0.065	1.037	
15:0....g									
16:0....g	1.874		0	BFFN	4		0.531	8.500	
17:0....g									
18:0....g	1.102		0	BFFN	4		0.312	4.999	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.373		0	NC	4		0.956	15.300	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.254		0	BFFN	4		0.072	1.153	
17:1....g									
18:1 undifferentiated....g	3.116		0	BFFN	4		0.883	14.134	
20:1....g	0.003		0	BFFN	4		0.001	0.014	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.302		0	NC	4		0.086	1.368	
18:2 undifferentiated....g	0.241		0	BFFN	4		0.068	1.095	
18:3 undifferentiated....g	0.022		0	BFFN	4		0.006	0.101	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.038		0	BFFN	4		0.011	0.173	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	79		0	BFFN	4		22	359	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.192		0	A	1		0.054	0.869	
Threonine....g	1.165		0	A	1		0.330	5.284	
Isoleucine....g	1.327		0	A	1		0.376	6.018	
Leucine....g	2.320		0	A	1		0.658	10.522	
Lysine....g	2.465		0	A	1		0.699	11.179	
Methionine....g	0.759		0	A	1		0.215	3.445	
Cystine....g	0.376		0	A	1		0.107	1.707	
Phenylalanine....g	1.152		0	A	1		0.327	5.225	
Tyrosine....g	0.929		0	A	1		0.263	4.215	
Valine....g	1.447		0	A	1		0.410	6.562	
Arginine....g	1.886		0	A	1		0.535	8.554	
Histidine....g	0.931		0	A	1		0.264	4.222	
Alanine....g	1.773		0	A	1		0.503	8.042	
Aspartic acid....g	2.656		0	A	1		0.753	12.049	
Glutamic acid....g	4.378		0	A	1		1.241	19.858	
Glycine....g	1.776		0	A	1		0.503	8.055	
Proline....g	1.390		0	A	1		0.394	6.306	
Serine....g	1.149		0	A	1		0.326	5.211	
Hydroxyproline....g	0.306		0	BFPN	4		0.087	1.390	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23630

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23589

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

URMIS # 1398

Refuse: 25% Bone and connective tissue 12%, sep fat 13%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.65	0.632	10	A	1		18.33	293.27	
Energy....kcal	177		0	NC	4		50	805	
Energy....kJ	742		0	NC	4		210	3367	
Protein (N x 6.25)....g	29.44	0.351	10	A	1		8.35	133.53	
Total lipid (fat)....g	5.73	0.306	10	A	1		1.63	26.00	
Ash....g	1.14	0.026	10	A	1		0.32	5.16	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	21	2.801	3	A	1		6	96	
Iron, Fe....mg	1.81	0.089	3	A	1		0.51	8.20	
Magnesium, Mg....mg	25	0.203	3	A	1		7	115	
Phosphorus, P....mg	239	0.882	3	A	1		68	1083	
Potassium, K....mg	386	6.009	3	A	1		110	1752	
Sodium, Na....mg	62	1.050	3	A	1		18	282	
Zinc, Zn....mg	5.38	0.145	3	A	1		1.53	24.41	
Copper, Cu....mg	0.080	0.003	3	A	1		0.023	0.363	
Manganese, Mn....mg	0.011	0.000	3	A	1		0.003	0.048	
Selenium, Se....mcg	36.7	5.477	3	A	1		10.4	166.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.084	0.005	3	A	1		0.024	0.381	
Riboflavin....mg	0.156	0.018	3	A	1		0.044	0.707	
Niacin....mg	8.603	0.775	3	A	1		2.439	39.024	
Pantothenic acid....mg	0.580		0	BFPN	4		0.164	2.631	
Vitamin B-6....mg	0.650	0.035	3	A	1		0.184	2.950	
Folate, total....mcg	10		0	BFPN	4		3	45	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		3	45	
Folate, DFE....mcg_DFE	10		0	NC	4		3	45	
Choline, total....mg	112.1		0	BFPN	4		31.8	508.6	
Betaine....mg	14.7		0	BFPN	4		4.2	66.8	
Vitamin B-12....mcg	1.41	0.080	3	A	1		0.40	6.38	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.38		0	BFSN	4		0.11	1.71	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		0.4	6.1	
Lipids:									
Fatty acids, total saturated....g	2.183		0	NC	4		0.619	9.900	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23589

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.002		0	BFFN	4		0.001	0.010	
12:0....g	0.006		0	BFFN	4		0.002	0.029	
13:0....g									
14:0....g	0.155		0	BFFN	4		0.044	0.704	
15:0....g									
16:0....g	1.271		0	BFFN	4		0.360	5.767	
17:0....g									
18:0....g	0.748		0	BFFN	4		0.212	3.392	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.288		0	NC	4		0.649	10.380	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.172		0	BFFN	4		0.049	0.782	
17:1....g									
18:1 undifferentiated....g	2.114		0	BFFN	4		0.599	9.589	
20:1....g	0.002		0	BFFN	4		0.001	0.010	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.205		0	NC	4		0.058	0.928	
18:2 undifferentiated....g	0.164		0	BFFN	4		0.046	0.743	
18:3 undifferentiated....g	0.015		0	BFFN	4		0.004	0.068	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.026		0	BFFN	4		0.007	0.117	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	54		0	BFFN	4		15	243	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.193		0	A	1		0.055	0.878	
Threonine....g	1.176		0	A	1		0.333	5.334	
Isoleucine....g	1.339		0	A	1		0.380	6.075	
Leucine....g	2.342		0	A	1		0.664	10.622	
Lysine....g	2.488		0	A	1		0.705	11.285	
Methionine....g	0.767		0	A	1		0.217	3.477	
Cystine....g	0.380		0	A	1		0.108	1.723	
Phenylalanine....g	1.163		0	A	1		0.330	5.274	
Tyrosine....g	0.938		0	A	1		0.266	4.255	
Valine....g	1.460		0	A	1		0.414	6.624	
Arginine....g	1.904		0	A	1		0.540	8.634	
Histidine....g	0.939		0	A	1		0.266	4.261	
Alanine....g	1.790		0	A	1		0.507	8.118	
Aspartic acid....g	2.681		0	A	1		0.760	12.163	
Glutamic acid....g	4.419		0	A	1		1.253	20.046	
Glycine....g	1.792		0	A	1		0.508	8.131	
Proline....g	1.403		0	A	1		0.398	6.366	
Serine....g	1.160		0	A	1		0.329	5.260	
Hydroxyproline....g	0.309		0	BFPN	4		0.088	1.403	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23589

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13441

Beef, steak, tenderloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Beef Medallions, Filet Mignon, URMIS #1388

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.73	0.624	10	PAK	1		67.75		
Energy....kcal	205		0	NC	4		221		
Energy....kJ	857		0	NC	4		925		
Protein (N x 6.25)....g	27.18	0.219	10	PAK	1		29.36		
Total lipid (fat)....g	9.83	0.657	10	PAK	1		10.62		
Ash....g	1.15	0.041	10	PAK	1		1.24		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0	BFFN	4		24		
Iron, Fe....mg	1.66		0	BFFN	4		1.79		
Magnesium, Mg....mg	23		0	BFFN	4		25		
Phosphorus, P....mg	217		0	BFFN	4		235		
Potassium, K....mg	346		0	BFFN	4		374		
Sodium, Na....mg	58		0	BFFN	4		62		
Zinc, Zn....mg	4.94		0	BFFN	4		5.33		
Copper, Cu....mg	0.074		0	BFFN	4		0.080		
Manganese, Mn....mg	0.009		0	BFFN	4		0.010		
Selenium, Se....mcg	29.4		0	BFFN	4		31.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.079		0	BFPN	4		0.085		
Riboflavin....mg	0.142		0	BFPN	4		0.154		
Niacin....mg	7.100		0	BFPN	4		7.668		
Pantothenic acid....mg	0.536		0	BFPN	4		0.579		
Vitamin B-6....mg	0.596		0	BFPN	4		0.643		
Folate, total....mcg	8		0	BFPN	4		9		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	8		0	BFPN	4		9		
Folate, DFE....mcg_DFE	8		0	NC	4		9		
Choline, total....mg	103.5		0	BFPN	4		111.8		
Betaine....mg	13.6		0	BFPN	4		14.7		
Vitamin B-12....mcg	1.41		0	BFPN	4		1.52		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFSN	4		0.43		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		1.5		
Lipids:									
Fatty acids, total saturated....g	3.816		0	NC	4		4.122		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13441

Beef, steak, tenderloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.015		0	BFFN	4		0.016		
12:0 g	0.018		0	BFFN	4		0.019		
13:0 g									
14:0 g	0.286		0	BFFN	4		0.308		
15:0 g									
16:0 g	2.268		0	BFFN	4		2.449		
17:0 g									
18:0 g	1.231		0	BFFN	4		1.329		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.026		0	NC	4		4.348		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.339		0	BFFN	4		0.366		
17:1 g									
18:1 undifferentiated g	3.675		0	BFFN	4		3.969		
20:1 g	0.012		0	BFFN	4		0.013		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.365		0	NC	4		0.394		
18:2 undifferentiated g	0.268		0	BFFN	4		0.289		
18:3 undifferentiated g	0.062		0	BFFN	4		0.067		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.035		0	BFFN	4		0.038		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	74		0	BFFN	4		80		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.179		0	PAK	1		0.193		
Threonine g	1.086		0	PAK	1		1.173		
Isoleucine g	1.237		0	PAK	1		1.336		
Leucine g	2.162		0	PAK	1		2.335		
Lysine g	2.297		0	PAK	1		2.481		
Methionine g	0.708		0	PAK	1		0.764		
Cystine g	0.351		0	PAK	1		0.379		
Phenylalanine g	1.074		0	PAK	1		1.159		
Tyrosine g	0.866		0	PAK	1		0.935		
Valine g	1.348		0	PAK	1		1.456		
Arginine g	1.758		0	PAK	1		1.898		
Histidine g	0.867		0	PAK	1		0.937		
Alanine g	1.652		0	PAK	1		1.785		
Aspartic acid g	2.476		0	PAK	1		2.674		
Glutamic acid g	4.080		0	PAK	1		4.407		
Glycine g	1.655		0	PAK	1		1.787		
Proline g	1.296		0	PAK	1		1.399		
Serine g	1.071		0	PAK	1		1.156		
Hydroxyproline g	0.286		0	BFPN	4		0.308		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13441

Beef, steak, tenderloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Common Measures:

Measure 1 = 108g: 1 steak (yield from 136 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13918

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Beef Medallions, Filet Mignon

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.04	0.573	19	PAK	1		47.64	58.28	
Energy....kcal	267		0	NC	4		227	278	
Energy....kJ	1119		0	NC	4		951	1164	
Protein (N x 6.25)....g	26.46	0.326	19	PAK	1		22.49	27.51	
Total lipid (fat)....g	17.12	0.664	19	PAK	1		14.55	17.81	
Ash....g	1.06	0.030	19	PAK	1		0.90	1.10	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0	BFNN	4		16	20	
Iron, Fe....mg	1.69		0	BFNN	4		1.44	1.76	
Magnesium, Mg....mg	22		0	BFNN	4		19	23	
Phosphorus, P....mg	205		0	BFNN	4		174	213	
Potassium, K....mg	329		0	BFNN	4		280	342	
Sodium, Na....mg	54		0	BFNN	4		46	57	
Zinc, Zn....mg	4.76		0	BFNN	4		4.05	4.96	
Copper, Cu....mg	0.079		0	BFNN	4		0.067	0.082	
Manganese, Mn....mg	0.009		0	BFNN	4		0.008	0.010	
Selenium, Se....mcg	28.6		0	BFNN	4		24.3	29.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.072		0	BFPN	4		0.061	0.074	
Riboflavin....mg	0.128		0	BFPN	4		0.108	0.133	
Niacin....mg	7.041		0	BFPN	4		5.985	7.323	
Pantothenic acid....mg	0.522		0	BFPN	4		0.443	0.542	
Vitamin B-6....mg	0.554		0	BFPN	4		0.471	0.576	
Folate, total....mcg	8		0	BFPN	4		7	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0	BFPN	4		7	9	
Folate, DFE....mcg_DFE	8		0	NC	4		7	9	
Choline, total....mg	100.8		0	BFPN	4		85.6	104.8	
Betaine....mg	13.2		0	BFPN	4		11.3	13.8	
Vitamin B-12....mcg	1.56		0	BFPN	4		1.32	1.62	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.47		0	BFSN	4		0.40	0.49	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.3		0	AS	1		0.2	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.3		0	BFFN	4		0.2	0.3	
Vitamin D....IU	11		0	BFFN	4		10	12	
Vitamin K (phylloquinone)....mcg	1.7		0	BFSN	4		1.4	1.7	
Lipids:									
Fatty acids, total saturated....g	6.743		0	NC	4		5.731	7.012	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13918

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.043		0	BFFN	4		0.036	0.044	
12:0 g	0.039		0	BFFN	4		0.033	0.040	
13:0 g									
14:0 g	0.521		0	BFFN	4		0.443	0.542	
15:0 g									
16:0 g	4.071		0	BFFN	4		3.461	4.234	
17:0 g									
18:0 g	2.069		0	BFFN	4		1.759	2.152	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.136		0	NC	4		6.066	7.422	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.645		0	BFFN	4		0.548	0.671	
17:1 g									
18:1 undifferentiated g	6.467		0	BFFN	4		5.497	6.725	
20:1 g	0.025		0	BFFN	4		0.021	0.026	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.634		0	NC	4		0.539	0.659	
18:2 undifferentiated g	0.443		0	BFFN	4		0.376	0.461	
18:3 undifferentiated g	0.152		0	BFFN	4		0.129	0.158	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.039		0	BFFN	4		0.033	0.040	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	90		0	BFFN	4		77	94	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.174		0	PAK	1		0.148	0.181	
Threonine g	1.057		0	PAK	1		0.898	1.099	
Isoleucine g	1.204		0	PAK	1		1.023	1.252	
Leucine g	2.105		0	PAK	1		1.789	2.189	
Lysine g	2.236		0	PAK	1		1.900	2.325	
Methionine g	0.689		0	PAK	1		0.586	0.717	
Cystine g	0.341		0	PAK	1		0.290	0.355	
Phenylalanine g	1.045		0	PAK	1		0.888	1.087	
Tyrosine g	0.843		0	PAK	1		0.717	0.877	
Valine g	1.313		0	PAK	1		1.116	1.365	
Arginine g	1.711		0	PAK	1		1.454	1.779	
Histidine g	0.844		0	PAK	1		0.718	0.878	
Alanine g	1.608		0	PAK	1		1.367	1.673	
Aspartic acid g	2.410		0	PAK	1		2.048	2.506	
Glutamic acid g	3.972		0	PAK	1		3.376	4.131	
Glycine g	1.611		0	PAK	1		1.369	1.675	
Proline g	1.261		0	PAK	1		1.072	1.312	
Serine g	1.042		0	PAK	1		0.886	1.084	
Hydroxyproline g	0.269		0	BFPN	4		0.229	0.280	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13918

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 104g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 154 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13919

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Beef Medallions, Filet Mignon

Refuse: 2% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	48.37		0	PAE	4		159.62	41.11	
Energy ... kcal	324		0	NC	4		1069	275	
Energy ... kJ	1356		0		4		4474	1152	
Protein (N x 6.25) ... g	23.90		0	PAE	4		78.87	20.32	
Total lipid (fat) ... g	24.60		0	PAE	4		81.18	20.91	
Ash ... g	1.18		0	PAE	4		3.89	1.00	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	9		0	PAE	4		30	8	
Iron, Fe ... mg	3.11		0	PAE	4		10.26	2.64	
Magnesium, Mg ... mg	22		0	PAE	4		73	19	
Phosphorus, P ... mg	203		0	PAE	4		670	173	
Potassium, K ... mg	331		0	PAE	4		1092	281	
Sodium, Na ... mg	57		0	PAE	4		188	48	
Zinc, Zn ... mg	4.03		0	PAE	4		13.30	3.43	
Copper, Cu ... mg	0.123		0	PAE	4		0.406	0.105	
Manganese, Mn ... mg	0.014		0	PAE	4		0.046	0.012	
Selenium, Se ... mcg	22.9		0	BFYN	4		75.6	19.5	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.090		0	PAE	4		0.297	0.077	
Riboflavin ... mg	0.260		0	PAE	4		0.858	0.221	
Niacin ... mg	3.000		0	PAE	4		9.900	2.550	
Pantothenic acid ... mg	0.250		0	PAE	4		0.825	0.213	
Vitamin B-6 ... mg	0.250		0	PAE	4		0.825	0.213	
Folate, total ... mcg	8		0	PAE	4		26	7	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	8		0	PAE	4		26	7	
Folate, DFE ... mcg_DFE	8		0	NC	4		26	7	
Choline, total ... mg	91.0		0	BFPN	4		300.4	77.4	
Betaine ... mg	12.0		0	BFPN	4		39.5	10.2	
Vitamin B-12 ... mcg	2.46		0	PAE	4		8.12	2.09	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	AS	1		0	0	
Retinol ... mcg									
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0	PAE	4		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	9.720		0	PAE	4		32.076	8.262	
4:0 ... g	0.000		0	Z	7		0.000	0.000	
6:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 13919

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.060		0	PAE	4		0.198	0.051	
12:0 g	0.060		0	PAE	4		0.198	0.051	
13:0 g									
14:0 g	0.750		0	PAE	4		2.475	0.638	
15:0 g									
16:0 g	5.930		0	PAE	4		19.569	5.041	
17:0 g									
18:0 g	2.920		0	PAE	4		9.636	2.482	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.270		0	PAE	4		33.891	8.730	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.970		0	PAE	4		3.201	0.825	
17:1 g									
18:1 undifferentiated g	9.270		0	PAE	4		30.591	7.880	
20:1 g	0.040		0	PAE	4		0.132	0.034	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.000		0	PAE	4		3.300	0.850	
18:2 undifferentiated g	0.680		0	PAE	4		2.244	0.578	
18:3 undifferentiated g	0.270		0	PAE	4		0.891	0.230	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		0	PAE	4		0.165	0.043	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	85		0	PAE	4		281	72	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.268		0	PAE	4		0.884	0.228	
Threonine g	1.044		0	PAE	4		3.445	0.887	
Isoleucine g	1.075		0	PAE	4		3.548	0.914	
Leucine g	1.889		0	PAE	4		6.234	1.606	
Lysine g	1.989		0	PAE	4		6.564	1.691	
Methionine g	0.612		0	PAE	4		2.020	0.520	
Cystine g	0.268		0	PAE	4		0.884	0.228	
Phenylalanine g	0.933		0	PAE	4		3.079	0.793	
Tyrosine g	0.803		0	PAE	4		2.650	0.683	
Valine g	1.163		0	PAE	4		3.838	0.989	
Arginine g	1.511		0	PAE	4		4.986	1.284	
Histidine g	0.818		0	PAE	4		2.699	0.695	
Alanine g	1.442		0	PAE	4		4.759	1.226	
Aspartic acid g	2.184		0	PAE	4		7.207	1.856	
Glutamic acid g	3.591		0	PAE	4		11.850	3.052	
Glycine g	1.304		0	PAE	4		4.303	1.108	
Proline g	1.056		0	PAE	4		3.485	0.898	
Serine g	0.914		0	PAE	4		3.016	0.777	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13919

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Common Measures:

Measure 1 = 330g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13917

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Beef Medallions, Filet Mignon

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.52	0.831	21	PAK	1		100.89	17.44	279.04
Energy....kcal	247		0	NC	4		406	70	1123
Energy....kJ	1036		0	NC	4		1698	294	4697
Protein (N x 6.25)....g	19.61	0.267	21	PAK	1		32.15	5.56	88.94
Total lipid (fat)....g	18.16	1.007	21	PAK	1		29.78	5.15	82.36
Ash....g	0.92	0.017	21	PAK	1		1.51	0.26	4.17
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	23		0	BFNN	4		38	7	106
Iron, Fe....mg	1.42		0	BFNN	4		2.33	0.40	6.45
Magnesium, Mg....mg	20		0	BFNN	4		33	6	91
Phosphorus, P....mg	180		0	BFNN	4		294	51	814
Potassium, K....mg	302		0	BFNN	4		495	86	1369
Sodium, Na....mg	50		0	BFNN	4		82	14	226
Zinc, Zn....mg	3.41		0	BFNN	4		5.59	0.97	15.46
Copper, Cu....mg	0.067		0	BFNN	4		0.109	0.019	0.302
Manganese, Mn....mg	0.011		0	BFNN	4		0.018	0.003	0.049
Selenium, Se....mcg	22.0		0	BFNN	4		36.1	6.2	99.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.061		0	BFPN	4		0.100	0.017	0.276
Riboflavin....mg	0.095		0	BFPN	4		0.155	0.027	0.429
Niacin....mg	5.782		0	BFPN	4		9.482	1.639	26.225
Pantothenic acid....mg	0.560		0	BFPN	4		0.919	0.159	2.541
Vitamin B-6....mg	0.535		0	BFPN	4		0.877	0.152	2.425
Folate, total....mcg	11		0	BFPN	4		17	3	48
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	11		0	BFPN	4		17	3	48
Folate, DFE....mcg_DFE	11		0	NC	4		17	3	48
Choline, total....mg	81.9		0	BFPN	4		134.3	23.2	371.5
Betaine....mg	12.0		0	BFPN	4		19.7	3.4	54.6
Vitamin B-12....mcg	1.01		0	BFPN	4		1.66	0.29	4.58
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.41		0	BFSN	4		0.67	0.12	1.86
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		2.7	0.5	7.4
Lipids:									
Fatty acids, total saturated....g	7.327		0	NC	4		12.016	2.077	33.234
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000

NDB No. 13917

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0 g	0.058		0	BFFN	4		0.096	0.017	0.264
12:0 g	0.039		0	BFFN	4		0.064	0.011	0.176
13:0 g									
14:0 g	0.574		0	BFFN	4		0.941	0.163	2.604
15:0 g									
16:0 g	4.411		0	BFFN	4		7.234	1.251	20.009
17:0 g									
18:0 g	2.244		0	BFFN	4		3.681	0.636	10.181
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.774		0	NC	4		12.750	2.204	35.265
14:1 g									
15:1 g									
16:1 undifferentiated g	0.885		0	BFFN	4		1.452	0.251	4.016
17:1 g									
18:1 undifferentiated g	6.863		0	BFFN	4		11.255	1.946	31.131
20:1 g	0.026		0	BFFN	4		0.042	0.007	0.117
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.691		0	NC	4		1.133	0.196	3.133
18:2 undifferentiated g	0.444		0	BFFN	4		0.729	0.126	2.015
18:3 undifferentiated g	0.217		0	BFFN	4		0.356	0.062	0.986
18:4 g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.029		0	BFFN	4		0.048	0.008	0.132
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	66		0	BFFN	4		109	19	302
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.129		0	PAK	1		0.211	0.037	0.585
Threonine g	0.783		0	PAK	1		1.285	0.222	3.553
Isoleucine g	0.892		0	PAK	1		1.463	0.253	4.046
Leucine g	1.560		0	PAK	1		2.558	0.442	7.075
Lysine g	1.657		0	PAK	1		2.717	0.470	7.516
Methionine g	0.511		0	PAK	1		0.837	0.145	2.316
Cystine g	0.253		0	PAK	1		0.415	0.072	1.148
Phenylalanine g	0.774		0	PAK	1		1.270	0.220	3.513
Tyrosine g	0.625		0	PAK	1		1.025	0.177	2.834
Valine g	0.973		0	PAK	1		1.595	0.276	4.412
Arginine g	1.268		0	PAK	1		2.079	0.359	5.751
Histidine g	0.626		0	PAK	1		1.026	0.177	2.838
Alanine g	1.192		0	PAK	1		1.955	0.338	5.407
Aspartic acid g	1.786		0	PAK	1		2.929	0.506	8.101
Glutamic acid g	2.943		0	PAK	1		4.827	0.834	13.351
Glycine g	1.194		0	PAK	1		1.958	0.338	5.415
Proline g	0.935		0	PAK	1		1.533	0.265	4.240
Serine g	0.772		0	PAK	1		1.267	0.219	3.503
Hydroxyproline g	0.189		0	BFPN	4		0.311	0.054	0.859
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13917

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 164g: 1 steak

Measure 2 = 28.35g: 1 oz

Measure 3 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13922

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Beef Medallions, Filet Mignon, URMIS #2201

Refuse: 2% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	47.99		0	PAE	4		157.89	40.79	
Energy ... kcal	331		0	NC	4		1089	281	
Energy ... kJ	1385		0	NC	4		4557	1177	
Protein (N x 6.25) ... g	23.90		0	PAE	4		78.63	20.32	
Total lipid (fat) ... g	25.39		0	PAE	4		83.53	21.58	
Ash ... g	1.18		0	PAE	4		3.88	1.00	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	9		0	PAE	4		30	8	
Iron, Fe ... mg	3.11		0	PAE	4		10.23	2.64	
Magnesium, Mg ... mg	26		0	PAE	4		86	22	
Phosphorus, P ... mg	236		0	PAE	4		776	201	
Potassium, K ... mg	407		0	PAE	4		1339	346	
Sodium, Na ... mg	65		0	PAE	4		214	55	
Zinc, Zn ... mg	4.03		0	PAE	4		13.26	3.43	
Copper, Cu ... mg	0.123		0	PAE	4		0.405	0.105	
Manganese, Mn ... mg	0.016		0	PAE	4		0.053	0.014	
Selenium, Se ... mcg	22.8		0	BFYN	4		75.0	19.4	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.150		0	PAE	4		0.494	0.128	
Riboflavin ... mg	0.270		0	PAE	4		0.888	0.230	
Niacin ... mg	3.880		0	PAE	4		12.765	3.298	
Pantothenic acid ... mg	0.400		0	PAE	4		1.316	0.340	
Vitamin B-6 ... mg	0.480		0	PAE	4		1.579	0.408	
Folate, total ... mcg	8		0	PAE	4		26	7	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	8		0	PAE	4		26	7	
Folate, DFE ... mcg_DFE	8		0	NC	4		26	7	
Choline, total ... mg	91.0		0	BFPN	4		299.5	77.4	
Betaine ... mg	12.0		0	BFPN	4		39.3	10.2	
Vitamin B-12 ... mcg	3.37		0	PAE	4		11.09	2.86	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	AS	1		0	0	
Retinol ... mcg									
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0	PAE	4		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	10.020		0	PAE	4		32.966	8.517	
4:0 ... g	0.000		0	Z	7		0.000	0.000	
6:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 13922

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 ... g	0.000		0	Z	7		0.000	0.000	
10:0 ... g	0.070		0	PAE	4		0.230	0.060	
12:0 ... g	0.070		0	PAE	4		0.230	0.060	
13:0 ... g									
14:0 ... g	0.780		0	PAE	4		2.566	0.663	
15:0 ... g									
16:0 ... g	6.070		0	PAE	4		19.970	5.160	
17:0 ... g									
18:0 ... g	3.020		0	PAE	4		9.936	2.567	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	10.500		0	PAE	4		34.545	8.925	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.980		0	PAE	4		3.224	0.833	
17:1 ... g									
18:1 undifferentiated ... g	9.480		0	PAE	4		31.189	8.058	
20:1 ... g	0.040		0	PAE	4		0.132	0.034	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.960		0	PAE	4		3.158	0.816	
18:2 undifferentiated ... g	0.650		0	PAE	4		2.139	0.553	
18:3 undifferentiated ... g	0.270		0	PAE	4		0.888	0.230	
18:4 ... g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.040		0	PAE	4		0.132	0.034	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	85		0	PAE	4		280	72	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.268		0	PAE	4		0.882	0.228	
Threonine ... g	1.044		0	PAE	4		3.435	0.887	
Isoleucine ... g	1.075		0	PAE	4		3.537	0.914	
Leucine ... g	1.889		0	PAE	4		6.215	1.606	
Lysine ... g	1.989		0	PAE	4		6.544	1.691	
Methionine ... g	0.612		0	PAE	4		2.013	0.520	
Cystine ... g	0.268		0	PAE	4		0.882	0.228	
Phenylalanine ... g	0.933		0	PAE	4		3.070	0.793	
Tyrosine ... g	0.803		0	PAE	4		2.642	0.683	
Valine ... g	1.163		0	PAE	4		3.826	0.989	
Arginine ... g	1.511		0	PAE	4		4.971	1.284	
Histidine ... g	0.818		0	PAE	4		2.691	0.695	
Alanine ... g	1.442		0	PAE	4		4.744	1.226	
Aspartic acid ... g	2.184		0	PAE	4		7.185	1.856	
Glutamic acid ... g	3.591		0	PAE	4		11.814	3.052	
Glycine ... g	1.304		0	PAE	4		4.290	1.108	
Proline ... g	1.056		0	PAE	4		3.474	0.898	
Serine ... g	0.914		0	PAE	4		3.007	0.777	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13922

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 329g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13920

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Beef Medallions, Filet Mignon, URMIS #2201

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.69	0.983	11	PAK	1		109.18	17.49	279.80
Energy....kcal	246		0	NC	4		435	70	1115
Energy....kJ	1029		0	NC	4		1821	292	4667
Protein (N x 6.25)....g	19.82	0.411	11	PAK	1		35.08	5.62	89.91
Total lipid (fat)....g	17.88	1.317	11	PAK	1		31.64	5.07	81.09
Ash....g	0.94	0.026	11	PAK	1		1.66	0.27	4.26
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	25		0	BFNN	4		44	7	112
Iron, Fe....mg	1.43		0	BFNN	4		2.52	0.40	6.47
Magnesium, Mg....mg	20		0	BFNN	4		35	6	91
Phosphorus, P....mg	177		0	BFNN	4		314	50	805
Potassium, K....mg	303		0	BFNN	4		536	86	1374
Sodium, Na....mg	50		0	BFNN	4		88	14	226
Zinc, Zn....mg	3.50		0	BFNN	4		6.19	0.99	15.86
Copper, Cu....mg	0.065		0	BFNN	4		0.115	0.018	0.294
Manganese, Mn....mg	0.012		0	BFNN	4		0.022	0.003	0.055
Selenium, Se....mcg	21.4		0	BFNN	4		37.9	6.1	97.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.052		0	BFPN	4		0.093	0.015	0.238
Riboflavin....mg	0.084		0	BFPN	4		0.148	0.024	0.380
Niacin....mg	6.392		0	BFPN	4		11.314	1.812	28.995
Pantothenic acid....mg	0.579		0	BFPN	4		1.024	0.164	2.624
Vitamin B-6....mg	0.534		0	BFPN	4		0.945	0.151	2.421
Folate, total....mcg	11		0	BFPN	4		19	3	49
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	11		0	BFPN	4		19	3	49
Folate, DFE....mcg_DFE	11		0	NC	4		19	3	49
Choline, total....mg	82.8		0	BFPN	4		146.5	23.5	375.5
Betaine....mg	12.2		0	BFPN	4		21.5	3.5	55.2
Vitamin B-12....mcg	1.10		0	BFPN	4		1.95	0.31	5.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.41		0	BFSN	4		0.72	0.12	1.85
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		2.9	0.5	7.4
Lipids:									
Fatty acids, total saturated....g	7.214		0	NC	4		12.769	2.045	32.723
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000

NDB No. 13920

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0 g	0.057		0	BFFN	4		0.102	0.016	0.260
12:0 g	0.038		0	BFFN	4		0.068	0.011	0.174
13:0 g									
14:0 g	0.565		0	BFFN	4		1.000	0.160	2.564
15:0 g									
16:0 g	4.343		0	BFFN	4		7.687	1.231	19.701
17:0 g									
18:0 g	2.210		0	BFFN	4		3.912	0.627	10.024
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.655		0	NC	4		13.549	2.170	34.723
14:1 g									
15:1 g									
16:1 undifferentiated g	0.872		0	BFFN	4		1.543	0.247	3.954
17:1 g									
18:1 undifferentiated g	6.758		0	BFFN	4		11.961	1.916	30.652
20:1 g	0.026		0	BFFN	4		0.045	0.007	0.116
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.680		0	NC	4		1.204	0.193	3.085
18:2 undifferentiated g	0.438		0	BFFN	4		0.774	0.124	1.985
18:3 undifferentiated g	0.214		0	BFFN	4		0.379	0.061	0.970
18:4 g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.029		0	BFFN	4		0.051	0.008	0.130
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	65		0	BFFN	4		116	19	297
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.130		0	PAK	1		0.231	0.037	0.591
Threonine g	0.792		0	PAK	1		1.401	0.224	3.592
Isoleucine g	0.902		0	PAK	1		1.596	0.256	4.090
Leucine g	1.577		0	PAK	1		2.791	0.447	7.152
Lysine g	1.675		0	PAK	1		2.965	0.475	7.598
Methionine g	0.516		0	PAK	1		0.914	0.146	2.341
Cystine g	0.256		0	PAK	1		0.453	0.073	1.160
Phenylalanine g	0.783		0	PAK	1		1.386	0.222	3.551
Tyrosine g	0.632		0	PAK	1		1.118	0.179	2.865
Valine g	0.983		0	PAK	1		1.740	0.279	4.460
Arginine g	1.282		0	PAK	1		2.269	0.363	5.814
Histidine g	0.633		0	PAK	1		1.120	0.179	2.869
Alanine g	1.205		0	PAK	1		2.133	0.342	5.466
Aspartic acid g	1.805		0	PAK	1		3.196	0.512	8.189
Glutamic acid g	2.976		0	PAK	1		5.267	0.844	13.497
Glycine g	1.207		0	PAK	1		2.136	0.342	5.474
Proline g	0.945		0	PAK	1		1.672	0.268	4.286
Serine g	0.781		0	PAK	1		1.382	0.221	3.542
Hydroxyproline g	0.208		0	BFPN	4		0.369	0.059	0.945
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13920

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 177g: 1 steak

Measure 2 = 28.35g: 1 oz

Measure 3 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13928

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Beef Medallions, Filet Mignon, URMIS #2201

Refuse: 3% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	48.28		0	PAE	4		157.39	41.04	
Energy ... kcal	343		0	NC	4		1118	292	
Energy ... kJ	1435		0		4		4678	1220	
Protein (N x 6.25) ... g	24.04		0	PAE	4		78.37	20.43	
Total lipid (fat) ... g	26.67		0	PAE	4		86.94	22.67	
Ash ... g	1.01		0	PAE	4		3.29	0.86	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	8		0	PAE	4		26	7	
Iron, Fe ... mg	3.12		0	PAE	4		10.17	2.65	
Magnesium, Mg ... mg	23		0	PAE	4		75	20	
Phosphorus, P ... mg	203		0	PAE	4		662	173	
Potassium, K ... mg	336		0	PAE	4		1095	286	
Sodium, Na ... mg	55		0	PAE	4		179	47	
Zinc, Zn ... mg	4.39		0	PAE	4		14.31	3.73	
Copper, Cu ... mg	0.142		0	PAE	4		0.463	0.121	
Manganese, Mn ... mg	0.014		0	PAE	4		0.046	0.012	
Selenium, Se ... mcg	23.1		0	BFYN	4		75.3	19.6	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.090		0	PAE	4		0.293	0.077	
Riboflavin ... mg	0.270		0	PAE	4		0.880	0.230	
Niacin ... mg	3.010		0	PAE	4		9.813	2.559	
Pantothenic acid ... mg	0.390		0	PAE	4		1.271	0.332	
Vitamin B-6 ... mg	0.330		0	PAE	4		1.076	0.281	
Folate, total ... mcg	7		0	PAE	4		23	6	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	7		0	PAE	4		23	6	
Folate, DFE ... mcg_DFE	7		0	NC	4		23	6	
Choline, total ... mg	91.6		0	BFPN	4		298.5	77.8	
Betaine ... mg									
Vitamin B-12 ... mcg	2.53		0	PAE	4		8.25	2.15	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	AS	1		0	0	
Retinol ... mcg	0		0	BFSN	4		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0	PAE	4		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.55		0	BFSN	4		1.80	0.47	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.4		0	AS	1		1.4	0.4	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.4		0	BFFN	4		1.4	0.4	
Vitamin D ... IU	17		0	BFFN	4		57	15	
Vitamin K (phylloquinone) ... mcg	2.0		0	BFSN	4		6.4	1.7	
Lipids:									
Fatty acids, total saturated ... g	10.630		0	PAE	4		34.654	9.036	
4:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 13928

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.060		0	PAE	4		0.196	0.051	
12:0 g	0.060		0	PAE	4		0.196	0.051	
13:0 g									
14:0 g	0.800		0	PAE	4		2.608	0.680	
15:0 g									
16:0 g	6.270		0	PAE	4		20.440	5.330	
17:0 g									
18:0 g	3.210		0	PAE	4		10.465	2.729	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.010		0	PAE	4		35.893	9.359	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.980		0	PAE	4		3.195	0.833	
17:1 g									
18:1 undifferentiated g	9.850		0	PAE	4		32.111	8.373	
20:1 g	0.040		0	PAE	4		0.130	0.034	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.030		0	PAE	4		3.358	0.876	
18:2 undifferentiated g	0.710		0	PAE	4		2.315	0.604	
18:3 undifferentiated g	0.250		0	PAE	4		0.815	0.213	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.060		0	PAE	4		0.196	0.051	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	88		0	PAE	4		287	75	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.269		0	PAE	4		0.877	0.229	
Threonine g	1.050		0	PAE	4		3.423	0.893	
Isoleucine g	1.081		0	PAE	4		3.524	0.919	
Leucine g	1.900		0	PAE	4		6.194	1.615	
Lysine g	2.000		0	PAE	4		6.520	1.700	
Methionine g	0.615		0	PAE	4		2.005	0.523	
Cystine g	0.269		0	PAE	4		0.877	0.229	
Phenylalanine g	0.939		0	PAE	4		3.061	0.798	
Tyrosine g	0.808		0	PAE	4		2.634	0.687	
Valine g	1.169		0	PAE	4		3.811	0.994	
Arginine g	1.519		0	PAE	4		4.952	1.291	
Histidine g	0.823		0	PAE	4		2.683	0.700	
Alanine g	1.450		0	PAE	4		4.727	1.233	
Aspartic acid g	2.196		0	PAE	4		7.159	1.867	
Glutamic acid g	3.612		0	PAE	4		11.775	3.070	
Glycine g	1.312		0	PAE	4		4.277	1.115	
Proline g	1.062		0	PAE	4		3.462	0.903	
Serine g	0.919		0	PAE	4		2.996	0.781	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13928

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Common Measures:

Measure 1 = 326g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13926

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw

Beef Medallions, Filet Mignon, URMIS #2201

Refuse: 3% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.52		0	PAE	4		16.87	269.98	
Energy....kcal	274		0	NC	4		78	1243	
Energy....kJ	1146		0		4		325	5200	
Protein (N x 6.25)....g	18.15		0	PAE	4		5.15	82.33	
Total lipid (fat)....g	21.83		0	PAE	4		6.19	99.02	
Ash....g	0.88		0	PAE	4		0.25	3.99	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	PAE	4		2	32	
Iron, Fe....mg	2.35		0	PAE	4		0.67	10.66	
Magnesium, Mg....mg	20		0	PAE	4		6	91	
Phosphorus, P....mg	181		0	PAE	4		51	821	
Potassium, K....mg	304		0	PAE	4		86	1379	
Sodium, Na....mg	49		0	PAE	4		14	222	
Zinc, Zn....mg	3.05		0	PAE	4		0.86	13.83	
Copper, Cu....mg	0.093		0	PAE	4		0.026	0.422	
Manganese, Mn....mg	0.012		0	PAE	4		0.003	0.054	
Selenium, Se....mcg	17.1		0	BFNN	4		4.8	77.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.120		0	PAE	4		0.034	0.544	
Riboflavin....mg	0.210		0	PAE	4		0.060	0.953	
Niacin....mg	2.990		0	PAE	4		0.848	13.563	
Pantothenic acid....mg	0.300		0	PAE	4		0.085	1.361	
Vitamin B-6....mg	0.380		0	PAE	4		0.108	1.724	
Folate, total....mcg	6		0	PAE	4		2	27	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0	PAE	4		2	27	
Folate, DFE....mcg_DFE	6		0	NC	4		2	27	
Choline, total....mg	75.8		0	BFPN	4		21.5	343.9	
Betaine....mg	11.1		0	BFPN	4		3.2	50.6	
Vitamin B-12....mcg	2.60		0	PAE	4		0.74	11.79	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.960		0	PAE	4		2.540	40.643	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13926

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 ... g	0.000		0	Z	7		0.000	0.000	
10:0 ... g	0.060		0	PAE	4		0.017	0.272	
12:0 ... g	0.040		0	PAE	4		0.011	0.181	
13:0 ... g									
14:0 ... g	0.670		0	PAE	4		0.190	3.039	
15:0 ... g									
16:0 ... g	5.230		0	PAE	4		1.483	23.723	
17:0 ... g									
18:0 ... g	2.770		0	PAE	4		0.785	12.565	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	9.260		0	PAE	4		2.625	42.003	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.000		0	PAE	4		0.284	4.536	
17:1 ... g									
18:1 undifferentiated ... g	8.140		0	PAE	4		2.308	36.923	
20:1 ... g	0.030		0	PAE	4		0.009	0.136	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.870		0	PAE	4		0.247	3.946	
18:2 undifferentiated ... g	0.560		0	PAE	4		0.159	2.540	
18:3 undifferentiated ... g	0.250		0	PAE	4		0.071	1.134	
18:4 ... g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.040		0	PAE	4		0.011	0.181	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	70		0	PAE	4		20	318	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.203		0	PAE	4		0.058	0.921	
Threonine ... g	0.793		0	PAE	4		0.225	3.597	
Isoleucine ... g	0.816		0	PAE	4		0.231	3.701	
Leucine ... g	1.435		0	PAE	4		0.407	6.509	
Lysine ... g	1.510		0	PAE	4		0.428	6.849	
Methionine ... g	0.465		0	PAE	4		0.132	2.109	
Cystine ... g	0.203		0	PAE	4		0.058	0.921	
Phenylalanine ... g	0.709		0	PAE	4		0.201	3.216	
Tyrosine ... g	0.610		0	PAE	4		0.173	2.767	
Valine ... g	0.883		0	PAE	4		0.250	4.005	
Arginine ... g	1.147		0	PAE	4		0.325	5.203	
Histidine ... g	0.622		0	PAE	4		0.176	2.821	
Alanine ... g	1.095		0	PAE	4		0.310	4.967	
Aspartic acid ... g	1.658		0	PAE	4		0.470	7.521	
Glutamic acid ... g	2.727		0	PAE	4		0.773	12.370	
Glycine ... g	0.990		0	PAE	4		0.281	4.491	
Proline ... g	0.802		0	PAE	4		0.227	3.638	
Serine ... g	0.694		0	PAE	4		0.197	3.148	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13926

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13925

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Beef Medallions, Filet Mignon, URMIS #1386

Refuse: 2% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.86		0	PAE	4		160.75	41.53	
Energy....kcal	316		0	NC	4		1040	269	
Energy....kJ	1322		0		4		4350	1124	
Protein (N x 6.25)....g	23.90		0	PAE	4		78.63	20.32	
Total lipid (fat)....g	23.70		0	PAE	4		77.97	20.15	
Ash....g	1.18		0	PAE	4		3.88	1.00	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	PAE	4		30	8	
Iron, Fe....mg	3.11		0	PAE	4		10.23	2.64	
Magnesium, Mg....mg	22		0	PAE	4		72	19	
Phosphorus, P....mg	203		0	PAE	4		668	173	
Potassium, K....mg	331		0	PAE	4		1089	281	
Sodium, Na....mg	57		0	PAE	4		188	48	
Zinc, Zn....mg	4.03		0	PAE	4		13.26	3.43	
Copper, Cu....mg	0.123		0	PAE	4		0.405	0.105	
Manganese, Mn....mg	0.014		0	PAE	4		0.046	0.012	
Selenium, Se....mcg	22.9		0	BFYN	4		75.3	19.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0	PAE	4		0.296	0.077	
Riboflavin....mg	0.260		0	PAE	4		0.855	0.221	
Niacin....mg	3.000		0	PAE	4		9.870	2.550	
Pantothenic acid....mg	0.250		0	PAE	4		0.823	0.213	
Vitamin B-6....mg	0.250		0	PAE	4		0.823	0.213	
Folate, total....mcg	8		0	PAE	4		26	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0	PAE	4		26	7	
Folate, DFE....mcg_DFE	8		0	NC	4		26	7	
Choline, total....mg	91.0		0	BFPN	4		299.5	77.4	
Betaine....mg	12.0		0	BFPN	4		39.3	10.2	
Vitamin B-12....mcg	2.46		0	PAE	4		8.09	2.09	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.380		0	PAE	4		30.860	7.973	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13925

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.060		0	PAE	4		0.197	0.051	
12:0....g	0.060		0	PAE	4		0.197	0.051	
13:0....g									
14:0....g	0.730		0	PAE	4		2.402	0.621	
15:0....g									
16:0....g	5.730		0	PAE	4		18.852	4.871	
17:0....g									
18:0....g	2.800		0	PAE	4		9.212	2.380	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.920		0	PAE	4		32.637	8.432	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.940		0	PAE	4		3.093	0.799	
17:1....g									
18:1 undifferentiated....g	8.940		0	PAE	4		29.413	7.599	
20:1....g	0.040		0	PAE	4		0.132	0.034	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.960		0	PAE	4		3.158	0.816	
18:2 undifferentiated....g	0.650		0	PAE	4		2.139	0.553	
18:3 undifferentiated....g	0.260		0	PAE	4		0.855	0.221	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0	PAE	4		0.165	0.043	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	85		0	PAE	4		280	72	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.268		0	PAE	4		0.882	0.228	
Threonine....g	1.044		0	PAE	4		3.435	0.887	
Isoleucine....g	1.075		0	PAE	4		3.537	0.914	
Leucine....g	1.889		0	PAE	4		6.215	1.606	
Lysine....g	1.989		0	PAE	4		6.544	1.691	
Methionine....g	0.612		0	PAE	4		2.013	0.520	
Cystine....g	0.268		0	PAE	4		0.882	0.228	
Phenylalanine....g	0.933		0	PAE	4		3.070	0.793	
Tyrosine....g	0.803		0	PAE	4		2.642	0.683	
Valine....g	1.163		0	PAE	4		3.826	0.989	
Arginine....g	1.511		0	PAE	4		4.971	1.284	
Histidine....g	0.818		0	PAE	4		2.691	0.695	
Alanine....g	1.442		0	PAE	4		4.744	1.226	
Aspartic acid....g	2.184		0	PAE	4		7.185	1.856	
Glutamic acid....g	3.591		0	PAE	4		11.814	3.052	
Glycine....g	1.304		0	PAE	4		4.290	1.108	
Proline....g	1.056		0	PAE	4		3.474	0.898	
Serine....g	0.914		0	PAE	4		3.007	0.777	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13925

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Common Measures:

Measure 1 = 329g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13923

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, raw

Beef Medallions, Filet Mignon, URMIS #1386

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.33	1.427	10	PAK	1		91.38	17.39	278.20
Energy....kcal	249		0	NC	4		371	71	1131
Energy....kJ	1043		0	NC	4		1554	296	4731
Protein (N x 6.25)....g	19.37	0.340	10	PAK	1		28.86	5.49	87.87
Total lipid (fat)....g	18.46	1.610	10	PAK	1		27.51	5.23	83.75
Ash....g	0.90	0.020	10	PAK	1		1.34	0.25	4.08
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0	BFNN	4		33	6	100
Iron, Fe....mg	1.42		0	BFNN	4		2.11	0.40	6.42
Magnesium, Mg....mg	20		0	BFNN	4		30	6	91
Phosphorus, P....mg	182		0	BFNN	4		270	51	823
Potassium, K....mg	300		0	BFNN	4		448	85	1363
Sodium, Na....mg	50		0	BFNN	4		74	14	226
Zinc, Zn....mg	3.32		0	BFNN	4		4.94	0.94	15.04
Copper, Cu....mg	0.068		0	BFNN	4		0.101	0.019	0.308
Manganese, Mn....mg	0.009		0	BFNN	4		0.014	0.003	0.041
Selenium, Se....mcg	22.6		0	BFNN	4		33.6	6.4	102.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.069		0	BFPN	4		0.103	0.020	0.314
Riboflavin....mg	0.105		0	BFPN	4		0.157	0.030	0.477
Niacin....mg	5.176		0	BFPN	4		7.712	1.467	23.479
Pantothenic acid....mg	0.549		0	BFPN	4		0.818	0.156	2.489
Vitamin B-6....mg	0.535		0	BFPN	4		0.797	0.152	2.427
Folate, total....mcg	10		0	BFPN	4		15	3	46
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	10		0	BFPN	4		15	3	46
Folate, DFE....mcg_DFE	10		0	NC	4		15	3	46
Choline, total....mg	80.9		0	BFPN	4		120.6	22.9	367.0
Betaine....mg	11.9		0	BFPN	4		17.7	3.4	54.0
Vitamin B-12....mcg	0.92		0	BFPN	4		1.37	0.26	4.17
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.41		0	BFSN	4		0.61	0.12	1.87
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		2.5	0.5	7.5
Lipids:									
Fatty acids, total saturated....g	7.451		0	NC	4		11.102	2.112	33.796
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000

NDB No. 13923

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0 g	0.059		0	BFFN	4		0.088	0.017	0.269
12:0 g	0.040		0	BFFN	4		0.059	0.011	0.179
13:0 g									
14:0 g	0.584		0	BFFN	4		0.870	0.166	2.648
15:0 g									
16:0 g	4.486		0	BFFN	4		6.684	1.272	20.347
17:0 g									
18:0 g	2.282		0	BFFN	4		3.401	0.647	10.353
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.906		0	NC	4		11.780	2.241	35.862
14:1 g									
15:1 g									
16:1 undifferentiated g	0.900		0	BFFN	4		1.342	0.255	4.084
17:1 g									
18:1 undifferentiated g	6.979		0	BFFN	4		10.399	1.979	31.658
20:1 g	0.026		0	BFFN	4		0.039	0.007	0.119
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.702		0	NC	4		1.046	0.199	3.186
18:2 undifferentiated g	0.452		0	BFFN	4		0.673	0.128	2.049
18:3 undifferentiated g	0.221		0	BFFN	4		0.329	0.063	1.002
18:4 g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	BFFN	4		0.044	0.008	0.134
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	68		0	BFFN	4		101	19	307
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.127		0	PAK	1		0.190	0.036	0.577
Threonine g	0.774		0	PAK	1		1.153	0.219	3.510
Isoleucine g	0.881		0	PAK	1		1.313	0.250	3.998
Leucine g	1.541		0	PAK	1		2.296	0.437	6.989
Lysine g	1.637		0	PAK	1		2.439	0.464	7.426
Methionine g	0.504		0	PAK	1		0.752	0.143	2.288
Cystine g	0.250		0	PAK	1		0.372	0.071	1.134
Phenylalanine g	0.765		0	PAK	1		1.140	0.217	3.471
Tyrosine g	0.617		0	PAK	1		0.920	0.175	2.800
Valine g	0.961		0	PAK	1		1.432	0.272	4.359
Arginine g	1.253		0	PAK	1		1.866	0.355	5.682
Histidine g	0.618		0	PAK	1		0.921	0.175	2.804
Alanine g	1.178		0	PAK	1		1.755	0.334	5.342
Aspartic acid g	1.764		0	PAK	1		2.629	0.500	8.003
Glutamic acid g	2.908		0	PAK	1		4.333	0.824	13.191
Glycine g	1.179		0	PAK	1		1.757	0.334	5.350
Proline g	0.923		0	PAK	1		1.376	0.262	4.189
Serine g	0.763		0	PAK	1		1.137	0.216	3.461
Hydroxyproline g	0.204		0	BFPN	4		0.303	0.058	0.923
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13923

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 149g: 1 steak (yield from 1 raw steak weighing149g)

Measure 2 = 28.35g: 1 oz

Measure 3 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23600

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Refuse: 18% Bone and connective tissue, 4.20%, separable fat, 13.37%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.93	0.545	19	A	1		17.84	285.44	
Energy....kcal	200		0	NC	4		57	906	
Energy....kJ	835		0	NC	4		237	3790	
Protein (N x 6.25)....g	29.04	0.296	19	A	1		8.23	131.72	
Total lipid (fat)....g	8.39	0.426	19	A	1		2.38	38.06	
Ash....g	1.13	0.033	19	A	1		0.32	5.10	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0	BFNN	4		5	85	
Iron, Fe....mg	1.84		0	BFNN	4		0.52	8.36	
Magnesium, Mg....mg	25		0	BFNN	4		7	112	
Phosphorus, P....mg	230		0	BFNN	4		65	1042	
Potassium, K....mg	370		0	BFNN	4		105	1679	
Sodium, Na....mg	60		0	BFNN	4		17	273	
Zinc, Zn....mg	5.38		0	BFNN	4		1.52	24.39	
Copper, Cu....mg	0.086		0	BFNN	4		0.024	0.388	
Manganese, Mn....mg	0.011		0	BFNN	4		0.003	0.049	
Selenium, Se....mcg	33.7		0	BFNN	4		9.6	152.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.079		0	BFPN	4		0.022	0.359	
Riboflavin....mg	0.147		0	BFPN	4		0.042	0.667	
Niacin....mg	8.310		0	BFPN	4		2.356	37.694	
Pantothenic acid....mg	0.582		0	BFPN	4		0.165	2.639	
Vitamin B-6....mg	0.623		0	BFPN	4		0.177	2.827	
Folate, total....mcg	10		0	BFPN	4		3	44	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		3	44	
Folate, DFE....mcg_DFE	10		0	NC	4		3	44	
Choline, total....mg	110.6		0	BFPN	4		31.4	501.7	
Betaine....mg	14.5		0	BFPN	4		4.1	65.9	
Vitamin B-12....mcg	1.66		0	BFPN	4		0.47	7.53	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFSN	4		0.11	1.79	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.0	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.0	0.6	
Vitamin D....IU	5		0	BFFN	4		2	25	
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		0.4	6.4	
Lipids:									
Fatty acids, total saturated....g	3.195		0	NC	4		0.906	14.492	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23600

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.001	0.014	
12:0....g	0.009		0	BFFN	4		0.003	0.043	
13:0....g									
14:0....g	0.227		0	BFFN	4		0.064	1.030	
15:0....g									
16:0....g	1.861		0	BFFN	4		0.528	8.441	
17:0....g									
18:0....g	1.094		0	BFFN	4		0.310	4.964	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.350		0	NC	4		0.950	15.194	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.252		0	BFFN	4		0.072	1.144	
17:1....g									
18:1 undifferentiated....g	3.094		0	BFFN	4		0.877	14.035	
20:1....g	0.003		0	BFFN	4		0.001	0.014	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.300		0	NC	4		0.085	1.359	
18:2 undifferentiated....g	0.240		0	BFFN	4		0.068	1.087	
18:3 undifferentiated....g	0.022		0	BFFN	4		0.006	0.100	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.038		0	BFFN	4		0.011	0.171	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	79		0	BFFN	4		22	356	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.191		0	A	1		0.054	0.866	
Threonine....g	1.160		0	A	1		0.329	5.262	
Isoleucine....g	1.321		0	A	1		0.375	5.993	
Leucine....g	2.310		0	A	1		0.655	10.478	
Lysine....g	2.454		0	A	1		0.696	11.132	
Methionine....g	0.756		0	A	1		0.214	3.430	
Cystine....g	0.375		0	A	1		0.106	1.700	
Phenylalanine....g	1.147		0	A	1		0.325	5.203	
Tyrosine....g	0.925		0	A	1		0.262	4.197	
Valine....g	1.441		0	A	1		0.408	6.535	
Arginine....g	1.878		0	A	1		0.532	8.518	
Histidine....g	0.927		0	A	1		0.263	4.204	
Alanine....g	1.765		0	A	1		0.501	8.008	
Aspartic acid....g	2.645		0	A	1		0.750	11.998	
Glutamic acid....g	4.360		0	A	1		1.236	19.775	
Glycine....g	1.768		0	A	1		0.501	8.021	
Proline....g	1.384		0	A	1		0.392	6.280	
Serine....g	1.144		0	A	1		0.324	5.189	
Hydroxyproline....g	0.305		0	BFPN	4		0.086	1.384	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23600

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23601

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, raw

Refuse: 20% Bone and connective tissue 2%, sep fat 18%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.62	0.356	21	A	1		20.02	320.31	
Energy....kcal	153		0	NC	4		43	695	
Energy....kJ	641		0	NC	4		182	2909	
Protein (N x 6.25)....g	22.12	0.189	21	A	1		6.27	100.32	
Total lipid (fat)....g	6.52	0.335	21	A	1		1.85	29.59	
Ash....g	1.06	0.019	21	A	1		0.30	4.82	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0	BFNN	4		7	111	
Iron, Fe....mg	1.60		0	BFNN	4		0.45	7.26	
Magnesium, Mg....mg	23		0	BFNN	4		7	105	
Phosphorus, P....mg	206		0	BFNN	4		58	935	
Potassium, K....mg	347		0	BFNN	4		98	1572	
Sodium, Na....mg	56		0	BFNN	4		16	253	
Zinc, Zn....mg	4.01		0	BFNN	4		1.14	18.19	
Copper, Cu....mg	0.074		0	BFNN	4		0.021	0.337	
Manganese, Mn....mg	0.013		0	BFNN	4		0.004	0.058	
Selenium, Se....mcg	26.9		0	BFNN	4		7.6	122.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.068		0	BFPN	4		0.019	0.308	
Riboflavin....mg	0.111		0	BFPN	4		0.032	0.504	
Niacin....mg	6.851		0	BFPN	4		1.942	31.076	
Pantothenic acid....mg	0.654		0	BFPN	4		0.185	2.966	
Vitamin B-6....mg	0.619		0	BFPN	4		0.176	2.809	
Folate, total....mcg	13		0	BFPN	4		4	59	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0	BFPN	4		4	59	
Folate, DFE....mcg_DFE	13		0	NC	4		4	59	
Choline, total....mg	92.4		0	BFPN	4		26.2	419.0	
Betaine....mg	13.6		0	BFPN	4		3.9	61.6	
Vitamin B-12....mcg	1.09		0	BFPN	4		0.31	4.93	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.32		0	BFSN	4		0.09	1.45	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		0.4	5.8	
Lipids:									
Fatty acids, total saturated....g	2.412		0	NC	4		0.684	10.939	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23601

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.000		0	BFFN	4		0.000	0.000	
13:0 g									
14:0 g	0.165		0	BFFN	4		0.047	0.748	
15:0 g									
16:0 g	1.448		0	BFFN	4		0.410	6.567	
17:0 g									
18:0 g	0.799		0	BFFN	4		0.227	3.624	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.624		0	NC	4		0.744	11.904	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.202		0	BFFN	4		0.057	0.914	
17:1 g									
18:1 undifferentiated g	2.419		0	BFFN	4		0.686	10.973	
20:1 g	0.004		0	BFFN	4		0.001	0.017	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.282		0	NC	4		0.080	1.281	
18:2 undifferentiated g	0.227		0	BFFN	4		0.064	1.031	
18:3 undifferentiated g	0.015		0	BFFN	4		0.004	0.067	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0	BFFN	4		0.011	0.183	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	67		0	BFFN	4		19	303	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.145		0	A	1		0.041	0.659	
Threonine g	0.884		0	A	1		0.250	4.008	
Isoleucine g	1.006		0	A	1		0.285	4.564	
Leucine g	1.759		0	A	1		0.499	7.980	
Lysine g	1.869		0	A	1		0.530	8.478	
Methionine g	0.576		0	A	1		0.163	2.612	
Cystine g	0.285		0	A	1		0.081	1.295	
Phenylalanine g	0.874		0	A	1		0.248	3.963	
Tyrosine g	0.705		0	A	1		0.200	3.197	
Valine g	1.097		0	A	1		0.311	4.977	
Arginine g	1.430		0	A	1		0.405	6.487	
Histidine g	0.706		0	A	1		0.200	3.202	
Alanine g	1.345		0	A	1		0.381	6.099	
Aspartic acid g	2.015		0	A	1		0.571	9.138	
Glutamic acid g	3.320		0	A	1		0.941	15.060	
Glycine g	1.347		0	A	1		0.382	6.109	
Proline g	1.054		0	A	1		0.299	4.783	
Serine g	0.871		0	A	1		0.247	3.952	
Hydroxyproline g	0.232		0	BFPN	4		0.066	1.054	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23601

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23624

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, raw

URMIS #2201

Refuse: 19% Bone and connective tissue 3%, sep fat 16%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.17	0.509	11	A	1		19.89	318.29	
Energy....kcal	158		0	NC	4		45	719	
Energy....kJ	663		0	NC	4		188	3007	
Protein (N x 6.25)....g	22.17	0.304	11	A	1		6.29	100.57	
Total lipid (fat)....g	7.07	0.507	11	A	1		2.00	32.05	
Ash....g	1.08	0.031	11	A	1		0.30	4.88	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	28		0	BFNN	4		8	128	
Iron, Fe....mg	1.63		0	BFNN	4		0.46	7.37	
Magnesium, Mg....mg	23		0	BFNN	4		7	106	
Phosphorus, P....mg	204		0	BFNN	4		58	925	
Potassium, K....mg	340		0	BFNN	4		96	1544	
Sodium, Na....mg	57		0	BFNN	4		16	257	
Zinc, Zn....mg	4.13		0	BFNN	4		1.17	18.71	
Copper, Cu....mg	0.072		0	BFNN	4		0.020	0.328	
Manganese, Mn....mg	0.014		0	BFNN	4		0.004	0.064	
Selenium, Se....mcg	25.4		0	BFNN	4		7.2	115.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.061		0	BFPN	4		0.017	0.278	
Riboflavin....mg	0.108		0	BFPN	4		0.031	0.492	
Niacin....mg	7.491		0	BFPN	4		2.124	33.981	
Pantothenic acid....mg	0.659		0	BFPN	4		0.187	2.987	
Vitamin B-6....mg	0.607		0	BFPN	4		0.172	2.754	
Folate, total....mcg	13		0	BFPN	4		4	59	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0	BFPN	4		4	59	
Folate, DFE....mcg_DFE	13		0	NC	4		4	59	
Choline, total....mg	92.6		0	BFPN	4		26.3	420.1	
Betaine....mg	13.6		0	BFPN	4		3.9	61.8	
Vitamin B-12....mcg	1.20		0	BFPN	4		0.34	5.44	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.33		0	BFSN	4		0.09	1.51	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		0.4	6.0	
Lipids:									
Fatty acids, total saturated....g	2.612		0	NC	4		0.741	11.848	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23624

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.000		0	BFFN	4		0.000	0.000	
13:0 g									
14:0 g	0.179		0	BFFN	4		0.051	0.810	
15:0 g									
16:0 g	1.568		0	BFFN	4		0.445	7.113	
17:0 g									
18:0 g	0.865		0	BFFN	4		0.245	3.925	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.842		0	NC	4		0.806	12.893	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.218		0	BFFN	4		0.062	0.990	
17:1 g									
18:1 undifferentiated g	2.620		0	BFFN	4		0.743	11.885	
20:1 g	0.004		0	BFFN	4		0.001	0.018	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.306		0	NC	4		0.087	1.387	
18:2 undifferentiated g	0.246		0	BFFN	4		0.070	1.116	
18:3 undifferentiated g	0.016		0	BFFN	4		0.005	0.072	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.044		0	BFFN	4		0.012	0.198	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	72		0	BFFN	4		20	328	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.145		0	A	1		0.041	0.660	
Threonine g	0.884		0	A	1		0.251	4.009	
Isoleucine g	1.006		0	A	1		0.285	4.565	
Leucine g	1.760		0	A	1		0.499	7.982	
Lysine g	1.870		0	A	1		0.530	8.481	
Methionine g	0.576		0	A	1		0.163	2.613	
Cystine g	0.285		0	A	1		0.081	1.295	
Phenylalanine g	0.874		0	A	1		0.248	3.964	
Tyrosine g	0.705		0	A	1		0.200	3.198	
Valine g	1.098		0	A	1		0.311	4.978	
Arginine g	1.431		0	A	1		0.406	6.489	
Histidine g	0.706		0	A	1		0.200	3.203	
Alanine g	1.345		0	A	1		0.381	6.101	
Aspartic acid g	2.015		0	A	1		0.571	9.140	
Glutamic acid g	3.321		0	A	1		0.942	15.065	
Glycine g	1.347		0	A	1		0.382	6.110	
Proline g	1.055		0	A	1		0.299	4.784	
Serine g	0.871		0	A	1		0.247	3.953	
Hydroxyproline g	0.232		0	BFPN	4		0.066	1.054	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23624

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23583

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, raw

URMIS #1386

Refuse: 21% Bone and connective tissue 2%, sep fat 19%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.11	0.472	10	A	1		20.16	322.54	
Energy....kcal	148		0	NC	4		42	670	
Energy....kJ	618		0	NC	4		175	2802	
Protein (N x 6.25)....g	22.06	0.228	10	A	1		6.25	100.05	
Total lipid (fat)....g	5.93	0.368	10	A	1		1.68	26.89	
Ash....g	1.05	0.023	10	A	1		0.30	4.76	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0	BFNN	4		6	101	
Iron, Fe....mg	1.60		0	BFNN	4		0.45	7.25	
Magnesium, Mg....mg	23		0	BFNN	4		7	105	
Phosphorus, P....mg	209		0	BFNN	4		59	950	
Potassium, K....mg	354		0	BFNN	4		100	1604	
Sodium, Na....mg	55		0	BFNN	4		16	251	
Zinc, Zn....mg	3.97		0	BFNN	4		1.12	17.99	
Copper, Cu....mg	0.076		0	BFNN	4		0.022	0.344	
Manganese, Mn....mg	0.011		0	BFNN	4		0.003	0.050	
Selenium, Se....mcg	30.5		0	BFNN	4		8.7	138.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.074		0	BFPN	4		0.021	0.336	
Riboflavin....mg	0.118		0	BFPN	4		0.034	0.537	
Niacin....mg	6.408		0	BFPN	4		1.817	29.065	
Pantothenic acid....mg	0.648		0	BFPN	4		0.184	2.938	
Vitamin B-6....mg	0.622		0	BFPN	4		0.176	2.822	
Folate, total....mcg	13		0	BFPN	4		4	58	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0	BFPN	4		4	58	
Folate, DFE....mcg_DFE	13		0	NC	4		4	58	
Choline, total....mg	92.1		0	BFPN	4		26.1	417.9	
Betaine....mg	13.5		0	BFPN	4		3.8	61.4	
Vitamin B-12....mcg	0.93		0	BFPN	4		0.26	4.23	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.31		0	BFSN	4		0.09	1.40	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.2		0	BFSN	4		0.3	5.6	
Lipids:									
Fatty acids, total saturated....g	2.191		0	NC	4		0.621	9.939	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23583

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.150		0	BFFN	4		0.042	0.679	
15:0....g									
16:0....g	1.315		0	BFFN	4		0.373	5.967	
17:0....g									
18:0....g	0.726		0	BFFN	4		0.206	3.293	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.384		0	NC	4		0.676	10.816	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.183		0	BFFN	4		0.052	0.831	
17:1....g									
18:1 undifferentiated....g	2.198		0	BFFN	4		0.623	9.970	
20:1....g	0.003		0	BFFN	4		0.001	0.015	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.256		0	NC	4		0.073	1.163	
18:2 undifferentiated....g	0.206		0	BFFN	4		0.059	0.936	
18:3 undifferentiated....g	0.013		0	BFFN	4		0.004	0.060	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.037		0	BFFN	4		0.010	0.166	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	61		0	BFFN	4		17	275	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.145		0	A	1		0.041	0.658	
Threonine....g	0.881		0	A	1		0.250	3.997	
Isoleucine....g	1.003		0	A	1		0.284	4.552	
Leucine....g	1.754		0	A	1		0.497	7.958	
Lysine....g	1.864		0	A	1		0.528	8.455	
Methionine....g	0.574		0	A	1		0.163	2.605	
Cystine....g	0.285		0	A	1		0.081	1.291	
Phenylalanine....g	0.871		0	A	1		0.247	3.952	
Tyrosine....g	0.703		0	A	1		0.199	3.188	
Valine....g	1.094		0	A	1		0.310	4.963	
Arginine....g	1.426		0	A	1		0.404	6.469	
Histidine....g	0.704		0	A	1		0.200	3.193	
Alanine....g	1.341		0	A	1		0.380	6.082	
Aspartic acid....g	2.009		0	A	1		0.570	9.113	
Glutamic acid....g	3.311		0	A	1		0.939	15.019	
Glycine....g	1.343		0	A	1		0.381	6.092	
Proline....g	1.051		0	A	1		0.298	4.769	
Serine....g	0.869		0	A	1		0.246	3.941	
Hydroxyproline....g	0.232		0	BFPN	4		0.066	1.051	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23583

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13439

Beef, tenderloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Beef Medallions, Filet Mignon

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.07	0.598	20	PAK	1		51.91	56.79	
Energy....kcal	218		0	NC	4		185	203	
Energy....kJ	912		0	NC	4		775	848	
Protein (N x 6.25)....g	27.58	0.332	20	PAK	1		23.44	25.65	
Total lipid (fat)....g	11.12	0.582	20	PAK	1		9.45	10.34	
Ash....g	1.13	0.032	20	PAK	1		0.96	1.05	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	BFFN	4		17	19	
Iron, Fe....mg	1.76		0	BFFN	4		1.49	1.63	
Magnesium, Mg....mg	23		0	BFFN	4		19	21	
Phosphorus, P....mg	212		0	BFFN	4		180	197	
Potassium, K....mg	341		0	BFFN	4		290	317	
Sodium, Na....mg	56		0	BFFN	4		48	52	
Zinc, Zn....mg	4.94		0	BFFN	4		4.20	4.59	
Copper, Cu....mg	0.082		0	BFFN	4		0.070	0.076	
Manganese, Mn....mg	0.010		0	BFFN	4		0.008	0.009	
Selenium, Se....mcg	29.6		0	BFFN	4		25.2	27.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.075		0	BFPN	4		0.063	0.069	
Riboflavin....mg	0.133		0	BFPN	4		0.113	0.124	
Niacin....mg	7.339		0	BFPN	4		6.238	6.826	
Pantothenic acid....mg	0.544		0	BFPN	4		0.462	0.506	
Vitamin B-6....mg	0.577		0	BFPN	4		0.491	0.537	
Folate, total....mcg	9		0	BFPN	4		7	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		7	8	
Folate, DFE....mcg_DFE	9		0	NC	4		7	8	
Choline, total....mg	105.0		0	BFPN	4		89.3	97.7	
Betaine....mg	13.8		0	BFPN	4		11.7	12.8	
Vitamin B-12....mcg	1.62		0	BFPN	4		1.38	1.51	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.41		0	BFSN	4		0.35	0.39	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.1	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	PAK	1		0.1	0.2	
Vitamin D....IU	7		0	PAK	1		6	6	
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		1.3	1.4	
Lipids:									
Fatty acids, total saturated....g	4.315		0	NC	4		3.667	4.013	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13439

Beef, tenderloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.017		0	BFFN	4		0.014	0.015	
12:0 g	0.020		0	BFFN	4		0.017	0.019	
13:0 g									
14:0 g	0.323		0	BFFN	4		0.274	0.300	
15:0 g									
16:0 g	2.564		0	BFFN	4		2.179	2.384	
17:0 g									
18:0 g	1.392		0	BFFN	4		1.183	1.294	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.551		0	NC	4		3.868	4.233	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.383		0	BFFN	4		0.325	0.356	
17:1 g									
18:1 undifferentiated g	4.155		0	BFFN	4		3.532	3.864	
20:1 g	0.013		0	BFFN	4		0.011	0.012	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.413		0	NC	4		0.351	0.384	
18:2 undifferentiated g	0.303		0	BFFN	4		0.257	0.282	
18:3 undifferentiated g	0.070		0	BFFN	4		0.059	0.065	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0	BFFN	4		0.034	0.037	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	84		0	BFFN	4		71	78	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.181		0	PAK	1		0.154	0.169	
Threonine g	1.102		0	PAK	1		0.936	1.025	
Isoleucine g	1.255		0	PAK	1		1.066	1.167	
Leucine g	2.194		0	PAK	1		1.865	2.040	
Lysine g	2.331		0	PAK	1		1.981	2.167	
Methionine g	0.718		0	PAK	1		0.610	0.668	
Cystine g	0.356		0	PAK	1		0.302	0.331	
Phenylalanine g	1.089		0	PAK	1		0.926	1.013	
Tyrosine g	0.879		0	PAK	1		0.747	0.817	
Valine g	1.368		0	PAK	1		1.163	1.272	
Arginine g	1.783		0	PAK	1		1.516	1.658	
Histidine g	0.880		0	PAK	1		0.748	0.818	
Alanine g	1.676		0	PAK	1		1.425	1.559	
Aspartic acid g	2.512		0	PAK	1		2.135	2.336	
Glutamic acid g	4.140		0	PAK	1		3.519	3.850	
Glycine g	1.679		0	PAK	1		1.427	1.562	
Proline g	1.315		0	PAK	1		1.117	1.223	
Serine g	1.086		0	PAK	1		0.923	1.010	
Hydroxyproline g	0.290		0	BFPN	4		0.246	0.269	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13439

Beef, tenderloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 93g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 135 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13440

Beef, tenderloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Beef Medallions, Filet Mignon, URMIS #2201

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.40	0.710	10	PAK	1		74.85		
Energy....kcal	231		0	NC	4		291		
Energy....kJ	968		0	NC	4		1219		
Protein (N x 6.25)....g	27.97	0.619	10	PAK	1		35.24		
Total lipid (fat)....g	12.40	0.795	10	PAK	1		15.62		
Ash....g	1.12	0.050	10	PAK	1		1.41		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0	BFFN	4		23		
Iron, Fe....mg	1.86		0	BFFN	4		2.34		
Magnesium, Mg....mg	22		0	BFFN	4		28		
Phosphorus, P....mg	207		0	BFFN	4		260		
Potassium, K....mg	336		0	BFFN	4		423		
Sodium, Na....mg	55		0	BFFN	4		69		
Zinc, Zn....mg	4.94		0	BFFN	4		6.22		
Copper, Cu....mg	0.090		0	BFFN	4		0.114		
Manganese, Mn....mg	0.010		0	BFFN	4		0.012		
Selenium, Se....mcg	29.8		0	BFFN	4		37.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.070		0	BFPN	4		0.088		
Riboflavin....mg	0.123		0	BFPN	4		0.155		
Niacin....mg	7.586		0	BFPN	4		9.558		
Pantothenic acid....mg	0.551		0	BFPN	4		0.694		
Vitamin B-6....mg	0.557		0	BFPN	4		0.702		
Folate, total....mcg	9		0	BFPN	4		11		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFPN	4		11		
Folate, DFE....mcg_DFE	9		0	NC	4		11		
Choline, total....mg	106.5		0	BFPN	4		134.2		
Betaine....mg	14.0		0	BFPN	4		17.6		
Vitamin B-12....mcg	1.85		0	BFPN	4		2.33		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.43		0	BFSN	4		0.54		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		1.9		
Lipids:									
Fatty acids, total saturated....g	4.813		0	NC	4		6.064		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13440

Beef, tenderloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.019		0	BFFN	4		0.023		
12:0 g	0.022		0	BFFN	4		0.028		
13:0 g									
14:0 g	0.360		0	BFFN	4		0.454		
15:0 g									
16:0 g	2.860		0	BFFN	4		3.603		
17:0 g									
18:0 g	1.552		0	BFFN	4		1.956		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.077		0	NC	4		6.396		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.427		0	BFFN	4		0.538		
17:1 g									
18:1 undifferentiated g	4.635		0	BFFN	4		5.840		
20:1 g	0.015		0	BFFN	4		0.019		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.460		0	NC	4		0.580		
18:2 undifferentiated g	0.338		0	BFFN	4		0.426		
18:3 undifferentiated g	0.078		0	BFFN	4		0.098		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.045		0	BFFN	4		0.056		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	93		0	BFFN	4		117		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.184		0	PAK	1		0.232		
Threonine g	1.117		0	PAK	1		1.408		
Isoleucine g	1.273		0	PAK	1		1.603		
Leucine g	2.225		0	PAK	1		2.804		
Lysine g	2.364		0	PAK	1		2.979		
Methionine g	0.728		0	PAK	1		0.918		
Cystine g	0.361		0	PAK	1		0.455		
Phenylalanine g	1.105		0	PAK	1		1.392		
Tyrosine g	0.891		0	PAK	1		1.123		
Valine g	1.388		0	PAK	1		1.748		
Arginine g	1.809		0	PAK	1		2.279		
Histidine g	0.893		0	PAK	1		1.125		
Alanine g	1.701		0	PAK	1		2.143		
Aspartic acid g	2.548		0	PAK	1		3.210		
Glutamic acid g	4.199		0	PAK	1		5.291		
Glycine g	1.703		0	PAK	1		2.146		
Proline g	1.333		0	PAK	1		1.680		
Serine g	1.102		0	PAK	1		1.388		
Hydroxyproline g	0.294		0	BFPN	4		0.370		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13440

Beef, tenderloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 126g: 1 steak (yield from 161 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13921

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Beef Medallions, Filet Mignon, URMIS #2203

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.53	0.570	9	PAK	1		77.75	47.20	
Energy....kcal	273		0	NC	4		382	232	
Energy....kJ	1143		0	NC	4		1600	972	
Protein (N x 6.25)....g	26.43	0.562	9	PAK	1		37.01	22.47	
Total lipid (fat)....g	17.78	0.754	9	PAK	1		24.89	15.11	
Ash....g	1.01	0.048	9	PAK	1		1.42	0.86	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0	BFNN	4		24	15	
Iron, Fe....mg	1.76		0	BFNN	4		2.46	1.49	
Magnesium, Mg....mg	21		0	BFNN	4		30	18	
Phosphorus, P....mg	196		0	BFNN	4		274	166	
Potassium, K....mg	318		0	BFNN	4		445	270	
Sodium, Na....mg	52		0	BFNN	4		73	44	
Zinc, Zn....mg	4.67		0	BFNN	4		6.54	3.97	
Copper, Cu....mg	0.085		0	BFNN	4		0.120	0.073	
Manganese, Mn....mg	0.009		0	BFNN	4		0.013	0.008	
Selenium, Se....mcg	28.2		0	BFNN	4		39.5	24.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.066		0	BFPN	4		0.092	0.056	
Riboflavin....mg	0.116		0	BFPN	4		0.163	0.099	
Niacin....mg	7.169		0	BFPN	4		10.036	6.093	
Pantothenic acid....mg	0.520		0	BFPN	4		0.729	0.442	
Vitamin B-6....mg	0.527		0	BFPN	4		0.737	0.448	
Folate, total....mcg	8		0	BFPN	4		12	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0	BFPN	4		12	7	
Folate, DFE....mcg_DFE	8		0	NC	4		12	7	
Choline, total....mg	100.7		0	BFPN	4		140.9	85.6	
Betaine....mg	13.2		0	BFPN	4		18.5	11.2	
Vitamin B-12....mcg	1.74		0	BFPN	4		2.44	1.48	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.47		0	BFSN	4		0.66	0.40	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.7		0	BFSN	4		2.4	1.4	
Lipids:									
Fatty acids, total saturated....g	7.001		0	NC	4		9.801	5.951	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13921

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.044		0	BFFN	4		0.062	0.037	
12:0 g	0.040		0	BFFN	4		0.057	0.034	
13:0 g									
14:0 g	0.541		0	BFFN	4		0.757	0.460	
15:0 g									
16:0 g	4.227		0	BFFN	4		5.918	3.593	
17:0 g									
18:0 g	2.148		0	BFFN	4		3.008	1.826	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.409		0	NC	4		10.373	6.298	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.670		0	BFFN	4		0.937	0.569	
17:1 g									
18:1 undifferentiated g	6.714		0	BFFN	4		9.399	5.707	
20:1 g	0.026		0	BFFN	4		0.036	0.022	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.658		0	NC	4		0.922	0.560	
18:2 undifferentiated g	0.460		0	BFFN	4		0.644	0.391	
18:3 undifferentiated g	0.158		0	BFFN	4		0.221	0.134	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0	BFFN	4		0.057	0.034	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	93		0	BFFN	4		131	79	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.174		0	PAK	1		0.243	0.148	
Threonine g	1.056		0	PAK	1		1.478	0.898	
Isoleucine g	1.203		0	PAK	1		1.684	1.022	
Leucine g	2.103		0	PAK	1		2.944	1.787	
Lysine g	2.234		0	PAK	1		3.127	1.899	
Methionine g	0.688		0	PAK	1		0.964	0.585	
Cystine g	0.341		0	PAK	1		0.478	0.290	
Phenylalanine g	1.044		0	PAK	1		1.462	0.887	
Tyrosine g	0.842		0	PAK	1		1.179	0.716	
Valine g	1.311		0	PAK	1		1.836	1.115	
Arginine g	1.709		0	PAK	1		2.393	1.453	
Histidine g	0.844		0	PAK	1		1.181	0.717	
Alanine g	1.607		0	PAK	1		2.250	1.366	
Aspartic acid g	2.408		0	PAK	1		3.371	2.047	
Glutamic acid g	3.968		0	PAK	1		5.556	3.373	
Glycine g	1.610		0	PAK	1		2.253	1.368	
Proline g	1.260		0	PAK	1		1.764	1.071	
Serine g	1.041		0	PAK	1		1.458	0.885	
Hydroxyproline g	0.278		0	BFPN	4		0.389	0.236	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13921

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 140g: 1 steak (yield from 181 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13927

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Beef Medallions, Filet Mignon, URMIS #2201

Refuse: 3% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.84		0	PAE	4		44.06	54.95	
Energy....kcal	308		0	NC	4		262	326	
Energy....kJ	1289		0		4		1095	1366	
Protein (N x 6.25)....g	25.26		0	PAE	4		21.47	26.78	
Total lipid (fat)....g	22.21		0	PAE	4		18.88	23.54	
Ash....g	1.16		0	PAE	4		0.99	1.23	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	PAE	4		7	8	
Iron, Fe....mg	3.15		0	PAE	4		2.68	3.34	
Magnesium, Mg....mg	26		0	PAE	4		22	28	
Phosphorus, P....mg	210		0	PAE	4		179	223	
Potassium, K....mg	368		0	PAE	4		313	390	
Sodium, Na....mg	59		0	PAE	4		50	63	
Zinc, Zn....mg	4.88		0	PAE	4		4.15	5.17	
Copper, Cu....mg	0.156		0	PAE	4		0.133	0.165	
Manganese, Mn....mg	0.015		0	PAE	4		0.013	0.016	
Selenium, Se....mcg	24.4		0	BFYN	4		20.7	25.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.110		0	PAE	4		0.094	0.117	
Riboflavin....mg	0.260		0	PAE	4		0.221	0.276	
Niacin....mg	3.520		0	PAE	4		2.992	3.731	
Pantothenic acid....mg	0.340		0	PAE	4		0.289	0.360	
Vitamin B-6....mg	0.390		0	PAE	4		0.332	0.413	
Folate, total....mcg	6		0	PAE	4		5	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0	PAE	4		5	6	
Folate, DFE....mcg_DFE	6		0	NC	4		5	6	
Choline, total....mg	96.2		0	BFPN	4		81.8	102.0	
Betaine....mg	12.6		0	BFPN	4		10.7	13.4	
Vitamin B-12....mcg	2.41		0	PAE	4		2.05	2.55	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.850		0	PAE	4		7.523	9.381	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13927

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.050		0	PAE	4		0.043	0.053	
12:0....g	0.050		0	PAE	4		0.043	0.053	
13:0....g									
14:0....g	0.670		0	PAE	4		0.570	0.710	
15:0....g									
16:0....g	5.220		0	PAE	4		4.437	5.533	
17:0....g									
18:0....g	2.680		0	PAE	4		2.278	2.841	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.170		0	PAE	4		7.795	9.720	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.810		0	PAE	4		0.689	0.859	
17:1....g									
18:1 undifferentiated....g	8.210		0	PAE	4		6.979	8.703	
20:1....g	0.030		0	PAE	4		0.026	0.032	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.860		0	PAE	4		0.731	0.912	
18:2 undifferentiated....g	0.590		0	PAE	4		0.502	0.625	
18:3 undifferentiated....g	0.200		0	PAE	4		0.170	0.212	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0	PAE	4		0.043	0.053	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	86		0	PAE	4		73	91	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.283		0	PAE	4		0.241	0.300	
Threonine....g	1.103		0	PAE	4		0.938	1.169	
Isoleucine....g	1.136		0	PAE	4		0.966	1.204	
Leucine....g	1.996		0	PAE	4		1.697	2.116	
Lysine....g	2.101		0	PAE	4		1.786	2.227	
Methionine....g	0.647		0	PAE	4		0.550	0.686	
Cystine....g	0.283		0	PAE	4		0.241	0.300	
Phenylalanine....g	0.986		0	PAE	4		0.838	1.045	
Tyrosine....g	0.849		0	PAE	4		0.722	0.900	
Valine....g	1.229		0	PAE	4		1.045	1.303	
Arginine....g	1.596		0	PAE	4		1.357	1.692	
Histidine....g	0.865		0	PAE	4		0.735	0.917	
Alanine....g	1.524		0	PAE	4		1.295	1.615	
Aspartic acid....g	2.308		0	PAE	4		1.962	2.446	
Glutamic acid....g	3.795		0	PAE	4		3.226	4.023	
Glycine....g	1.378		0	PAE	4		1.171	1.461	
Proline....g	1.115		0	PAE	4		0.948	1.182	
Serine....g	0.966		0	PAE	4		0.821	1.024	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13927

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 106g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 154 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13924

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Beef Medallions, Filet Mignon, URMIS #1388

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.50	0.968	10	PAK	1		67.24	48.03	58.76
Energy....kcal	262		0	NC	4		312	223	273
Energy....kJ	1097		0	NC	4		1305	932	1141
Protein (N x 6.25)....g	26.48	0.389	10	PAK	1		31.51	22.51	27.54
Total lipid (fat)....g	16.53	1.066	10	PAK	1		19.67	14.05	17.19
Ash....g	1.09	0.035	10	PAK	1		1.30	0.93	1.14
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0	BFNN	4		26	18	22
Iron, Fe....mg	1.63		0	BFNN	4		1.94	1.39	1.70
Magnesium, Mg....mg	23		0	BFNN	4		27	19	24
Phosphorus, P....mg	214		0	BFNN	4		254	182	222
Potassium, K....mg	340		0	BFNN	4		405	289	354
Sodium, Na....mg	57		0	BFNN	4		67	48	59
Zinc, Zn....mg	4.85		0	BFNN	4		5.77	4.12	5.05
Copper, Cu....mg	0.073		0	BFNN	4		0.087	0.062	0.076
Manganese, Mn....mg	0.009		0	BFNN	4		0.011	0.008	0.010
Selenium, Se....mcg	28.9		0	BFNN	4		34.4	24.5	30.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.077		0	BFPN	4		0.092	0.065	0.080
Riboflavin....mg	0.139		0	BFPN	4		0.165	0.118	0.144
Niacin....mg	6.916		0	BFPN	4		8.230	5.879	7.193
Pantothenic acid....mg	0.523		0	BFPN	4		0.622	0.444	0.543
Vitamin B-6....mg	0.580		0	BFPN	4		0.690	0.493	0.603
Folate, total....mcg	8		0	BFPN	4		10	7	9
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	8		0	BFPN	4		10	7	9
Folate, DFE....mcg_DFE	8		0	NC	4		10	7	9
Choline, total....mg	100.8		0	BFPN	4		120.0	85.7	104.9
Betaine....mg	13.2		0	BFPN	4		15.8	11.3	13.8
Vitamin B-12....mcg	1.37		0	BFPN	4		1.63	1.17	1.43
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.46		0	BFSN	4		0.55	0.39	0.48
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.7		0	BFSN	4		2.0	1.4	1.7
Lipids:									
Fatty acids, total saturated....g	6.511		0	NC	4		7.748	5.534	6.771
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000

NDB No. 13924

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0 g	0.041		0	BFFN	4		0.049	0.035	0.043
12:0 g	0.038		0	BFFN	4		0.045	0.032	0.039
13:0 g									
14:0 g	0.503		0	BFFN	4		0.598	0.427	0.523
15:0 g									
16:0 g	3.931		0	BFFN	4		4.678	3.341	4.088
17:0 g									
18:0 g	1.998		0	BFFN	4		2.378	1.698	2.078
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.890		0	NC	4		8.200	5.857	7.166
14:1 g									
15:1 g									
16:1 undifferentiated g	0.623		0	BFFN	4		0.741	0.529	0.648
17:1 g									
18:1 undifferentiated g	6.244		0	BFFN	4		7.430	5.307	6.494
20:1 g	0.024		0	BFFN	4		0.028	0.020	0.025
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.612		0	NC	4		0.729	0.520	0.637
18:2 undifferentiated g	0.428		0	BFFN	4		0.509	0.363	0.445
18:3 undifferentiated g	0.147		0	BFFN	4		0.175	0.125	0.153
18:4 g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.038		0	BFFN	4		0.045	0.032	0.039
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	87		0	BFFN	4		103	74	90
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.169		0	NR	4		0.202	0.144	0.176
Threonine g	1.030		0	NR	4		1.226	0.876	1.071
Isoleucine g	1.173		0	NR	4		1.396	0.997	1.220
Leucine g	2.052		0	NR	4		2.441	1.744	2.134
Lysine g	2.180		0	NR	4		2.594	1.853	2.267
Methionine g	0.672		0	NR	4		0.799	0.571	0.698
Cystine g	0.333		0	NR	4		0.396	0.283	0.346
Phenylalanine g	1.019		0	NR	4		1.212	0.866	1.059
Tyrosine g	0.822		0	NR	4		0.978	0.699	0.855
Valine g	1.279		0	NR	4		1.523	1.088	1.331
Arginine g	1.668		0	NR	4		1.985	1.418	1.734
Histidine g	0.823		0	NR	4		0.979	0.700	0.856
Alanine g	1.568		0	NR	4		1.866	1.333	1.631
Aspartic acid g	2.349		0	NR	4		2.795	1.997	2.443
Glutamic acid g	3.872		0	NR	4		4.607	3.291	4.027
Glycine g	1.570		0	NR	4		1.869	1.335	1.633
Proline g	1.229		0	NR	4		1.463	1.045	1.279
Serine g	1.016		0	NR	4		1.209	0.864	1.057
Hydroxyproline g	0.271		0	BFPN	4		0.322	0.230	0.282
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13924

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Common Measures:

Measure 1 = 119g: 1 steak (yield from 1 raw steak weighing 151g)

Measure 2 = 85g: 3 oz

Measure 3 = 104g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 154 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13442

Beef, tenderloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Beef Medallions, Filet Mignon

Refuse: 2% Bone and connective tissue, 2.5%, separable fat, 5.1%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.40	0.523	20	A	1		55.16	53.89	
Energy....kcal	193		0	NC	4		168	164	
Energy....kJ	806		0	NC	4		701	685	
Protein (N x 6.25)....g	28.51	0.327	20	A	1		24.81	24.23	
Total lipid (fat)....g	7.86	0.402	20	A	1		6.84	6.68	
Ash....g	1.17	0.032	20	A	1		1.02	1.00	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0	BFNN	4		16	16	
Iron, Fe....mg	1.80		0	BFNN	4		1.57	1.53	
Magnesium, Mg....mg	24		0	BFNN	4		21	21	
Phosphorus, P....mg	225		0	BFNN	4		195	191	
Potassium, K....mg	362		0	BFNN	4		315	307	
Sodium, Na....mg	59		0	BFNN	4		51	50	
Zinc, Zn....mg	5.25		0	BFNN	4		4.57	4.47	
Copper, Cu....mg	0.084		0	BFNN	4		0.073	0.071	
Manganese, Mn....mg	0.011		0	BFNN	4		0.009	0.009	
Selenium, Se....mcg	33.0		0	BFNN	4		28.7	28.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.078		0	BFPN	4		0.068	0.066	
Riboflavin....mg	0.144		0	BFPN	4		0.126	0.123	
Niacin....mg	8.159		0	BFPN	4		7.098	6.935	
Pantothenic acid....mg	0.561		0	BFPN	4		0.488	0.477	
Vitamin B-6....mg	0.612		0	BFPN	4		0.532	0.520	
Folate, total....mcg	10		0	BFPN	4		8	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		8	8	
Folate, DFE....mcg_DFE	10		0	NC	4		8	8	
Choline, total....mg	108.6		0	BFPN	4		94.5	92.3	
Betaine....mg	14.3		0	BFPN	4		12.4	12.1	
Vitamin B-12....mcg	1.59		0	BFPN	4		1.39	1.35	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.39		0	BFSN	4		0.34	0.33	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.1	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.1	0.1	
Vitamin D....IU	5		0	BFFN	4		4	4	
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		1.2	1.2	
Lipids:									
Fatty acids, total saturated....g	2.993		0	NC	4		2.604	2.544	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13442

Beef, tenderloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.003	0.003	
12:0....g	0.010		0	BFFN	4		0.008	0.008	
13:0....g									
14:0....g	0.213		0	BFFN	4		0.185	0.181	
15:0....g									
16:0....g	1.743		0	BFFN	4		1.516	1.482	
17:0....g									
18:0....g	1.024		0	BFFN	4		0.891	0.871	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.136		0	NC	4		2.728	2.666	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.235		0	BFFN	4		0.205	0.200	
17:1....g									
18:1 undifferentiated....g	2.898		0	BFFN	4		2.521	2.463	
20:1....g	0.003		0	BFFN	4		0.003	0.003	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.289		0	NC	4		0.252	0.246	
18:2 undifferentiated....g	0.229		0	BFFN	4		0.199	0.195	
18:3 undifferentiated....g	0.022		0	BFFN	4		0.019	0.019	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.038		0	BFFN	4		0.033	0.032	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	79		0	BFFN	4		69	67	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 87g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 135 g)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13443

Beef, tenderloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Beef Medallions, Filet Mignon, URMIS #2203

Refuse: 8% Bone and connective tissue 3%, sep fat 5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.71	0.537	10	A	1		77.75	52.45	
Energy....kcal	206		0	NC	4		260	175	
Energy....kJ	862		0	NC	4		1086	733	
Protein (N x 6.25)....g	28.95	0.600	10	A	1		36.47	24.60	
Total lipid (fat)....g	9.14	0.396	10	A	1		11.51	7.76	
Ash....g	1.15	0.052	10	A	1		1.45	0.98	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	BFNN	4		20	14	
Iron, Fe....mg	1.95		0	BFNN	4		2.45	1.65	
Magnesium, Mg....mg	24		0	BFNN	4		31	21	
Phosphorus, P....mg	223		0	BFNN	4		281	189	
Potassium, K....mg	357		0	BFNN	4		450	303	
Sodium, Na....mg	59		0	BFNN	4		75	50	
Zinc, Zn....mg	5.39		0	BFNN	4		6.79	4.58	
Copper, Cu....mg	0.091		0	BFNN	4		0.114	0.077	
Manganese, Mn....mg	0.011		0	BFNN	4		0.013	0.009	
Selenium, Se....mcg	33.0		0	BFNN	4		41.6	28.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.077		0	BFPN	4		0.097	0.065	
Riboflavin....mg	0.148		0	BFPN	4		0.187	0.126	
Niacin....mg	8.540		0	BFPN	4		10.761	7.259	
Pantothenic acid....mg	0.569		0	BFPN	4		0.716	0.483	
Vitamin B-6....mg	0.603		0	BFPN	4		0.759	0.512	
Folate, total....mcg	10		0	BFPN	4		12	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		12	8	
Folate, DFE....mcg_DFE	10		0	NC	4		12	8	
Choline, total....mg	110.3		0	BFPN	4		138.9	93.7	
Betaine....mg	14.5		0	BFPN	4		18.3	12.3	
Vitamin B-12....mcg	1.81		0	BFPN	4		2.28	1.54	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.41		0	BFSN	4		0.51	0.35	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		1.8	1.2	
Lipids:									
Fatty acids, total saturated....g	3.480		0	NC	4		4.385	2.958	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13443

Beef, tenderloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.004		0	BFFN	4		0.005	0.003	
12:0....g	0.011		0	BFFN	4		0.014	0.009	
13:0....g									
14:0....g	0.248		0	BFFN	4		0.312	0.211	
15:0....g									
16:0....g	2.027		0	BFFN	4		2.554	1.723	
17:0....g									
18:0....g	1.191		0	BFFN	4		1.500	1.012	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.646		0	NC	4		4.594	3.099	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.274		0	BFFN	4		0.345	0.233	
17:1....g									
18:1 undifferentiated....g	3.369		0	BFFN	4		4.245	2.864	
20:1....g	0.004		0	BFFN	4		0.005	0.003	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.336		0	NC	4		0.424	0.286	
18:2 undifferentiated....g	0.266		0	BFFN	4		0.335	0.226	
18:3 undifferentiated....g	0.026		0	BFFN	4		0.033	0.022	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.044		0	BFFN	4		0.056	0.038	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	92		0	BFFN	4		116	78	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.190		0	A	1		0.240	0.162	
Threonine....g	1.156		0	A	1		1.457	0.983	
Isoleucine....g	1.317		0	A	1		1.659	1.119	
Leucine....g	2.303		0	A	1		2.901	1.957	
Lysine....g	2.446		0	A	1		3.082	2.079	
Methionine....g	0.754		0	A	1		0.950	0.641	
Cystine....g	0.374		0	A	1		0.471	0.318	
Phenylalanine....g	1.143		0	A	1		1.441	0.972	
Tyrosine....g	0.922		0	A	1		1.162	0.784	
Valine....g	1.436		0	A	1		1.809	1.221	
Arginine....g	1.872		0	A	1		2.358	1.591	
Histidine....g	0.924		0	A	1		1.164	0.785	
Alanine....g	1.760		0	A	1		2.217	1.496	
Aspartic acid....g	2.637		0	A	1		3.322	2.241	
Glutamic acid....g	4.346		0	A	1		5.475	3.694	
Glycine....g	1.763		0	A	1		2.221	1.498	
Proline....g	1.380		0	A	1		1.739	1.173	
Serine....g	1.140		0	A	1		1.437	0.969	
Hydroxyproline....g	0.304		0	BFPN	4		0.383	0.258	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13443

Beef, tenderloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 126g: 1 steak (yield from 161 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13444

Beef, tenderloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

Beef Medallions, Filet Mignon, URMIS #1388

Refuse: 8% Bone and connective tissue 3%, sep fat 5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.10	0.477	10	A	1		70.31	55.34	
Energy....kcal	179		0	NC	4		194	152	
Energy....kJ	750		0	NC	4		810	637	
Protein (N x 6.25)....g	28.08	0.222	10	A	1		30.32	23.86	
Total lipid (fat)....g	6.58	0.403	10	A	1		7.10	5.59	
Ash....g	1.19	0.041	10	A	1		1.28	1.01	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	BFNN	4		22	17	
Iron, Fe....mg	1.73		0	BFNN	4		1.87	1.47	
Magnesium, Mg....mg	24		0	BFNN	4		26	21	
Phosphorus, P....mg	228		0	BFNN	4		246	194	
Potassium, K....mg	369		0	BFNN	4		399	314	
Sodium, Na....mg	59		0	BFNN	4		64	51	
Zinc, Zn....mg	5.15		0	BFNN	4		5.56	4.37	
Copper, Cu....mg	0.077		0	BFNN	4		0.083	0.065	
Manganese, Mn....mg	0.010		0	BFNN	4		0.011	0.009	
Selenium, Se....mcg	35.1		0	BFNN	4		37.9	29.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0	BFPN	4		0.087	0.068	
Riboflavin....mg	0.149		0	BFPN	4		0.161	0.126	
Niacin....mg	8.205		0	BFPN	4		8.862	6.974	
Pantothenic acid....mg	0.553		0	BFPN	4		0.597	0.470	
Vitamin B-6....mg	0.620		0	BFPN	4		0.670	0.527	
Folate, total....mcg	9		0	BFPN	4		10	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		10	8	
Folate, DFE....mcg_DFE	9		0	NC	4		10	8	
Choline, total....mg	106.9		0	BFPN	4		115.5	90.9	
Betaine....mg	14.0		0	BFPN	4		15.2	11.9	
Vitamin B-12....mcg	1.34		0	BFPN	4		1.45	1.14	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.37		0	BFSN	4		0.40	0.32	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		1.4	1.1	
Lipids:									
Fatty acids, total saturated....g	2.506		0	NC	4		2.706	2.130	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13444

Beef, tenderloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000	0.000	
8:0 ... g	0.000		0	BFFN	4		0.000	0.000	
10:0 ... g	0.003		0	BFFN	4		0.003	0.002	
12:0 ... g	0.008		0	BFFN	4		0.009	0.007	
13:0 ... g									
14:0 ... g	0.178		0	BFFN	4		0.193	0.152	
15:0 ... g									
16:0 ... g	1.459		0	BFFN	4		1.576	1.240	
17:0 ... g									
18:0 ... g	0.858		0	BFFN	4		0.926	0.729	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.626		0	NC	4		2.836	2.232	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.197		0	BFFN	4		0.213	0.167	
17:1 ... g									
18:1 undifferentiated ... g	2.426		0	BFFN	4		2.620	2.062	
20:1 ... g	0.003		0	BFFN	4		0.003	0.002	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.242		0	NC	4		0.262	0.206	
18:2 undifferentiated ... g	0.192		0	BFFN	4		0.207	0.163	
18:3 undifferentiated ... g	0.019		0	BFFN	4		0.020	0.016	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.032		0	BFFN	4		0.034	0.027	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	66		0	BFFN	4		72	56	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.185		0	A	1		0.199	0.157	
Threonine ... g	1.122		0	A	1		1.211	0.953	
Isoleucine ... g	1.277		0	A	1		1.380	1.086	
Leucine ... g	2.233		0	A	1		2.412	1.898	
Lysine ... g	2.373		0	A	1		2.563	2.017	
Methionine ... g	0.731		0	A	1		0.790	0.621	
Cystine ... g	0.362		0	A	1		0.391	0.308	
Phenylalanine ... g	1.109		0	A	1		1.198	0.943	
Tyrosine ... g	0.895		0	A	1		0.966	0.760	
Valine ... g	1.393		0	A	1		1.504	1.184	
Arginine ... g	1.815		0	A	1		1.961	1.543	
Histidine ... g	0.896		0	A	1		0.968	0.762	
Alanine ... g	1.707		0	A	1		1.843	1.451	
Aspartic acid ... g	2.557		0	A	1		2.762	2.174	
Glutamic acid ... g	4.215		0	A	1		4.552	3.583	
Glycine ... g	1.710		0	A	1		1.846	1.453	
Proline ... g	1.338		0	A	1		1.446	1.138	
Serine ... g	1.106		0	A	1		1.194	0.940	
Hydroxyproline ... g	0.295		0	BFPN	4		0.319	0.251	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13444

Beef, tenderloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

Common Measures:

Measure 1 = 108g: 1 steak (yield from 136 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23628

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

URMIS #2203

Refuse: 18% Bone and connective tissue 5%, sep fat 13%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.68	0.872	9	A	1		17.49	279.78	
Energy....kcal	206		0	NC	4		58	934	
Energy....kJ	862		0	NC	4		244	3909	
Protein (N x 6.25)....g	29.01	0.514	9	A	1		8.22	131.59	
Total lipid (fat)....g	9.10	0.643	9	A	1		2.58	41.27	
Ash....g	1.10	0.050	9	A	1		0.31	4.99	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	BFNN	4		5	73	
Iron, Fe....mg	1.95		0	BFNN	4		0.55	8.85	
Magnesium, Mg....mg	24		0	BFNN	4		7	111	
Phosphorus, P....mg	223		0	BFNN	4		63	1012	
Potassium, K....mg	358		0	BFNN	4		101	1622	
Sodium, Na....mg	59		0	BFNN	4		17	270	
Zinc, Zn....mg	5.40		0	BFNN	4		1.53	24.51	
Copper, Cu....mg	0.091		0	BFNN	4		0.026	0.412	
Manganese, Mn....mg	0.011		0	BFNN	4		0.003	0.049	
Selenium, Se....mcg	33.0		0	BFNN	4		9.4	149.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.077		0	BFPN	4		0.022	0.349	
Riboflavin....mg	0.149		0	BFPN	4		0.042	0.674	
Niacin....mg	8.559		0	BFPN	4		2.426	38.823	
Pantothenic acid....mg	0.570		0	BFPN	4		0.162	2.585	
Vitamin B-6....mg	0.604		0	BFPN	4		0.171	2.739	
Folate, total....mcg	10		0	BFPN	4		3	44	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		3	44	
Folate, DFE....mcg_DFE	10		0	NC	4		3	44	
Choline, total....mg	110.5		0	BFPN	4		31.3	501.2	
Betaine....mg	14.5		0	BFPN	4		4.1	65.8	
Vitamin B-12....mcg	1.81		0	BFPN	4		0.51	8.21	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.41		0	BFSN	4		0.12	1.87	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		0.4	6.7	
Lipids:									
Fatty acids, total saturated....g	3.465		0	NC	4		0.982	15.718	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23628

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.001	0.015	
12:0....g	0.010		0	BFFN	4		0.003	0.047	
13:0....g									
14:0....g	0.246		0	BFFN	4		0.070	1.117	
15:0....g									
16:0....g	2.018		0	BFFN	4		0.572	9.155	
17:0....g									
18:0....g	1.187		0	BFFN	4		0.337	5.384	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.633		0	NC	4		1.030	16.478	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.274		0	BFFN	4		0.078	1.242	
17:1....g									
18:1 undifferentiated....g	3.356		0	BFFN	4		0.951	15.221	
20:1....g	0.003		0	BFFN	4		0.001	0.015	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.325		0	NC	4		0.092	1.474	
18:2 undifferentiated....g	0.260		0	BFFN	4		0.074	1.179	
18:3 undifferentiated....g	0.024		0	BFFN	4		0.007	0.108	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.041		0	BFFN	4		0.012	0.186	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	85		0	BFFN	4		24	386	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.191		0	A	1		0.054	0.865	
Threonine....g	1.159		0	A	1		0.329	5.257	
Isoleucine....g	1.320		0	A	1		0.374	5.987	
Leucine....g	2.308		0	A	1		0.654	10.468	
Lysine....g	2.452		0	A	1		0.695	11.121	
Methionine....g	0.755		0	A	1		0.214	3.427	
Cystine....g	0.374		0	A	1		0.106	1.698	
Phenylalanine....g	1.146		0	A	1		0.325	5.198	
Tyrosine....g	0.924		0	A	1		0.262	4.193	
Valine....g	1.439		0	A	1		0.408	6.528	
Arginine....g	1.876		0	A	1		0.532	8.509	
Histidine....g	0.926		0	A	1		0.262	4.200	
Alanine....g	1.764		0	A	1		0.500	8.000	
Aspartic acid....g	2.642		0	A	1		0.749	11.986	
Glutamic acid....g	4.355		0	A	1		1.235	19.755	
Glycine....g	1.766		0	A	1		0.501	8.013	
Proline....g	1.383		0	A	1		0.392	6.273	
Serine....g	1.143		0	A	1		0.324	5.184	
Hydroxyproline....g	0.305		0	BFPN	4		0.086	1.382	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23628

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23587

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

URMIS #1388

Refuse: 17% Bone and connective tissue 4%, sep fat 13%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.67	0.684	10	A	1		17.77	284.27	
Energy....kcal	194		0	NC	4		55	880	
Energy....kJ	812		0	NC	4		230	3683	
Protein (N x 6.25)....g	29.07	0.350	10	A	1		8.24	131.84	
Total lipid (fat)....g	7.76	0.513	10	A	1		2.20	35.18	
Ash....g	1.20	0.039	10	A	1		0.34	5.43	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0	BFNN	4		6	96	
Iron, Fe....mg	1.81		0	BFNN	4		0.51	8.19	
Magnesium, Mg....mg	25		0	BFNN	4		7	115	
Phosphorus, P....mg	238		0	BFNN	4		68	1081	
Potassium, K....mg	386		0	BFNN	4		109	1750	
Sodium, Na....mg	62		0	BFNN	4		18	282	
Zinc, Zn....mg	5.37		0	BFNN	4		1.52	24.37	
Copper, Cu....mg	0.080		0	BFNN	4		0.023	0.362	
Manganese, Mn....mg	0.011		0	BFNN	4		0.003	0.048	
Selenium, Se....mcg	36.6		0	BFNN	4		10.4	166.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.083		0	BFPN	4		0.024	0.376	
Riboflavin....mg	0.154		0	BFPN	4		0.044	0.698	
Niacin....mg	8.494		0	BFPN	4		2.408	38.531	
Pantothenic acid....mg	0.573		0	BFPN	4		0.162	2.598	
Vitamin B-6....mg	0.642		0	BFPN	4		0.182	2.913	
Folate, total....mcg	10		0	BFPN	4		3	44	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		3	44	
Folate, DFE....mcg_DFE	10		0	NC	4		3	44	
Choline, total....mg	110.7		0	BFPN	4		31.4	502.2	
Betaine....mg	14.5		0	BFPN	4		4.1	66.0	
Vitamin B-12....mcg	1.39		0	BFPN	4		0.39	6.30	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFSN	4		0.11	1.80	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		0.4	6.4	
Lipids:									
Fatty acids, total saturated....g	2.953		0	NC	4		0.837	13.395	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 23587

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000	0.000	
8:0 ... g	0.000		0	BFFN	4		0.000	0.000	
10:0 ... g	0.003		0	BFFN	4		0.001	0.013	
12:0 ... g	0.009		0	BFFN	4		0.002	0.039	
13:0 ... g									
14:0 ... g	0.210		0	BFFN	4		0.060	0.952	
15:0 ... g									
16:0 ... g	1.720		0	BFFN	4		0.488	7.802	
17:0 ... g									
18:0 ... g	1.012		0	BFFN	4		0.287	4.589	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.096		0	NC	4		0.878	14.044	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.233		0	BFFN	4		0.066	1.058	
17:1 ... g									
18:1 undifferentiated ... g	2.860		0	BFFN	4		0.811	12.973	
20:1 ... g	0.003		0	BFFN	4		0.001	0.013	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.277		0	NC	4		0.078	1.256	
18:2 undifferentiated ... g	0.222		0	BFFN	4		0.063	1.005	
18:3 undifferentiated ... g	0.020		0	BFFN	4		0.006	0.093	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.035		0	BFFN	4		0.010	0.158	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	73		0	BFFN	4		21	329	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.191		0	A	1		0.054	0.867	
Threonine ... g	1.161		0	A	1		0.329	5.267	
Isoleucine ... g	1.322		0	A	1		0.375	5.998	
Leucine ... g	2.312		0	A	1		0.655	10.488	
Lysine ... g	2.456		0	A	1		0.696	11.142	
Methionine ... g	0.757		0	A	1		0.215	3.433	
Cystine ... g	0.375		0	A	1		0.106	1.701	
Phenylalanine ... g	1.148		0	A	1		0.325	5.208	
Tyrosine ... g	0.926		0	A	1		0.263	4.201	
Valine ... g	1.442		0	A	1		0.409	6.541	
Arginine ... g	1.879		0	A	1		0.533	8.525	
Histidine ... g	0.928		0	A	1		0.263	4.208	
Alanine ... g	1.767		0	A	1		0.501	8.015	
Aspartic acid ... g	2.648		0	A	1		0.751	12.009	
Glutamic acid ... g	4.363		0	A	1		1.237	19.793	
Glycine ... g	1.770		0	A	1		0.502	8.028	
Proline ... g	1.386		0	A	1		0.393	6.285	
Serine ... g	1.145		0	A	1		0.325	5.193	
Hydroxyproline ... g	0.305		0	BFPN	4		0.087	1.385	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23587

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13930

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Sirloin steak, Sirloin strip

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.36	0.645	20	PAK	1		178.59	49.61	
Energy....kcal	243		0	NC	4		745	207	
Energy....kJ	1019		0	NC	4		3117	866	
Protein (N x 6.25)....g	26.96	0.242	20	PAK	1		82.50	22.92	
Total lipid (fat)....g	14.23	0.636	20	PAK	1		43.54	12.09	
Ash....g	1.11	0.020	20	PAK	1		3.38	0.94	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	BFNN	4		61	17	
Iron, Fe....mg	1.73		0	BFNN	4		5.29	1.47	
Magnesium, Mg....mg	22		0	BFNN	4		69	19	
Phosphorus, P....mg	209		0	BFNN	4		640	178	
Potassium, K....mg	336		0	BFNN	4		1029	286	
Sodium, Na....mg	56		0	BFNN	4		170	47	
Zinc, Zn....mg	4.87		0	BFNN	4		14.89	4.14	
Copper, Cu....mg	0.081		0	BFNN	4		0.248	0.069	
Manganese, Mn....mg	0.009		0	BFNN	4		0.029	0.008	
Selenium, Se....mcg	29.2		0	BFNN	4		89.3	24.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.073		0	BFPN	4		0.223	0.062	
Riboflavin....mg	0.130		0	BFPN	4		0.397	0.110	
Niacin....mg	7.176		0	BFPN	4		21.958	6.099	
Pantothenic acid....mg	0.531		0	BFPN	4		1.626	0.452	
Vitamin B-6....mg	0.564		0	BFPN	4		1.726	0.480	
Folate, total....mcg	8		0	BFPN	4		26	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0	BFPN	4		26	7	
Folate, DFE....mcg_DFE	8		0	NC	4		26	7	
Choline, total....mg	102.7		0	BFPN	4		314.2	87.3	
Betaine....mg	13.5		0	BFPN	4		41.3	11.5	
Vitamin B-12....mcg	1.59		0	BFPN	4		4.85	1.35	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.44		0	BFSN	4		1.36	0.38	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.7	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		0.7	0.2	
Vitamin D....IU	9		0	BFFN	4		28	8	
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		4.8	1.3	
Lipids:									
Fatty acids, total saturated....g	5.603		0	NC	4		17.145	4.763	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13930

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.035		0	BFFN	4		0.108	0.030	
12:0 g	0.032		0	BFFN	4		0.099	0.027	
13:0 g									
14:0 g	0.433		0	BFFN	4		1.324	0.368	
15:0 g									
16:0 g	3.383		0	BFFN	4		10.353	2.876	
17:0 g									
18:0 g	1.720		0	BFFN	4		5.262	1.462	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.930		0	NC	4		18.146	5.041	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.536		0	BFFN	4		1.640	0.455	
17:1 g									
18:1 undifferentiated g	5.374		0	BFFN	4		16.443	4.568	
20:1 g	0.021		0	BFFN	4		0.063	0.018	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.527		0	NC	4		1.612	0.448	
18:2 undifferentiated g	0.368		0	BFFN	4		1.126	0.313	
18:3 undifferentiated g	0.127		0	BFFN	4		0.387	0.108	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.032		0	BFFN	4		0.099	0.027	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	75		0	BFFN	4		229	64	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.177		0	PAK	1		0.542	0.151	
Threonine g	1.077		0	PAK	1		3.296	0.915	
Isoleucine g	1.227		0	PAK	1		3.753	1.043	
Leucine g	2.145		0	PAK	1		6.563	1.823	
Lysine g	2.279		0	PAK	1		6.972	1.937	
Methionine g	0.702		0	PAK	1		2.148	0.597	
Cystine g	0.348		0	PAK	1		1.065	0.296	
Phenylalanine g	1.065		0	PAK	1		3.259	0.905	
Tyrosine g	0.859		0	PAK	1		2.629	0.730	
Valine g	1.338		0	PAK	1		4.093	1.137	
Arginine g	1.743		0	PAK	1		5.335	1.482	
Histidine g	0.860		0	PAK	1		2.633	0.731	
Alanine g	1.639		0	PAK	1		5.016	1.393	
Aspartic acid g	2.456		0	PAK	1		7.515	2.087	
Glutamic acid g	4.047		0	PAK	1		12.385	3.440	
Glycine g	1.642		0	PAK	1		5.023	1.395	
Proline g	1.285		0	PAK	1		3.933	1.093	
Serine g	1.062		0	PAK	1		3.250	0.903	
Hydroxyproline g	0.283		0	BFPN	4		0.867	0.241	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13930

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 306g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13929

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Sirloin steak, Sirloin strip

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.09	0.478	20	PAK	1		401.83	18.74	299.79
Energy....kcal	201		0	NC	4		1224	57	913
Energy....kJ	842		0	NC	4		5120	239	3820
Protein (N x 6.25)....g	20.30	0.173	20	PAK	1		123.43	5.76	92.08
Total lipid (fat)....g	12.71	0.636	20	PAK	1		77.25	3.60	57.63
Ash....g	1.03	0.025	20	PAK	1		6.25	0.29	4.66
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0	BFNN	4		148	7	111
Iron, Fe....mg	1.48		0	BFNN	4		9.01	0.42	6.72
Magnesium, Mg....mg	21		0	BFNN	4		127	6	95
Phosphorus, P....mg	187		0	BFNN	4		1139	53	850
Potassium, K....mg	315		0	BFNN	4		1914	89	1428
Sodium, Na....mg	52		0	BFNN	4		316	15	236
Zinc, Zn....mg	3.55		0	BFNN	4		21.61	1.01	16.12
Copper, Cu....mg	0.069		0	BFNN	4		0.421	0.020	0.314
Manganese, Mn....mg	0.011		0	BFNN	4		0.067	0.003	0.050
Selenium, Se....mcg	22.9		0	BFNN	4		139.5	6.5	104.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.063		0	BFPN	4		0.384	0.018	0.286
Riboflavin....mg	0.098		0	BFPN	4		0.596	0.028	0.445
Niacin....mg	5.986		0	BFPN	4		36.395	1.697	27.153
Pantothenic acid....mg	0.584		0	BFPN	4		3.549	0.165	2.648
Vitamin B-6....mg	0.554		0	BFPN	4		3.366	0.157	2.511
Folate, total....mcg	11		0	BFPN	4		66	3	49
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	11		0	BFPN	4		66	3	49
Folate, DFE....mcg_DFE	11		0	NC	4		66	3	49
Choline, total....mg	84.8		0	BFPN	4		515.5	24.0	384.6
Betaine....mg	12.5		0	BFPN	4		75.8	3.5	56.6
Vitamin B-12....mcg	1.05		0	BFPN	4		6.36	0.30	4.75
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.36		0	BFSN	4		2.20	0.10	1.64
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		8.8	0.4	6.5
Lipids:									
Fatty acids, total saturated....g	5.127		0	NC	4		31.172	1.453	23.256
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000

NDB No. 13929

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0 g	0.041		0	BFFN	4		0.248	0.012	0.185
12:0 g	0.027		0	BFFN	4		0.165	0.008	0.123
13:0 g									
14:0 g	0.402		0	BFFN	4		2.442	0.114	1.822
15:0 g									
16:0 g	3.087		0	BFFN	4		18.767	0.875	14.001
17:0 g									
18:0 g	1.571		0	BFFN	4		9.549	0.445	7.124
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.440		0	NC	4		33.076	1.542	24.677
14:1 g									
15:1 g									
16:1 undifferentiated g	0.620		0	BFFN	4		3.767	0.176	2.811
17:1 g									
18:1 undifferentiated g	4.803		0	BFFN	4		29.199	1.362	21.784
20:1 g	0.018		0	BFFN	4		0.110	0.005	0.082
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.483		0	NC	4		2.938	0.137	2.192
18:2 undifferentiated g	0.311		0	BFFN	4		1.890	0.088	1.410
18:3 undifferentiated g	0.152		0	BFFN	4		0.924	0.043	0.689
18:4 g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		0	BFFN	4		0.124	0.006	0.093
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	47		0	BFFN	4		283	13	211
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.133		0	PAK	1		0.811	0.038	0.605
Threonine g	0.811		0	PAK	1		4.931	0.230	3.678
Isoleucine g	0.924		0	PAK	1		5.615	0.262	4.189
Leucine g	1.615		0	PAK	1		9.818	0.458	7.325
Lysine g	1.716		0	PAK	1		10.431	0.486	7.782
Methionine g	0.529		0	PAK	1		3.214	0.150	2.398
Cystine g	0.262		0	PAK	1		1.593	0.074	1.188
Phenylalanine g	0.802		0	PAK	1		4.875	0.227	3.637
Tyrosine g	0.647		0	PAK	1		3.933	0.183	2.934
Valine g	1.007		0	PAK	1		6.123	0.286	4.568
Arginine g	1.313		0	PAK	1		7.981	0.372	5.954
Histidine g	0.648		0	PAK	1		3.939	0.184	2.939
Alanine g	1.234		0	PAK	1		7.504	0.350	5.598
Aspartic acid g	1.849		0	PAK	1		11.242	0.524	8.387
Glutamic acid g	3.048		0	PAK	1		18.529	0.864	13.824
Glycine g	1.236		0	PAK	1		7.515	0.350	5.607
Proline g	0.968		0	PAK	1		5.884	0.274	4.390
Serine g	0.800		0	PAK	1		4.862	0.227	3.627
Hydroxyproline g	0.213		0	BFPN	4		1.297	0.060	0.967
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13929

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 608g: 1 steak

Measure 2 = 28.35g: 1 oz

Measure 3 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13933

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried

Sirloin steak, Sirloin strip, URMIS #2237

Refuse: 2% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.56		0	PAE	4		152.15	42.13	
Energy....kcal	313		0	NC	4		961	266	
Energy....kJ	1310		0		4		4020	1113	
Protein (N x 6.25)....g	28.77		0	PAE	4		88.32	24.45	
Total lipid (fat)....g	21.06		0	PAE	4		64.65	17.90	
Ash....g	1.28		0	PAE	4		3.93	1.09	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0	PAE	4		37	10	
Iron, Fe....mg	3.42		0	PAE	4		10.50	2.91	
Magnesium, Mg....mg	28		0	PAE	4		86	24	
Phosphorus, P....mg	235		0	PAE	4		721	200	
Potassium, K....mg	406		0	PAE	4		1246	345	
Sodium, Na....mg	71		0	PAE	4		218	60	
Zinc, Zn....mg	5.55		0	PAE	4		17.04	4.72	
Copper, Cu....mg	0.131		0	PAE	4		0.402	0.111	
Manganese, Mn....mg	0.017		0	PAE	4		0.052	0.014	
Selenium, Se....mcg	29.8		0	BFYN	4		91.5	25.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.120		0	PAE	4		0.368	0.102	
Riboflavin....mg	0.290		0	PAE	4		0.890	0.247	
Niacin....mg	3.830		0	PAE	4		11.758	3.256	
Pantothenic acid....mg	0.390		0	PAE	4		1.197	0.332	
Vitamin B-6....mg	0.440		0	PAE	4		1.351	0.374	
Folate, total....mcg	9		0	PAE	4		28	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	PAE	4		28	8	
Folate, DFE....mcg_DFE	9		0	NC	4		28	8	
Choline, total....mg	109.6		0	BFPN	4		336.4	93.1	
Betaine....mg									
Vitamin B-12....mcg	3.34		0	PAE	4		10.25	2.84	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.54		0	BFSN	4		1.65	0.46	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.3		0	AS	1		1.1	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.3		0	BFFN	4		1.1	0.3	
Vitamin D....IU	14		0	BFFN	4		42	12	
Vitamin K (phylloquinone)....mcg	1.9		0	BFSN	4		5.9	1.6	
Lipids:									
Fatty acids, total saturated....g	8.180		0	PAE	4		25.113	6.953	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13933

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	Z	7		0.000	0.000	
8:0 ... g	0.000		0	Z	7		0.000	0.000	
10:0 ... g	0.050		0	PAE	4		0.154	0.043	
12:0 ... g	0.050		0	PAE	4		0.154	0.043	
13:0 ... g									
14:0 ... g	0.600		0	PAE	4		1.842	0.510	
15:0 ... g									
16:0 ... g	4.890		0	PAE	4		15.012	4.157	
17:0 ... g									
18:0 ... g	2.440		0	PAE	4		7.491	2.074	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.860		0	PAE	4		27.200	7.531	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.780		0	PAE	4		2.395	0.663	
17:1 ... g									
18:1 undifferentiated ... g	7.970		0	PAE	4		24.468	6.775	
20:1 ... g	0.040		0	PAE	4		0.123	0.034	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.710		0	PAE	4		5.250	1.454	
18:2 undifferentiated ... g	1.340		0	PAE	4		4.114	1.139	
18:3 undifferentiated ... g	0.300		0	PAE	4		0.921	0.255	
18:4 ... g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.050		0	PAE	4		0.154	0.043	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	98		0	PAE	4		301	83	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.322		0	PAE	4		0.989	0.274	
Threonine ... g	1.257		0	PAE	4		3.859	1.068	
Isoleucine ... g	1.293		0	PAE	4		3.970	1.099	
Leucine ... g	2.274		0	PAE	4		6.981	1.933	
Lysine ... g	2.394		0	PAE	4		7.350	2.035	
Methionine ... g	0.736		0	PAE	4		2.260	0.626	
Cystine ... g	0.322		0	PAE	4		0.989	0.274	
Phenylalanine ... g	1.123		0	PAE	4		3.448	0.955	
Tyrosine ... g	0.967		0	PAE	4		2.969	0.822	
Valine ... g	1.399		0	PAE	4		4.295	1.189	
Arginine ... g	1.818		0	PAE	4		5.581	1.545	
Histidine ... g	0.985		0	PAE	4		3.024	0.837	
Alanine ... g	1.735		0	PAE	4		5.326	1.475	
Aspartic acid ... g	2.628		0	PAE	4		8.068	2.234	
Glutamic acid ... g	4.322		0	PAE	4		13.269	3.674	
Glycine ... g	1.570		0	PAE	4		4.820	1.335	
Proline ... g	1.270		0	PAE	4		3.899	1.080	
Serine ... g	1.100		0	PAE	4		3.377	0.935	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13933

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried

Common Measures:

Measure 1 = 307g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13931

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Sirloin steak, Sirloin strip, URMIS #2237

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.87	0.616	10	PAK	1		18.39	294.23	
Energy....kcal	214		0	NC	4		61	970	
Energy....kJ	895		0	NC	4		254	4059	
Protein (N x 6.25)....g	19.92	0.241	10	PAK	1		5.65	90.36	
Total lipid (fat)....g	14.28	0.880	10	PAK	1		4.05	64.78	
Ash....g	0.97	0.037	10	PAK	1		0.28	4.41	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	25		0	BFNN	4		7	114	
Iron, Fe....mg	1.46		0	BFNN	4		0.41	6.60	
Magnesium, Mg....mg	20		0	BFNN	4		6	93	
Phosphorus, P....mg	181		0	BFNN	4		51	821	
Potassium, K....mg	309		0	BFNN	4		88	1402	
Sodium, Na....mg	51		0	BFNN	4		14	230	
Zinc, Zn....mg	3.57		0	BFNN	4		1.01	16.18	
Copper, Cu....mg	0.066		0	BFNN	4		0.019	0.300	
Manganese, Mn....mg	0.013		0	BFNN	4		0.004	0.057	
Selenium, Se....mcg	21.8		0	BFNN	4		6.2	99.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.053		0	BFPN	4		0.015	0.239	
Riboflavin....mg	0.084		0	BFPN	4		0.024	0.382	
Niacin....mg	6.425		0	BFPN	4		1.821	29.142	
Pantothenic acid....mg	0.582		0	BFPN	4		0.165	2.638	
Vitamin B-6....mg	0.536		0	BFPN	4		0.152	2.433	
Folate, total....mcg	11		0	BFPN	4		3	49	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0	BFPN	4		3	49	
Folate, DFE....mcg_DFE	11		0	NC	4		3	49	
Choline, total....mg	83.2		0	BFPN	4		23.6	377.4	
Betaine....mg	12.2		0	BFPN	4		3.5	55.5	
Vitamin B-12....mcg	1.11		0	BFPN	4		0.31	5.03	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.37		0	BFSN	4		0.11	1.70	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		0.4	6.8	
Lipids:									
Fatty acids, total saturated....g	5.763		0	NC	4		1.634	26.141	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13931

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.046		0	BFFN	4		0.013	0.208	
12:0 g	0.031		0	BFFN	4		0.009	0.139	
13:0 g									
14:0 g	0.452		0	BFFN	4		0.128	2.048	
15:0 g									
16:0 g	3.470		0	BFFN	4		0.984	15.738	
17:0 g									
18:0 g	1.765		0	BFFN	4		0.500	8.008	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.115		0	NC	4		1.734	27.739	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.696		0	BFFN	4		0.197	3.159	
17:1 g									
18:1 undifferentiated g	5.398		0	BFFN	4		1.530	24.487	
20:1 g	0.020		0	BFFN	4		0.006	0.093	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.543		0	NC	4		0.154	2.464	
18:2 undifferentiated g	0.350		0	BFFN	4		0.099	1.585	
18:3 undifferentiated g	0.171		0	BFFN	4		0.048	0.775	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.023		0	BFFN	4		0.006	0.104	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	52		0	BFFN	4		15	237	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.127		0	NR	4		0.036	0.577	
Threonine g	0.774		0	NR	4		0.219	3.510	
Isoleucine g	0.881		0	NR	4		0.250	3.997	
Leucine g	1.541		0	NR	4		0.437	6.989	
Lysine g	1.637		0	NR	4		0.464	7.425	
Methionine g	0.504		0	NR	4		0.143	2.288	
Cystine g	0.250		0	NR	4		0.071	1.134	
Phenylalanine g	0.765		0	NR	4		0.217	3.470	
Tyrosine g	0.617		0	NR	4		0.175	2.800	
Valine g	0.961		0	NR	4		0.272	4.359	
Arginine g	1.253		0	NR	4		0.355	5.681	
Histidine g	0.618		0	NR	4		0.175	2.804	
Alanine g	1.178		0	NR	4		0.334	5.342	
Aspartic acid g	1.764		0	NR	4		0.500	8.003	
Glutamic acid g	2.908		0	NR	4		0.824	13.190	
Glycine g	1.179		0	NR	4		0.334	5.350	
Proline g	0.923		0	NR	4		0.262	4.189	
Serine g	0.763		0	NR	4		0.216	3.461	
Hydroxyproline g	0.203		0	BFPN	4		0.058	0.923	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13931

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13934

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, raw

Sirloin steak, Sirloin strip, URMIS #1422

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.32	0.502	10	PAK	1		399.86	19.08	305.35
Energy....kcal	189		0	NC	4		1121	53	856
Energy....kJ	789		0	NC	4		4689	224	3581
Protein (N x 6.25)....g	20.68	0.192	10	PAK	1		122.83	5.86	93.80
Total lipid (fat)....g	11.13	0.616	10	PAK	1		66.11	3.16	50.48
Ash....g	1.08	0.026	10	PAK	1		6.43	0.31	4.91
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0	BFNN	4		140	7	107
Iron, Fe....mg	1.51		0	BFNN	4		8.97	0.43	6.85
Magnesium, Mg....mg	21		0	BFNN	4		127	6	97
Phosphorus, P....mg	194		0	BFNN	4		1150	55	879
Potassium, K....mg	321		0	BFNN	4		1904	91	1454
Sodium, Na....mg	53		0	BFNN	4		316	15	241
Zinc, Zn....mg	3.54		0	BFNN	4		21.01	1.00	16.05
Copper, Cu....mg	0.073		0	BFNN	4		0.431	0.021	0.329
Manganese, Mn....mg	0.010		0	BFNN	4		0.058	0.003	0.044
Selenium, Se....mcg	24.1		0	BFNN	4		143.1	6.8	109.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.074		0	BFPN	4		0.439	0.021	0.335
Riboflavin....mg	0.112		0	BFPN	4		0.666	0.032	0.509
Niacin....mg	5.526		0	BFPN	4		32.822	1.567	25.064
Pantothenic acid....mg	0.586		0	BFPN	4		3.480	0.166	2.657
Vitamin B-6....mg	0.571		0	BFPN	4		3.392	0.162	2.591
Folate, total....mcg	11		0	BFPN	4		65	3	49
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	11		0	BFPN	4		65	3	49
Folate, DFE....mcg_DFE	11		0	NC	4		65	3	49
Choline, total....mg	86.4		0	BFPN	4		513.1	24.5	391.8
Betaine....mg	12.7		0	BFPN	4		75.4	3.6	57.6
Vitamin B-12....mcg	0.98		0	BFPN	4		5.83	0.28	4.45
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.35		0	BFSN	4		2.07	0.10	1.58
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		8.3	0.4	6.3
Lipids:									
Fatty acids, total saturated....g	4.491		0	NC	4		26.675	1.273	20.370
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000

NDB No. 13934

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0 g	0.036		0	BFFN	4		0.212	0.010	0.162
12:0 g	0.024		0	BFFN	4		0.141	0.007	0.108
13:0 g									
14:0 g	0.352		0	BFFN	4		2.090	0.100	1.596
15:0 g									
16:0 g	2.704		0	BFFN	4		16.060	0.766	12.264
17:0 g									
18:0 g	1.376		0	BFFN	4		8.172	0.390	6.240
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.765		0	NC	4		28.305	1.351	21.615
14:1 g									
15:1 g									
16:1 undifferentiated g	0.543		0	BFFN	4		3.224	0.154	2.462
17:1 g									
18:1 undifferentiated g	4.207		0	BFFN	4		24.987	1.193	19.081
20:1 g	0.016		0	BFFN	4		0.094	0.005	0.072
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.423		0	NC	4		2.514	0.120	1.920
18:2 undifferentiated g	0.272		0	BFFN	4		1.617	0.077	1.235
18:3 undifferentiated g	0.133		0	BFFN	4		0.791	0.038	0.604
18:4 g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.018		0	BFFN	4		0.106	0.005	0.081
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	41		0	BFFN	4		242	12	185
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.136		0	PAK	1		0.807	0.039	0.616
Threonine g	0.826		0	PAK	1		4.907	0.234	3.747
Isoleucine g	0.941		0	PAK	1		5.588	0.267	4.267
Leucine g	1.645		0	PAK	1		9.771	0.466	7.462
Lysine g	1.748		0	PAK	1		10.381	0.495	7.927
Methionine g	0.538		0	PAK	1		3.199	0.153	2.443
Cystine g	0.267		0	PAK	1		1.585	0.076	1.210
Phenylalanine g	0.817		0	PAK	1		4.852	0.232	3.705
Tyrosine g	0.659		0	PAK	1		3.914	0.187	2.989
Valine g	1.026		0	PAK	1		6.094	0.291	4.653
Arginine g	1.337		0	PAK	1		7.943	0.379	6.065
Histidine g	0.660		0	PAK	1		3.920	0.187	2.994
Alanine g	1.257		0	PAK	1		7.468	0.356	5.702
Aspartic acid g	1.884		0	PAK	1		11.188	0.534	8.544
Glutamic acid g	3.104		0	PAK	1		18.440	0.880	14.081
Glycine g	1.259		0	PAK	1		7.479	0.357	5.711
Proline g	0.986		0	PAK	1		5.856	0.279	4.472
Serine g	0.815		0	PAK	1		4.839	0.231	3.695
Hydroxyproline g	0.206		0	BFPN	4		1.223	0.058	0.934
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13934

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 594g: 1 steak

Measure 2 = 28.35g: 1 oz

Measure 3 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13454

Beef, top sirloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Sirloin steak, Sirloin strip

Refuse: 10% Bone and connective tissue, 3.8%, separable fat, 5.8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.98	0.578	20	A	1		183.90	53.53	
Energy....kcal	183		0	NC	4		533	155	
Energy....kJ	764		0	NC	4		2231	650	
Protein (N x 6.25)....g	30.55	0.426	20	A	1		89.19	25.96	
Total lipid (fat)....g	5.79	0.298	20	A	1		16.90	4.92	
Ash....g	1.31	0.036	20	A	1		3.83	1.11	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	BFNN	4		58	17	
Iron, Fe....mg	1.96		0	BFNN	4		5.72	1.66	
Magnesium, Mg....mg	26		0	BFNN	4		77	22	
Phosphorus, P....mg	244		0	BFNN	4		712	207	
Potassium, K....mg	393		0	BFNN	4		1148	334	
Sodium, Na....mg	64		0	BFNN	4		187	54	
Zinc, Zn....mg	5.71		0	BFNN	4		16.67	4.85	
Copper, Cu....mg	0.091		0	BFNN	4		0.265	0.077	
Manganese, Mn....mg	0.011		0	BFNN	4		0.033	0.010	
Selenium, Se....mcg	35.8		0	BFNN	4		104.6	30.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.083		0	BFPN	4		0.244	0.071	
Riboflavin....mg	0.155		0	BFPN	4		0.452	0.131	
Niacin....mg	8.741		0	BFPN	4		25.523	7.430	
Pantothenic acid....mg	0.601		0	BFPN	4		1.755	0.511	
Vitamin B-6....mg	0.656		0	BFPN	4		1.914	0.557	
Folate, total....mcg	10		0	BFPN	4		30	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		30	9	
Folate, DFE....mcg_DFE	10		0	NC	4		30	9	
Choline, total....mg	116.3		0	BFPN	4		339.7	98.9	
Betaine....mg	15.3		0	BFPN	4		44.6	13.0	
Vitamin B-12....mcg	1.71		0	BFPN	4		4.99	1.45	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.39		0	BFSN	4		1.15	0.34	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.3	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.3	0.1	
Vitamin D....IU	4		0	BFFN	4		11	3	
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		4.1	1.2	
Lipids:									
Fatty acids, total saturated....g	2.205		0	NC	4		6.438	1.874	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13454

Beef, top sirloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.002		0	BFFN	4		0.007	0.002	
12:0....g	0.007		0	BFFN	4		0.020	0.006	
13:0....g									
14:0....g	0.157		0	BFFN	4		0.458	0.133	
15:0....g									
16:0....g	1.284		0	BFFN	4		3.750	1.091	
17:0....g									
18:0....g	0.755		0	BFFN	4		2.203	0.641	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.310		0	NC	4		6.746	1.964	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.173		0	BFFN	4		0.506	0.147	
17:1....g									
18:1 undifferentiated....g	2.135		0	BFFN	4		6.233	1.814	
20:1....g	0.002		0	BFFN	4		0.007	0.002	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.213		0	NC	4		0.623	0.181	
18:2 undifferentiated....g	0.169		0	BFFN	4		0.493	0.143	
18:3 undifferentiated....g	0.016		0	BFFN	4		0.048	0.014	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.028		0	BFFN	4		0.082	0.024	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	58		0	BFFN	4		170	50	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.201		0	A	1		0.586	0.171	
Threonine....g	1.220		0	A	1		3.563	1.037	
Isoleucine....g	1.390		0	A	1		4.058	1.181	
Leucine....g	2.430		0	A	1		7.095	2.065	
Lysine....g	2.581		0	A	1		7.538	2.194	
Methionine....g	0.795		0	A	1		2.323	0.676	
Cystine....g	0.394		0	A	1		1.151	0.335	
Phenylalanine....g	1.207		0	A	1		3.523	1.026	
Tyrosine....g	0.973		0	A	1		2.842	0.827	
Valine....g	1.515		0	A	1		4.425	1.288	
Arginine....g	1.975		0	A	1		5.767	1.679	
Histidine....g	0.975		0	A	1		2.846	0.829	
Alanine....g	1.857		0	A	1		5.422	1.578	
Aspartic acid....g	2.782		0	A	1		8.124	2.365	
Glutamic acid....g	4.586		0	A	1		13.390	3.898	
Glycine....g	1.860		0	A	1		5.431	1.581	
Proline....g	1.456		0	A	1		4.252	1.238	
Serine....g	1.203		0	A	1		3.513	1.023	
Hydroxyproline....g	0.321		0	BFPN	4		0.937	0.273	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13454

Beef, top sirloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 292g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13455

Beef, top sirloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Sirloin steak, Sirloin strip, URMIS #2237

Refuse: 10% Bone and connective tissue 4%, sep fat 6%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.38	0.702	10	A	1		245.14	53.02	
Energy....kcal	188		0	NC	4		741	160	
Energy....kJ	788		0	NC	4		3098	670	
Protein (N x 6.25)....g	30.29	0.518	10	A	1		119.04	25.75	
Total lipid (fat)....g	6.55	0.353	10	A	1		25.74	5.57	
Ash....g	1.27	0.032	10	A	1		4.99	1.08	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0	BFNN	4		67	14	
Iron, Fe....mg	2.07		0	BFNN	4		8.15	1.76	
Magnesium, Mg....mg	26		0	BFNN	4		102	22	
Phosphorus, P....mg	237		0	BFNN	4		933	202	
Potassium, K....mg	380		0	BFNN	4		1495	323	
Sodium, Na....mg	63		0	BFNN	4		248	54	
Zinc, Zn....mg	5.75		0	BFNN	4		22.58	4.88	
Copper, Cu....mg	0.097		0	BFNN	4		0.380	0.082	
Manganese, Mn....mg	0.011		0	BFNN	4		0.044	0.010	
Selenium, Se....mcg	35.1		0	BFNN	4		138.1	29.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0	BFPN	4		0.316	0.068	
Riboflavin....mg	0.155		0	BFPN	4		0.609	0.132	
Niacin....mg	8.937		0	BFPN	4		35.122	7.596	
Pantothenic acid....mg	0.595		0	BFPN	4		2.338	0.506	
Vitamin B-6....mg	0.630		0	BFPN	4		2.477	0.536	
Folate, total....mcg	10		0	BFPN	4		40	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		40	9	
Folate, DFE....mcg_DFE	10		0	NC	4		40	9	
Choline, total....mg	115.4		0	BFPN	4		453.4	98.1	
Betaine....mg	15.2		0	BFPN	4		59.6	12.9	
Vitamin B-12....mcg	1.89		0	BFPN	4		7.43	1.61	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFSN	4		1.58	0.34	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		5.6	1.2	
Lipids:									
Fatty acids, total saturated....g	2.495		0	NC	4		9.805	2.121	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13455

Beef, top sirloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000	0.000	
8:0 ... g	0.000		0	BFFN	4		0.000	0.000	
10:0 ... g	0.003		0	BFFN	4		0.010	0.002	
12:0 ... g	0.008		0	BFFN	4		0.031	0.007	
13:0 ... g									
14:0 ... g	0.178		0	BFFN	4		0.698	0.151	
15:0 ... g									
16:0 ... g	1.453		0	BFFN	4		5.711	1.235	
17:0 ... g									
18:0 ... g	0.854		0	BFFN	4		3.355	0.726	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.615		0	NC	4		10.275	2.222	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.196		0	BFFN	4		0.771	0.167	
17:1 ... g									
18:1 undifferentiated ... g	2.416		0	BFFN	4		9.494	2.053	
20:1 ... g	0.003		0	BFFN	4		0.010	0.002	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.241		0	NC	4		0.948	0.205	
18:2 undifferentiated ... g	0.191		0	BFFN	4		0.750	0.162	
18:3 undifferentiated ... g	0.019		0	BFFN	4		0.073	0.016	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.032		0	BFFN	4		0.125	0.027	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	66		0	BFFN	4		259	56	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.199		0	A	1		0.782	0.169	
Threonine ... g	1.210		0	A	1		4.756	1.029	
Isoleucine ... g	1.378		0	A	1		5.416	1.171	
Leucine ... g	2.410		0	A	1		9.470	2.048	
Lysine ... g	2.560		0	A	1		10.061	2.176	
Methionine ... g	0.789		0	A	1		3.100	0.670	
Cystine ... g	0.391		0	A	1		1.536	0.332	
Phenylalanine ... g	1.196		0	A	1		4.702	1.017	
Tyrosine ... g	0.965		0	A	1		3.793	0.820	
Valine ... g	1.503		0	A	1		5.906	1.277	
Arginine ... g	1.959		0	A	1		7.698	1.665	
Histidine ... g	0.967		0	A	1		3.799	0.822	
Alanine ... g	1.842		0	A	1		7.237	1.565	
Aspartic acid ... g	2.759		0	A	1		10.843	2.345	
Glutamic acid ... g	4.547		0	A	1		17.871	3.865	
Glycine ... g	1.844		0	A	1		7.249	1.568	
Proline ... g	1.444		0	A	1		5.675	1.227	
Serine ... g	1.193		0	A	1		4.689	1.014	
Hydroxyproline ... g	0.318		0	BFPN	4		1.251	0.270	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13455

Beef, top sirloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 393g: 1 steak (yield from 532 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13456

Beef, top sirloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Sirloin steak, Sirloin strip, URMIS #1422

Refuse: 10% Bone and connective tissue 4%, sep fat 6%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.58	0.915	10	A	1		238.43	54.04	
Energy....kcal	177		0	NC	4		663	150	
Energy....kJ	740		0	NC	4		2775	629	
Protein (N x 6.25)....g	30.80	0.696	10	A	1		115.50	26.18	
Total lipid (fat)....g	5.03	0.347	10	A	1		18.85	4.27	
Ash....g	1.35	0.063	10	A	1		5.07	1.15	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0	BFNN	4		84	19	
Iron, Fe....mg	1.92		0	BFNN	4		7.19	1.63	
Magnesium, Mg....mg	27		0	BFNN	4		101	23	
Phosphorus, P....mg	253		0	BFNN	4		949	215	
Potassium, K....mg	410		0	BFNN	4		1536	348	
Sodium, Na....mg	66		0	BFNN	4		247	56	
Zinc, Zn....mg	5.70		0	BFNN	4		21.39	4.85	
Copper, Cu....mg	0.085		0	BFNN	4		0.318	0.072	
Manganese, Mn....mg	0.011		0	BFNN	4		0.042	0.010	
Selenium, Se....mcg	38.9		0	BFNN	4		145.9	33.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.088		0	BFPN	4		0.330	0.075	
Riboflavin....mg	0.163		0	BFPN	4		0.612	0.139	
Niacin....mg	9.001		0	BFPN	4		33.753	7.651	
Pantothenic acid....mg	0.607		0	BFPN	4		2.276	0.516	
Vitamin B-6....mg	0.681		0	BFPN	4		2.552	0.578	
Folate, total....mcg	10		0	BFPN	4		39	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		39	9	
Folate, DFE....mcg_DFE	10		0	NC	4		39	9	
Choline, total....mg	117.3		0	BFPN	4		439.9	99.7	
Betaine....mg	15.4		0	BFPN	4		57.8	13.1	
Vitamin B-12....mcg	1.47		0	BFPN	4		5.52	1.25	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.39		0	BFSN	4		1.46	0.33	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		5.4	1.2	
Lipids:									
Fatty acids, total saturated....g	1.915		0	NC	4		7.180	1.627	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13456

Beef, top sirloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.002		0	BFFN	4		0.008	0.002	
12:0....g	0.006		0	BFFN	4		0.023	0.005	
13:0....g									
14:0....g	0.136		0	BFFN	4		0.511	0.116	
15:0....g									
16:0....g	1.115		0	BFFN	4		4.181	0.948	
17:0....g									
18:0....g	0.655		0	BFFN	4		2.457	0.557	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.006		0	NC	4		7.523	1.705	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.151		0	BFFN	4		0.564	0.128	
17:1....g									
18:1 undifferentiated....g	1.854		0	BFFN	4		6.951	1.576	
20:1....g	0.002		0	BFFN	4		0.008	0.002	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.185		0	NC	4		0.694	0.157	
18:2 undifferentiated....g	0.147		0	BFFN	4		0.549	0.125	
18:3 undifferentiated....g	0.014		0	BFFN	4		0.053	0.012	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.024		0	BFFN	4		0.092	0.021	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	51		0	BFFN	4		190	43	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.202		0	A	1		0.759	0.172	
Threonine....g	1.230		0	A	1		4.614	1.046	
Isoleucine....g	1.401		0	A	1		5.255	1.191	
Leucine....g	2.450		0	A	1		9.187	2.082	
Lysine....g	2.603		0	A	1		9.761	2.212	
Methionine....g	0.802		0	A	1		3.008	0.682	
Cystine....g	0.397		0	A	1		1.490	0.338	
Phenylalanine....g	1.217		0	A	1		4.562	1.034	
Tyrosine....g	0.981		0	A	1		3.680	0.834	
Valine....g	1.528		0	A	1		5.730	1.299	
Arginine....g	1.992		0	A	1		7.468	1.693	
Histidine....g	0.983		0	A	1		3.686	0.835	
Alanine....g	1.872		0	A	1		7.021	1.592	
Aspartic acid....g	2.805		0	A	1		10.520	2.385	
Glutamic acid....g	4.624		0	A	1		17.339	3.930	
Glycine....g	1.875		0	A	1		7.033	1.594	
Proline....g	1.468		0	A	1		5.506	1.248	
Serine....g	1.213		0	A	1		4.550	1.031	
Hydroxyproline....g	0.324		0	BFPN	4		1.213	0.275	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13456

Beef, top sirloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Common Measures:

Measure 1 = 375g: 1 steak (yield from 505 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23610

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Refuse: 17% Bone and connective tissue, 4.34%, separable fat, 12.57%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	64.29	0.462	20	A	1		18.23	291.62	
Energy ... kcal	178		0	NC	4		51	809	
Energy ... kJ	746		0	NC	4		212	3384	
Protein (N x 6.25) ... g	29.42	0.296	20	A	1		8.34	133.47	
Total lipid (fat) ... g	5.84	0.298	20	A	1		1.66	26.49	
Ash ... g	1.20	0.021	20	A	1		0.34	5.44	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	19		0	BFNN	4		5	87	
Iron, Fe ... mg	1.87		0	BFNN	4		0.53	8.49	
Magnesium, Mg ... mg	25		0	BFNN	4		7	114	
Phosphorus, P ... mg	233		0	BFNN	4		66	1059	
Potassium, K ... mg	376		0	BFNN	4		107	1706	
Sodium, Na ... mg	61		0	BFNN	4		17	278	
Zinc, Zn ... mg	5.46		0	BFNN	4		1.55	24.78	
Copper, Cu ... mg	0.087		0	BFNN	4		0.025	0.395	
Manganese, Mn ... mg	0.011		0	BFNN	4		0.003	0.049	
Selenium, Se ... mcg	34.3		0	BFNN	4		9.7	155.4	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.080		0	BFPN	4		0.023	0.364	
Riboflavin ... mg	0.149		0	BFPN	4		0.042	0.676	
Niacin ... mg	8.420		0	BFPN	4		2.387	38.193	
Pantothenic acid ... mg	0.626		0	BFPN	4		0.177	2.840	
Vitamin B-6 ... mg	0.631		0	BFPN	4		0.179	2.864	
Folate, total ... mcg	11		0	BFPN	4		3	48	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	11		0	BFPN	4		3	48	
Folate, DFE ... mcg_DFE	11		0	NC	4		3	48	
Choline, total ... mg	112.1		0	BFPN	4		31.8	508.3	
Betaine ... mg	14.7		0	BFPN	4		4.2	66.8	
Vitamin B-12 ... mcg	1.68		0	BFPN	4		0.48	7.63	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	AS	1		0	0	
Retinol ... mcg	0		0	Z	7		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0	AS	1		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.38		0	BFSN	4		0.11	1.74	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta ... mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3) ... mcg	0.1		0	AS	1		0.0	0.4	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.1		0	BFFN	4		0.0	0.4	
Vitamin D ... IU	4		0	BFFN	4		1	17	
Vitamin K (phylloquinone) ... mcg	1.4		0	BFSN	4		0.4	6.2	
Lipids:									
Fatty acids, total saturated ... g	2.224		0	NC	4		0.630	10.087	
4:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 23610

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.002		0	BFFN	4		0.001	0.010	
12:0....g	0.007		0	BFFN	4		0.002	0.029	
13:0....g									
14:0....g	0.158		0	BFFN	4		0.045	0.717	
15:0....g									
16:0....g	1.295		0	BFFN	4		0.367	5.875	
17:0....g									
18:0....g	0.762		0	BFFN	4		0.216	3.456	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.331		0	NC	4		0.661	10.575	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.176		0	BFFN	4		0.050	0.797	
17:1....g									
18:1 undifferentiated....g	2.154		0	BFFN	4		0.611	9.769	
20:1....g	0.002		0	BFFN	4		0.001	0.010	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.208		0	NC	4		0.059	0.945	
18:2 undifferentiated....g	0.167		0	BFFN	4		0.047	0.757	
18:3 undifferentiated....g	0.015		0	BFFN	4		0.004	0.069	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.026		0	BFFN	4		0.007	0.119	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	55		0	BFFN	4		15	248	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.193		0	A	1		0.055	0.877	
Threonine....g	1.175		0	A	1		0.333	5.332	
Isoleucine....g	1.339		0	A	1		0.380	6.072	
Leucine....g	2.341		0	A	1		0.664	10.617	
Lysine....g	2.487		0	A	1		0.705	11.280	
Methionine....g	0.766		0	A	1		0.217	3.476	
Cystine....g	0.380		0	A	1		0.108	1.722	
Phenylalanine....g	1.162		0	A	1		0.329	5.272	
Tyrosine....g	0.938		0	A	1		0.266	4.253	
Valine....g	1.460		0	A	1		0.414	6.621	
Arginine....g	1.903		0	A	1		0.539	8.630	
Histidine....g	0.939		0	A	1		0.266	4.259	
Alanine....g	1.789		0	A	1		0.507	8.114	
Aspartic acid....g	2.680		0	A	1		0.760	12.157	
Glutamic acid....g	4.417		0	A	1		1.252	20.036	
Glycine....g	1.792		0	A	1		0.508	8.127	
Proline....g	1.403		0	A	1		0.398	6.363	
Serine....g	1.159		0	A	1		0.329	5.257	
Hydroxyproline....g	0.309		0	BFPN	4		0.088	1.402	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23610

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23611

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, raw

Refuse: 16% Bone and connective tissue 3%, sep fat 13%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.91	0.270	20	A	1		20.67	330.72	
Energy....kcal	131		0	NC	4		37	595	
Energy....kJ	549		0	NC	4		156	2489	
Protein (N x 6.25)....g	22.09	0.114	20	A	1		6.26	100.20	
Total lipid (fat)....g	4.08	0.197	20	A	1		1.16	18.51	
Ash....g	1.14	0.027	20	A	1		0.32	5.17	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	25		0	BFNN	4		7	111	
Iron, Fe....mg	1.61		0	BFNN	4		0.46	7.31	
Magnesium, Mg....mg	23		0	BFNN	4		7	106	
Phosphorus, P....mg	207		0	BFNN	4		59	941	
Potassium, K....mg	349		0	BFNN	4		99	1583	
Sodium, Na....mg	56		0	BFNN	4		16	254	
Zinc, Zn....mg	4.04		0	BFNN	4		1.14	18.31	
Copper, Cu....mg	0.075		0	BFNN	4		0.021	0.340	
Manganese, Mn....mg	0.013		0	BFNN	4		0.004	0.059	
Selenium, Se....mcg	27.1		0	BFNN	4		7.7	122.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.068		0	BFPN	4		0.019	0.308	
Riboflavin....mg	0.111		0	BFPN	4		0.031	0.503	
Niacin....mg	6.843		0	BFPN	4		1.940	31.038	
Pantothenic acid....mg	0.653		0	BFPN	4		0.185	2.962	
Vitamin B-6....mg	0.619		0	BFPN	4		0.175	2.806	
Folate, total....mcg	13		0	BFPN	4		4	59	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0	BFPN	4		4	59	
Folate, DFE....mcg_DFE	13		0	NC	4		4	59	
Choline, total....mg	92.3		0	BFPN	4		26.2	418.5	
Betaine....mg	13.6		0	BFPN	4		3.8	61.5	
Vitamin B-12....mcg	1.09		0	BFPN	4		0.31	4.92	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.32		0	BFSN	4		0.09	1.43	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.0	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.0	0.3	
Vitamin D....IU	2		0	BFFN	4		1	10	
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		0.4	5.7	
Lipids:									
Fatty acids, total saturated....g	1.508		0	NC	4		0.428	6.840	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23611

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.000		0	BFFN	4		0.000	0.000	
13:0 g									
14:0 g	0.103		0	BFFN	4		0.029	0.468	
15:0 g									
16:0 g	0.905		0	BFFN	4		0.257	4.106	
17:0 g									
18:0 g	0.500		0	BFFN	4		0.142	2.266	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.641		0	NC	4		0.465	7.444	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.126		0	BFFN	4		0.036	0.572	
17:1 g									
18:1 undifferentiated g	1.513		0	BFFN	4		0.429	6.862	
20:1 g	0.002		0	BFFN	4		0.001	0.010	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.176		0	NC	4		0.050	0.800	
18:2 undifferentiated g	0.142		0	BFFN	4		0.040	0.645	
18:3 undifferentiated g	0.009		0	BFFN	4		0.003	0.041	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.025		0	BFFN	4		0.007	0.114	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	42		0	BFFN	4		12	189	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.145		0	A	1		0.041	0.659	
Threonine g	0.882		0	A	1		0.250	4.003	
Isoleucine g	1.005		0	A	1		0.285	4.558	
Leucine g	1.757		0	A	1		0.498	7.970	
Lysine g	1.867		0	A	1		0.529	8.468	
Methionine g	0.575		0	A	1		0.163	2.609	
Cystine g	0.285		0	A	1		0.081	1.293	
Phenylalanine g	0.872		0	A	1		0.247	3.958	
Tyrosine g	0.704		0	A	1		0.200	3.193	
Valine g	1.096		0	A	1		0.311	4.971	
Arginine g	1.428		0	A	1		0.405	6.479	
Histidine g	0.705		0	A	1		0.200	3.198	
Alanine g	1.343		0	A	1		0.381	6.091	
Aspartic acid g	2.012		0	A	1		0.570	9.127	
Glutamic acid g	3.316		0	A	1		0.940	15.042	
Glycine g	1.345		0	A	1		0.381	6.101	
Proline g	1.053		0	A	1		0.299	4.777	
Serine g	0.870		0	A	1		0.247	3.947	
Hydroxyproline g	0.232		0	BFPN	4		0.066	1.053	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23611

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23629

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

URMIS #2237

Refuse: 17% Bone and connective tissue 4%, sep fat 13%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.27	0.515	10	A	1		17.94	287.00	
Energy....kcal	187		0	NC	4		53	847	
Energy....kJ	781		0	NC	4		221	3542	
Protein (N x 6.25)....g	29.51	0.484	10	A	1		8.37	133.86	
Total lipid (fat)....g	6.72	0.361	10	A	1		1.91	30.48	
Ash....g	1.20	0.029	10	A	1		0.34	5.44	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0	BFNN	4		5	75	
Iron, Fe....mg	2.01		0	BFNN	4		0.57	9.14	
Magnesium, Mg....mg	25		0	BFNN	4		7	114	
Phosphorus, P....mg	231		0	BFNN	4		65	1046	
Potassium, K....mg	369		0	BFNN	4		105	1675	
Sodium, Na....mg	61		0	BFNN	4		17	279	
Zinc, Zn....mg	5.58		0	BFNN	4		1.58	25.31	
Copper, Cu....mg	0.094		0	BFNN	4		0.027	0.425	
Manganese, Mn....mg	0.011		0	BFNN	4		0.003	0.050	
Selenium, Se....mcg	34.1		0	BFNN	4		9.7	154.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0	BFPN	4		0.020	0.317	
Riboflavin....mg	0.135		0	BFPN	4		0.038	0.611	
Niacin....mg	7.770		0	BFPN	4		2.203	35.244	
Pantothenic acid....mg	0.517		0	BFPN	4		0.147	2.346	
Vitamin B-6....mg	0.548		0	BFPN	4		0.155	2.486	
Folate, total....mcg	9		0	BFPN	4		2	40	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		2	40	
Folate, DFE....mcg_DFE	9		0	NC	4		2	40	
Choline, total....mg	112.4		0	BFPN	4		31.9	509.8	
Betaine....mg	14.8		0	BFPN	4		4.2	67.0	
Vitamin B-12....mcg	1.64		0	BFPN	4		0.47	7.45	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.39		0	BFSN	4		0.11	1.77	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.0	0.5	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.0	0.5	
Vitamin D....IU	4		0	BFFN	4		1	20	
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		0.4	6.3	
Lipids:									
Fatty acids, total saturated....g	2.560		0	NC	4		0.726	11.614	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23629

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.001	0.011	
12:0....g	0.008		0	BFFN	4		0.002	0.034	
13:0....g									
14:0....g	0.182		0	BFFN	4		0.052	0.826	
15:0....g									
16:0....g	1.491		0	BFFN	4		0.423	6.764	
17:0....g									
18:0....g	0.877		0	BFFN	4		0.249	3.978	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.684		0	NC	4		0.761	12.176	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.202		0	BFFN	4		0.057	0.918	
17:1....g									
18:1 undifferentiated....g	2.479		0	BFFN	4		0.703	11.247	
20:1....g	0.003		0	BFFN	4		0.001	0.011	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.240		0	NC	4		0.068	1.089	
18:2 undifferentiated....g	0.192		0	BFFN	4		0.054	0.871	
18:3 undifferentiated....g	0.018		0	BFFN	4		0.005	0.080	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	BFFN	4		0.009	0.137	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	63		0	BFFN	4		18	285	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.194		0	A	1		0.055	0.880	
Threonine....g	1.179		0	A	1		0.334	5.347	
Isoleucine....g	1.343		0	A	1		0.381	6.090	
Leucine....g	2.347		0	A	1		0.666	10.648	
Lysine....g	2.494		0	A	1		0.707	11.313	
Methionine....g	0.768		0	A	1		0.218	3.486	
Cystine....g	0.381		0	A	1		0.108	1.727	
Phenylalanine....g	1.166		0	A	1		0.330	5.287	
Tyrosine....g	0.940		0	A	1		0.267	4.265	
Valine....g	1.464		0	A	1		0.415	6.641	
Arginine....g	1.908		0	A	1		0.541	8.656	
Histidine....g	0.942		0	A	1		0.267	4.272	
Alanine....g	1.794		0	A	1		0.509	8.138	
Aspartic acid....g	2.688		0	A	1		0.762	12.193	
Glutamic acid....g	4.430		0	A	1		1.256	20.095	
Glycine....g	1.797		0	A	1		0.509	8.151	
Proline....g	1.407		0	A	1		0.399	6.381	
Serine....g	1.162		0	A	1		0.330	5.273	
Hydroxyproline....g	0.310		0	BFPN	4		0.088	1.406	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23629

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23625

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, raw

URMIS #2237

Refuse: 17% Bone and connective tissue, 3.05%, separable fat, 14.02%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.51	0.394	10	A	1		20.56	328.91	
Energy....kcal	135		0	NC	4		38	613	
Energy....kJ	566		0	NC	4		160	2567	
Protein (N x 6.25)....g	21.91	0.115	10	A	1		6.21	99.39	
Total lipid (fat)....g	4.62	0.204	10	A	1		1.31	20.96	
Ash....g	1.09	0.043	10	A	1		0.31	4.95	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	28		0	BFNN	4		8	129	
Iron, Fe....mg	1.63		0	BFNN	4		0.46	7.41	
Magnesium, Mg....mg	23		0	BFNN	4		7	106	
Phosphorus, P....mg	205		0	BFNN	4		58	929	
Potassium, K....mg	342		0	BFNN	4		97	1551	
Sodium, Na....mg	57		0	BFNN	4		16	258	
Zinc, Zn....mg	4.14		0	BFNN	4		1.18	18.80	
Copper, Cu....mg	0.073		0	BFNN	4		0.021	0.329	
Manganese, Mn....mg	0.014		0	BFNN	4		0.004	0.064	
Selenium, Se....mcg	25.5		0	BFNN	4		7.2	115.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.061		0	BFPN	4		0.017	0.275	
Riboflavin....mg	0.107		0	BFPN	4		0.030	0.487	
Niacin....mg	7.420		0	BFPN	4		2.104	33.657	
Pantothenic acid....mg	0.652		0	BFPN	4		0.185	2.959	
Vitamin B-6....mg	0.601		0	BFPN	4		0.170	2.728	
Folate, total....mcg	13		0	BFPN	4		4	59	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0	BFPN	4		4	59	
Folate, DFE....mcg_DFE	13		0	NC	4		4	59	
Choline, total....mg	91.5		0	BFPN	4		25.9	415.1	
Betaine....mg	13.5		0	BFPN	4		3.8	61.0	
Vitamin B-12....mcg	1.19		0	BFPN	4		0.34	5.39	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.33		0	BFSN	4		0.09	1.49	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.0	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.0	0.3	
Vitamin D....IU	2		0	BFFN	4		1	11	
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		0.4	6.0	
Lipids:									
Fatty acids, total saturated....g	1.709		0	NC	4		0.485	7.753	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23625

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.000		0	BFFN	4		0.000	0.000	
13:0 g									
14:0 g	0.117		0	BFFN	4		0.033	0.530	
15:0 g									
16:0 g	1.026		0	BFFN	4		0.291	4.654	
17:0 g									
18:0 g	0.566		0	BFFN	4		0.161	2.569	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.860		0	NC	4		0.527	8.437	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.143		0	BFFN	4		0.041	0.648	
17:1 g									
18:1 undifferentiated g	1.715		0	BFFN	4		0.486	7.777	
20:1 g	0.003		0	BFFN	4		0.001	0.012	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.200		0	NC	4		0.057	0.907	
18:2 undifferentiated g	0.161		0	BFFN	4		0.046	0.731	
18:3 undifferentiated g	0.010		0	BFFN	4		0.003	0.046	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.029		0	BFFN	4		0.008	0.130	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	47		0	BFFN	4		13	214	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.144		0	A	1		0.041	0.653	
Threonine g	0.875		0	A	1		0.248	3.971	
Isoleucine g	0.997		0	A	1		0.283	4.522	
Leucine g	1.743		0	A	1		0.494	7.906	
Lysine g	1.852		0	A	1		0.525	8.400	
Methionine g	0.571		0	A	1		0.162	2.588	
Cystine g	0.283		0	A	1		0.080	1.283	
Phenylalanine g	0.865		0	A	1		0.245	3.926	
Tyrosine g	0.698		0	A	1		0.198	3.167	
Valine g	1.087		0	A	1		0.308	4.931	
Arginine g	1.417		0	A	1		0.402	6.427	
Histidine g	0.699		0	A	1		0.198	3.172	
Alanine g	1.332		0	A	1		0.378	6.043	
Aspartic acid g	1.996		0	A	1		0.566	9.053	
Glutamic acid g	3.289		0	A	1		0.933	14.921	
Glycine g	1.334		0	A	1		0.378	6.052	
Proline g	1.045		0	A	1		0.296	4.738	
Serine g	0.863		0	A	1		0.245	3.915	
Hydroxyproline g	0.230		0	BFPN	4		0.065	1.044	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23625

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23588

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

URMIS #1422

Refuse: 16% Bone and connective tissue, 4.85%, separable fat, 11.31%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.47	0.568	10	A	1		18.56	296.99	
Energy....kcal	170		0	NC	4		48	771	
Energy....kJ	711		0	NC	4		202	3227	
Protein (N x 6.25)....g	29.34	0.485	10	A	1		8.32	133.08	
Total lipid (fat)....g	4.96	0.269	10	A	1		1.41	22.50	
Ash....g	1.20	0.020	10	A	1		0.34	5.46	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0	BFNN	4		6	96	
Iron, Fe....mg	1.81		0	BFNN	4		0.51	8.19	
Magnesium, Mg....mg	25		0	BFNN	4		7	115	
Phosphorus, P....mg	238		0	BFNN	4		68	1081	
Potassium, K....mg	386		0	BFNN	4		109	1750	
Sodium, Na....mg	62		0	BFNN	4		18	281	
Zinc, Zn....mg	5.37		0	BFNN	4		1.52	24.37	
Copper, Cu....mg	0.080		0	BFNN	4		0.023	0.362	
Manganese, Mn....mg	0.011		0	BFNN	4		0.003	0.048	
Selenium, Se....mcg	36.6		0	BFNN	4		10.4	166.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.084		0	BFPN	4		0.024	0.380	
Riboflavin....mg	0.155		0	BFPN	4		0.044	0.705	
Niacin....mg	8.574		0	BFPN	4		2.431	38.891	
Pantothenic acid....mg	0.578		0	BFPN	4		0.164	2.622	
Vitamin B-6....mg	0.648		0	BFPN	4		0.184	2.940	
Folate, total....mcg	10		0	BFPN	4		3	45	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0	BFPN	4		3	45	
Folate, DFE....mcg_DFE	10		0	NC	4		3	45	
Choline, total....mg	111.7		0	BFPN	4		31.7	506.9	
Betaine....mg	14.7		0	BFPN	4		4.2	66.6	
Vitamin B-12....mcg	1.40		0	BFPN	4		0.40	6.36	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.37		0	BFSN	4		0.10	1.67	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.0	0.4	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.0	0.4	
Vitamin D....IU	3		0	BFFN	4		1	15	
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		0.4	5.9	
Lipids:									
Fatty acids, total saturated....g	1.889		0	NC	4		0.535	8.567	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23588

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.002		0	BFFN	4		0.001	0.008	
12:0....g	0.006		0	BFFN	4		0.002	0.025	
13:0....g									
14:0....g	0.134		0	BFFN	4		0.038	0.609	
15:0....g									
16:0....g	1.100		0	BFFN	4		0.312	4.990	
17:0....g									
18:0....g	0.647		0	BFFN	4		0.183	2.935	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.980		0	NC	4		0.561	8.982	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.149		0	BFFN	4		0.042	0.676	
17:1....g									
18:1 undifferentiated....g	1.829		0	BFFN	4		0.519	8.297	
20:1....g	0.002		0	BFFN	4		0.001	0.008	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.177		0	NC	4		0.050	0.803	
18:2 undifferentiated....g	0.142		0	BFFN	4		0.040	0.643	
18:3 undifferentiated....g	0.013		0	BFFN	4		0.004	0.059	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		0	BFFN	4		0.006	0.101	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	46		0	BFFN	4		13	211	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.193		0	A	1		0.055	0.875	
Threonine....g	1.172		0	A	1		0.332	5.316	
Isoleucine....g	1.335		0	A	1		0.378	6.054	
Leucine....g	2.334		0	A	1		0.662	10.586	
Lysine....g	2.479		0	A	1		0.703	11.246	
Methionine....g	0.764		0	A	1		0.217	3.465	
Cystine....g	0.379		0	A	1		0.107	1.717	
Phenylalanine....g	1.159		0	A	1		0.329	5.256	
Tyrosine....g	0.935		0	A	1		0.265	4.241	
Valine....g	1.455		0	A	1		0.413	6.602	
Arginine....g	1.897		0	A	1		0.538	8.605	
Histidine....g	0.936		0	A	1		0.265	4.247	
Alanine....g	1.784		0	A	1		0.506	8.090	
Aspartic acid....g	2.672		0	A	1		0.758	12.121	
Glutamic acid....g	4.404		0	A	1		1.249	19.978	
Glycine....g	1.786		0	A	1		0.506	8.103	
Proline....g	1.399		0	A	1		0.397	6.344	
Serine....g	1.156		0	A	1		0.328	5.242	
Hydroxyproline....g	0.308		0	BFPN	4		0.087	1.398	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23588

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23584

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, raw

URMIS #1422

Refuse: 14% Bone and connective tissue, 3.26%,separable fat, 11.04%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.31	0.341	10	A	1		20.78	332.52	
Energy....kcal	127		0	NC	4		36	576	
Energy....kJ	531		0	NC	4		151	2410	
Protein (N x 6.25)....g	22.27	0.187	10	A	1		6.31	101.00	
Total lipid (fat)....g	3.54	0.237	10	A	1		1.00	16.03	
Ash....g	1.19	0.027	10	A	1		0.34	5.38	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0	BFNN	4		6	101	
Iron, Fe....mg	1.61		0	BFNN	4		0.46	7.32	
Magnesium, Mg....mg	23		0	BFNN	4		7	106	
Phosphorus, P....mg	211		0	BFNN	4		60	958	
Potassium, K....mg	357		0	BFNN	4		101	1617	
Sodium, Na....mg	56		0	BFNN	4		16	253	
Zinc, Zn....mg	4.00		0	BFNN	4		1.13	18.14	
Copper, Cu....mg	0.077		0	BFNN	4		0.022	0.347	
Manganese, Mn....mg	0.011		0	BFNN	4		0.003	0.050	
Selenium, Se....mcg	30.8		0	BFNN	4		8.7	139.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.075		0	BFPN	4		0.021	0.339	
Riboflavin....mg	0.120		0	BFPN	4		0.034	0.543	
Niacin....mg	6.469		0	BFPN	4		1.834	29.342	
Pantothenic acid....mg	0.654		0	BFPN	4		0.185	2.966	
Vitamin B-6....mg	0.628		0	BFPN	4		0.178	2.849	
Folate, total....mcg	13		0	BFPN	4		4	59	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0	BFPN	4		4	59	
Folate, DFE....mcg_DFE	13		0	NC	4		4	59	
Choline, total....mg	93.0		0	BFPN	4		26.4	421.9	
Betaine....mg	13.7		0	BFPN	4		3.9	62.0	
Vitamin B-12....mcg	0.94		0	BFPN	4		0.27	4.27	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.28		0	BFSN	4		0.08	1.29	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	BFFN	4		0.0	0.2	
Vitamin D....IU	2		0	BFFN	4		1	9	
Vitamin K (phylloquinone)....mcg	1.1		0	BFSN	4		0.3	5.2	
Lipids:									
Fatty acids, total saturated....g	1.307		0	NC	4		0.370	5.927	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 23584

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.089		0	BFFN	4		0.025	0.405	
15:0....g									
16:0....g	0.784		0	BFFN	4		0.222	3.558	
17:0....g									
18:0....g	0.433		0	BFFN	4		0.123	1.964	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.422		0	NC	4		0.403	6.449	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.109		0	BFFN	4		0.031	0.495	
17:1....g									
18:1 undifferentiated....g	1.311		0	BFFN	4		0.372	5.945	
20:1....g	0.002		0	BFFN	4		0.001	0.009	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.153		0	NC	4		0.043	0.693	
18:2 undifferentiated....g	0.123		0	BFFN	4		0.035	0.558	
18:3 undifferentiated....g	0.008		0	BFFN	4		0.002	0.036	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		0	BFFN	4		0.006	0.099	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	36		0	BFFN	4		10	164	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.146		0	A	1		0.041	0.664	
Threonine....g	0.889		0	A	1		0.252	4.035	
Isoleucine....g	1.013		0	A	1		0.287	4.595	
Leucine....g	1.771		0	A	1		0.502	8.034	
Lysine....g	1.882		0	A	1		0.533	8.535	
Methionine....g	0.580		0	A	1		0.164	2.630	
Cystine....g	0.287		0	A	1		0.081	1.303	
Phenylalanine....g	0.879		0	A	1		0.249	3.989	
Tyrosine....g	0.710		0	A	1		0.201	3.218	
Valine....g	1.105		0	A	1		0.313	5.011	
Arginine....g	1.440		0	A	1		0.408	6.531	
Histidine....g	0.711		0	A	1		0.201	3.223	
Alanine....g	1.354		0	A	1		0.384	6.140	
Aspartic acid....g	2.028		0	A	1		0.575	9.200	
Glutamic acid....g	3.343		0	A	1		0.948	15.162	
Glycine....g	1.356		0	A	1		0.384	6.150	
Proline....g	1.061		0	A	1		0.301	4.815	
Serine....g	0.877		0	A	1		0.249	3.978	
Hydroxyproline....g	0.234		0	BFPN	4		0.066	1.061	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23584

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13451

Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Sirloin steak, Sirloin strip

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.33	0.700	20	PAK	1		231.65	51.28	
Energy....kcal	212		0	NC	4		816	181	
Energy....kJ	889		0	NC	4		3414	756	
Protein (N x 6.25)....g	29.33	0.398	20	PAK	1		112.64	24.93	
Total lipid (fat)....g	9.67	0.586	20	PAK	1		37.14	8.22	
Ash....g	1.26	0.033	20	PAK	1		4.83	1.07	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0	BFFN	4		83	18	
Iron, Fe....mg	1.89		0	BFFN	4		7.27	1.61	
Magnesium, Mg....mg	25		0	BFFN	4		94	21	
Phosphorus, P....mg	229		0	BFFN	4		878	194	
Potassium, K....mg	368		0	BFFN	4		1414	313	
Sodium, Na....mg	61		0	BFFN	4		233	52	
Zinc, Zn....mg	5.33		0	BFFN	4		20.45	4.53	
Copper, Cu....mg	0.089		0	BFFN	4		0.341	0.075	
Manganese, Mn....mg	0.010		0	BFFN	4		0.040	0.009	
Selenium, Se....mcg	31.9		0	BFFN	4		122.6	27.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.079		0	BFPN	4		0.305	0.067	
Riboflavin....mg	0.141		0	BFPN	4		0.543	0.120	
Niacin....mg	7.807		0	BFPN	4		29.979	6.636	
Pantothenic acid....mg	0.578		0	BFPN	4		2.220	0.491	
Vitamin B-6....mg	0.614		0	BFPN	4		2.357	0.522	
Folate, total....mcg	9		0	BFPN	4		35	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		35	8	
Folate, DFE....mcg_DFE	9		0	NC	4		35	8	
Choline, total....mg	111.7		0	BFPN	4		429.0	95.0	
Betaine....mg	14.7		0	BFPN	4		56.4	12.5	
Vitamin B-12....mcg	1.73		0	BFPN	4		6.63	1.47	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.42		0	BFSN	4		1.62	0.36	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.6	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	PAK	1		0.6	0.1	
Vitamin D....IU	7		0	PAK	1		25	6	
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		5.8	1.3	
Lipids:									
Fatty acids, total saturated....g	3.754		0	NC	4		14.413	3.190	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13451

Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.014		0	BFFN	4		0.055	0.012	
12:0 g	0.017		0	BFFN	4		0.066	0.015	
13:0 g									
14:0 g	0.281		0	BFFN	4		1.079	0.239	
15:0 g									
16:0 g	2.230		0	BFFN	4		8.564	1.896	
17:0 g									
18:0 g	1.211		0	BFFN	4		4.649	1.029	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.959		0	NC	4		15.204	3.365	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.333		0	BFFN	4		1.279	0.283	
17:1 g									
18:1 undifferentiated g	3.615		0	BFFN	4		13.881	3.073	
20:1 g	0.012		0	BFFN	4		0.044	0.010	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.359		0	NC	4		1.379	0.305	
18:2 undifferentiated g	0.264		0	BFFN	4		1.012	0.224	
18:3 undifferentiated g	0.061		0	BFFN	4		0.233	0.052	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.035		0	BFFN	4		0.133	0.029	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	73		0	BFFN	4		279	62	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.193		0	PAK	1		0.740	0.164	
Threonine g	1.172		0	PAK	1		4.500	0.996	
Isoleucine g	1.335		0	PAK	1		5.125	1.134	
Leucine g	2.333		0	PAK	1		8.960	1.983	
Lysine g	2.479		0	PAK	1		9.519	2.107	
Methionine g	0.764		0	PAK	1		2.933	0.649	
Cystine g	0.379		0	PAK	1		1.454	0.322	
Phenylalanine g	1.159		0	PAK	1		4.449	0.985	
Tyrosine g	0.935		0	PAK	1		3.589	0.795	
Valine g	1.455		0	PAK	1		5.588	1.237	
Arginine g	1.897		0	PAK	1		7.284	1.612	
Histidine g	0.936		0	PAK	1		3.595	0.796	
Alanine g	1.783		0	PAK	1		6.848	1.516	
Aspartic acid g	2.672		0	PAK	1		10.260	2.271	
Glutamic acid g	4.404		0	PAK	1		16.910	3.743	
Glycine g	1.786		0	PAK	1		6.859	1.518	
Proline g	1.398		0	PAK	1		5.370	1.189	
Serine g	1.155		0	PAK	1		4.437	0.982	
Hydroxyproline g	0.308		0	BFPN	4		1.183	0.262	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13451

Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 384g: 1 steak (yield from 518 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13452

Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Sirloin Steak, Sirloin strip, URMIS #2237

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.68	1.103	10	PAK	1		234.56		
Energy....kcal	219		0	NC	4		861		
Energy....kJ	916		0	NC	4		3601		
Protein (N x 6.25)....g	29.02	0.379	10	PAK	1		114.05		
Total lipid (fat)....g	10.54	0.962	10	PAK	1		41.42		
Ash....g	1.22	0.030	10	PAK	1		4.78		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0	BFFN	4		75		
Iron, Fe....mg	1.96		0	BFFN	4		7.70		
Magnesium, Mg....mg	24		0	BFFN	4		93		
Phosphorus, P....mg	218		0	BFFN	4		858		
Potassium, K....mg	355		0	BFFN	4		1394		
Sodium, Na....mg	58		0	BFFN	4		229		
Zinc, Zn....mg	5.21		0	BFFN	4		20.49		
Copper, Cu....mg	0.095		0	BFFN	4		0.375		
Manganese, Mn....mg	0.010		0	BFFN	4		0.040		
Selenium, Se....mcg	31.5		0	BFFN	4		123.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.072		0	BFPN	4		0.284		
Riboflavin....mg	0.128		0	BFPN	4		0.501		
Niacin....mg	7.870		0	BFPN	4		30.931		
Pantothenic acid....mg	0.571		0	BFPN	4		2.246		
Vitamin B-6....mg	0.578		0	BFPN	4		2.272		
Folate, total....mcg	9		0	BFPN	4		36		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFPN	4		36		
Folate, DFE....mcg_DFE	9		0	NC	4		36		
Choline, total....mg	110.5		0	BFPN	4		434.4		
Betaine....mg	14.5		0	BFPN	4		57.1		
Vitamin B-12....mcg	1.91		0	BFPN	4		7.53		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.43		0	BFSN	4		1.69		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		6.0		
Lipids:									
Fatty acids, total saturated....g	4.090		0	NC	4		16.074		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13452

Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.016		0	BFFN	4		0.062		
12:0 g	0.019		0	BFFN	4		0.074		
13:0 g									
14:0 g	0.306		0	BFFN	4		1.203		
15:0 g									
16:0 g	2.430		0	BFFN	4		9.551		
17:0 g									
18:0 g	1.319		0	BFFN	4		5.184		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.314		0	NC	4		16.956		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.363		0	BFFN	4		1.426		
17:1 g									
18:1 undifferentiated g	3.939		0	BFFN	4		15.480		
20:1 g	0.013		0	BFFN	4		0.050		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.391		0	NC	4		1.537		
18:2 undifferentiated g	0.287		0	BFFN	4		1.129		
18:3 undifferentiated g	0.066		0	BFFN	4		0.260		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.038		0	BFFN	4		0.149		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	79		0	BFFN	4		311		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.191		0	PAK	1		0.750		
Threonine g	1.159		0	PAK	1		4.556		
Isoleucine g	1.320		0	PAK	1		5.189		
Leucine g	2.308		0	PAK	1		9.072		
Lysine g	2.453		0	PAK	1		9.638		
Methionine g	0.756		0	PAK	1		2.970		
Cystine g	0.375		0	PAK	1		1.472		
Phenylalanine g	1.146		0	PAK	1		4.505		
Tyrosine g	0.925		0	PAK	1		3.634		
Valine g	1.440		0	PAK	1		5.658		
Arginine g	1.877		0	PAK	1		7.375		
Histidine g	0.926		0	PAK	1		3.640		
Alanine g	1.764		0	PAK	1		6.934		
Aspartic acid g	2.643		0	PAK	1		10.388		
Glutamic acid g	4.357		0	PAK	1		17.121		
Glycine g	1.767		0	PAK	1		6.945		
Proline g	1.383		0	PAK	1		5.437		
Serine g	1.143		0	PAK	1		4.493		
Hydroxyproline g	0.305		0	BFPN	4		1.198		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13452

Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 393g: 1 steak (yield from 532 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13453

Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Sirloin steak, Sirloin strip, URMIS #1422

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.97	0.871	10	PAK	1		228.63		
Energy....kcal	206		0	NC	4		773		
Energy....kJ	862		0	NC	4		3232		
Protein (N x 6.25)....g	29.65	0.710	10	PAK	1		111.17		
Total lipid (fat)....g	8.80	0.599	10	PAK	1		33.02		
Ash....g	1.30	0.058	10	PAK	1		4.87		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0	BFFN	4		91		
Iron, Fe....mg	1.83		0	BFFN	4		6.86		
Magnesium, Mg....mg	26		0	BFFN	4		96		
Phosphorus, P....mg	239		0	BFFN	4		898		
Potassium, K....mg	381		0	BFFN	4		1430		
Sodium, Na....mg	63		0	BFFN	4		238		
Zinc, Zn....mg	5.44		0	BFFN	4		20.40		
Copper, Cu....mg	0.082		0	BFFN	4		0.308		
Manganese, Mn....mg	0.010		0	BFFN	4		0.039		
Selenium, Se....mcg	32.4		0	BFFN	4		121.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.086		0	BFPN	4		0.323		
Riboflavin....mg	0.155		0	BFPN	4		0.582		
Niacin....mg	7.744		0	BFPN	4		29.039		
Pantothenic acid....mg	0.585		0	BFPN	4		2.194		
Vitamin B-6....mg	0.650		0	BFPN	4		2.436		
Folate, total....mcg	9		0	BFPN	4		35		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0	BFPN	4		35		
Folate, DFE....mcg_DFE	9		0	NC	4		35		
Choline, total....mg	112.9		0	BFPN	4		423.4		
Betaine....mg	14.8		0	BFPN	4		55.6		
Vitamin B-12....mcg	1.54		0	BFPN	4		5.76		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.42		0	BFSN	4		1.56		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	Z	7		0.00		
Tocopherol, gamma....mg	0.00		0	Z	7		0.00		
Tocopherol, delta....mg	0.00		0	Z	7		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		5.6		
Lipids:									
Fatty acids, total saturated....g	3.417		0	NC	4		12.813		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 13453

Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.013		0	BFFN	4		0.049		
12:0....g	0.016		0	BFFN	4		0.059		
13:0....g									
14:0....g	0.256		0	BFFN	4		0.959		
15:0....g									
16:0....g	2.030		0	BFFN	4		7.613		
17:0....g									
18:0....g	1.102		0	BFFN	4		4.133		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.604		0	NC	4		13.516		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.303		0	BFFN	4		1.137		
17:1....g									
18:1 undifferentiated....g	3.291		0	BFFN	4		12.340		
20:1....g	0.011		0	BFFN	4		0.039		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.327		0	NC	4		1.226		
18:2 undifferentiated....g	0.240		0	BFFN	4		0.900		
18:3 undifferentiated....g	0.055		0	BFFN	4		0.207		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.032		0	BFFN	4		0.119		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	66		0	BFFN	4		248		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.195		0	PAK	1		0.731		
Threonine....g	1.184		0	PAK	1		4.441		
Isoleucine....g	1.349		0	PAK	1		5.058		
Leucine....g	2.358		0	PAK	1		8.843		
Lysine....g	2.505		0	PAK	1		9.395		
Methionine....g	0.772		0	PAK	1		2.895		
Cystine....g	0.383		0	PAK	1		1.435		
Phenylalanine....g	1.171		0	PAK	1		4.391		
Tyrosine....g	0.945		0	PAK	1		3.543		
Valine....g	1.471		0	PAK	1		5.515		
Arginine....g	1.917		0	PAK	1		7.189		
Histidine....g	0.946		0	PAK	1		3.548		
Alanine....g	1.802		0	PAK	1		6.759		
Aspartic acid....g	2.700		0	PAK	1		10.126		
Glutamic acid....g	4.451		0	PAK	1		16.689		
Glycine....g	1.805		0	PAK	1		6.769		
Proline....g	1.413		0	PAK	1		5.300		
Serine....g	1.168		0	PAK	1		4.379		
Hydroxyproline....g	0.311		0	BFPN	4		1.168		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13453

Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Common Measures:

Measure 1 = 375g: 1 steak (yield from 505 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13932

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Sirloin steak, Sirloin strip, URMIS #2237

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.81	0.922	10	PAK	1		173.84	48.29	
Energy....kcal	257		0	NC	4		785	218	
Energy....kJ	1073		0	NC	4		3284	912	
Protein (N x 6.25)....g	26.80	0.248	10	PAK	1		82.02	22.78	
Total lipid (fat)....g	15.75	0.959	10	PAK	1		48.19	13.39	
Ash....g	1.10	0.037	10	PAK	1		3.35	0.93	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0	BFNN	4		54	15	
Iron, Fe....mg	1.81		0	BFNN	4		5.53	1.53	
Magnesium, Mg....mg	22		0	BFNN	4		66	18	
Phosphorus, P....mg	201		0	BFNN	4		615	171	
Potassium, K....mg	327		0	BFNN	4		1000	278	
Sodium, Na....mg	54		0	BFNN	4		164	46	
Zinc, Zn....mg	4.81		0	BFNN	4		14.70	4.08	
Copper, Cu....mg	0.088		0	BFNN	4		0.269	0.075	
Manganese, Mn....mg	0.009		0	BFNN	4		0.029	0.008	
Selenium, Se....mcg	29.0		0	BFNN	4		88.8	24.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.067		0	BFPN	4		0.204	0.057	
Riboflavin....mg	0.118		0	BFPN	4		0.360	0.100	
Niacin....mg	7.269		0	BFPN	4		22.244	6.179	
Pantothenic acid....mg	0.528		0	BFPN	4		1.615	0.449	
Vitamin B-6....mg	0.534		0	BFPN	4		1.634	0.454	
Folate, total....mcg	8		0	BFPN	4		26	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0	BFPN	4		26	7	
Folate, DFE....mcg_DFE	8		0	NC	4		26	7	
Choline, total....mg	102.1		0	BFPN	4		312.4	86.8	
Betaine....mg	13.4		0	BFPN	4		41.0	11.4	
Vitamin B-12....mcg	1.77		0	BFPN	4		5.41	1.50	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.46		0	BFSN	4		1.41	0.39	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		5.0	1.4	
Lipids:									
Fatty acids, total saturated....g	6.202		0	NC	4		18.979	5.272	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13932

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.039		0	BFFN	4		0.120	0.033	
12:0 g	0.036		0	BFFN	4		0.110	0.030	
13:0 g									
14:0 g	0.479		0	BFFN	4		1.466	0.407	
15:0 g									
16:0 g	3.745		0	BFFN	4		11.459	3.183	
17:0 g									
18:0 g	1.903		0	BFFN	4		5.824	1.618	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.564		0	NC	4		20.086	5.579	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.593		0	BFFN	4		1.815	0.504	
17:1 g									
18:1 undifferentiated g	5.948		0	BFFN	4		18.201	5.056	
20:1 g	0.023		0	BFFN	4		0.070	0.019	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.583		0	NC	4		1.785	0.496	
18:2 undifferentiated g	0.407		0	BFFN	4		1.247	0.346	
18:3 undifferentiated g	0.140		0	BFFN	4		0.429	0.119	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.036		0	BFFN	4		0.110	0.030	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	83		0	BFFN	4		253	70	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.184		0	NR	4		0.563	0.156	
Threonine g	1.119		0	NR	4		3.423	0.951	
Isoleucine g	1.274		0	NR	4		3.898	1.083	
Leucine g	2.227		0	NR	4		6.816	1.893	
Lysine g	2.366		0	NR	4		7.241	2.011	
Methionine g	0.729		0	NR	4		2.231	0.620	
Cystine g	0.361		0	NR	4		1.106	0.307	
Phenylalanine g	1.106		0	NR	4		3.384	0.940	
Tyrosine g	0.892		0	NR	4		2.730	0.758	
Valine g	1.389		0	NR	4		4.251	1.181	
Arginine g	1.811		0	NR	4		5.540	1.539	
Histidine g	0.894		0	NR	4		2.734	0.760	
Alanine g	1.702		0	NR	4		5.209	1.447	
Aspartic acid g	2.550		0	NR	4		7.804	2.168	
Glutamic acid g	4.203		0	NR	4		12.863	3.573	
Glycine g	1.705		0	NR	4		5.217	1.449	
Proline g	1.335		0	NR	4		4.085	1.135	
Serine g	1.103		0	NR	4		3.375	0.938	
Hydroxyproline g	0.294		0	BFPN	4		0.900	0.250	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13932

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 306g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13935

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Sirloin steak, Sirloin strip, URMIS #1422

Refuse: 5% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.92	0.609	10	PAK	1		290.60	50.93	
Energy....kcal	230		0	NC	4		1117	196	
Energy....kJ	964		0	NC	4		4676	819	
Protein (N x 6.25)....g	27.12	0.426	10	PAK	1		131.52	23.05	
Total lipid (fat)....g	12.71	0.524	10	PAK	1		61.63	10.80	
Ash....g	1.11	0.016	10	PAK	1		5.40	0.95	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0	BFNN	4		106	19	
Iron, Fe....mg	1.66		0	BFNN	4		8.03	1.41	
Magnesium, Mg....mg	23		0	BFNN	4		112	20	
Phosphorus, P....mg	217		0	BFNN	4		1051	184	
Potassium, K....mg	345		0	BFNN	4		1676	294	
Sodium, Na....mg	57		0	BFNN	4		279	49	
Zinc, Zn....mg	4.93		0	BFNN	4		23.89	4.19	
Copper, Cu....mg	0.074		0	BFNN	4		0.360	0.063	
Manganese, Mn....mg	0.009		0	BFNN	4		0.045	0.008	
Selenium, Se....mcg	29.3		0	BFNN	4		142.2	24.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.079		0	BFPN	4		0.383	0.067	
Riboflavin....mg	0.142		0	BFPN	4		0.689	0.121	
Niacin....mg	7.083		0	BFPN	4		34.354	6.021	
Pantothenic acid....mg	0.535		0	BFPN	4		2.596	0.455	
Vitamin B-6....mg	0.594		0	BFPN	4		2.881	0.505	
Folate, total....mcg	8		0	BFPN	4		41	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0	BFPN	4		41	7	
Folate, DFE....mcg_DFE	8		0	NC	4		41	7	
Choline, total....mg	103.3		0	BFPN	4		500.9	87.8	
Betaine....mg	13.6		0	BFPN	4		65.8	11.5	
Vitamin B-12....mcg	1.41		0	BFPN	4		6.81	1.19	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.43		0	BFSN	4		2.07	0.36	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		7.4	1.3	
Lipids:									
Fatty acids, total saturated....g	5.004		0	NC	4		24.270	4.253	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 13935

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.032		0	BFFN	4		0.153	0.027	
12:0 g	0.029		0	BFFN	4		0.140	0.025	
13:0 g									
14:0 g	0.387		0	BFFN	4		1.875	0.329	
15:0 g									
16:0 g	3.022		0	BFFN	4		14.654	2.568	
17:0 g									
18:0 g	1.536		0	BFFN	4		7.448	1.305	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.296		0	NC	4		25.686	4.502	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.479		0	BFFN	4		2.321	0.407	
17:1 g									
18:1 undifferentiated g	4.799		0	BFFN	4		23.276	4.079	
20:1 g	0.018		0	BFFN	4		0.089	0.016	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.471		0	NC	4		2.282	0.400	
18:2 undifferentiated g	0.329		0	BFFN	4		1.594	0.279	
18:3 undifferentiated g	0.113		0	BFFN	4		0.548	0.096	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.029		0	BFFN	4		0.140	0.025	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	67		0	BFFN	4		324	57	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.178		0	PAK	1		0.864	0.151	
Threonine g	1.083		0	PAK	1		5.254	0.921	
Isoleucine g	1.234		0	PAK	1		5.984	1.049	
Leucine g	2.157		0	PAK	1		10.462	1.834	
Lysine g	2.292		0	PAK	1		11.115	1.948	
Methionine g	0.706		0	PAK	1		3.425	0.600	
Cystine g	0.350		0	PAK	1		1.697	0.297	
Phenylalanine g	1.071		0	PAK	1		5.195	0.910	
Tyrosine g	0.864		0	PAK	1		4.191	0.735	
Valine g	1.345		0	PAK	1		6.525	1.144	
Arginine g	1.754		0	PAK	1		8.505	1.491	
Histidine g	0.865		0	PAK	1		4.197	0.736	
Alanine g	1.649		0	PAK	1		7.996	1.401	
Aspartic acid g	2.470		0	PAK	1		11.980	2.100	
Glutamic acid g	4.071		0	PAK	1		19.745	3.460	
Glycine g	1.651		0	PAK	1		8.009	1.404	
Proline g	1.293		0	PAK	1		6.270	1.099	
Serine g	1.068		0	PAK	1		5.181	0.908	
Hydroxyproline g	0.285		0	BFPN	4		1.382	0.242	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13935

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Common Measures:

Measure 1 = 485g: 1 steak (yield from 1 raw steak weighing 624g)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13319

Beef, variety meats and by-products, brain, cooked, pan-fried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.75		1		1		248.33	60.14	
Energy	kcal	196		0		4		688	167	
Energy	kJ	820				4		2878	697	
Protein (N x 6.25)	g	12.57		1		1		44.12	10.68	
Total lipid (fat)	g	15.83		1		1		55.56	13.46	
Ash	g	1.58		1		1		5.55	1.34	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		1		1		32	8	
Iron, Fe	mg	2.22		1		1		7.79	1.89	
Magnesium, Mg	mg	15		1		1		53	13	
Phosphorus, P	mg	386		1		1		1355	328	
Potassium, K	mg	354		1		1		1243	301	
Sodium, Na	mg	158		1		1		555	134	
Zinc, Zn	mg	1.35		1		1		4.74	1.15	
Copper, Cu	mg	0.220		1		1		0.772	0.187	
Manganese, Mn	mg	0.032		1		1		0.112	0.027	
Selenium, Se	mcg	26.0	3.326	4	A	1		91.3	22.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.3		1		1		11.6	2.8	
Thiamin	mg	0.130		1		1		0.456	0.111	
Riboflavin	mg	0.260		1		1		0.913	0.221	
Niacin	mg	3.780		1		1		13.268	3.213	
Pantothenic acid	mg	0.570		1		1		2.001	0.485	
Vitamin B-6	mg	0.390		1		1		1.369	0.332	
Folate, total	mcg	6		1		1		21	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		1		1		21	5	
Folate, DFE	mcg_DFE	6		0	NC	4		21	5	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	15.20		1		1		53.35	12.92	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.740		0		1		13.127	3.179	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 13319

Beef, variety meats and by-products, brain, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.000		0		4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.070		0		1		0.246	0.060	
15:0 ... g									
16:0 ... g	1.980		0		1		6.950	1.683	
17:0 ... g									
18:0 ... g	1.620		0		1		5.686	1.377	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.980		0		1		13.970	3.383	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.110		0		1		0.386	0.094	
17:1 ... g									
18:1 undifferentiated ... g	3.470		0		1		12.180	2.950	
20:1 ... g	0.240		0		1		0.842	0.204	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.310		0		1		8.108	1.964	
18:2 undifferentiated ... g	0.840		0		1		2.948	0.714	
18:3 undifferentiated ... g	0.050		0		1		0.176	0.043	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.290		0		1		1.018	0.247	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.290		0		1		1.018	0.247	
22:6 n-3 (DHA) ... g	0.670		0		1		2.352	0.570	
Fatty acids, total trans ... g									
Cholesterol ... mg	1995		0		4		7002	1696	
Phytosterols ... mg	0		0		1		0	0	
Amino Acids:									
Tryptophan ... g	0.103		0		1		0.362	0.088	
Threonine ... g	0.597		0		1		2.095	0.507	
Isoleucine ... g	0.487		0		1		1.709	0.414	
Leucine ... g	0.943		0		1		3.310	0.802	
Lysine ... g	0.752		0		1		2.640	0.639	
Methionine ... g	0.261		0		1		0.916	0.222	
Cystine ... g	0.223		0		1		0.783	0.190	
Phenylalanine ... g	0.635		0		1		2.229	0.540	
Tyrosine ... g	0.446		0		1		1.565	0.379	
Valine ... g	0.617		0		1		2.166	0.524	
Arginine ... g	0.686		0		1		2.408	0.583	
Histidine ... g	0.320		0		1		1.123	0.272	
Alanine ... g	0.696		0		1		2.443	0.592	
Aspartic acid ... g	1.126		0		1		3.952	0.957	
Glutamic acid ... g	1.534		0		1		5.384	1.304	
Glycine ... g	0.593		0		1		2.081	0.504	
Proline ... g	0.521		0		1		1.829	0.443	
Serine ... g	0.728		0		1		2.555	0.619	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 351g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13319

Beef, variety meats and by-products, brain, cooked, pan-fried

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13320

Beef, variety meats and by-products, brain, cooked, simmered

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.86		1	A	1		292.69	63.63	
Energy....kcal	151		0	NC	4		589	128	
Energy....kJ	630		0	NC	4		2463	535	
Protein (N x 6.25)....g	11.67		1	A	1		45.64	9.92	
Total lipid (fat)....g	10.53		1	A	1		41.18	8.95	
Ash....g	1.46		1	A	1		5.70	1.24	
Carbohydrate, by difference....g	1.48		0	NC	4		5.78	1.26	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	9		1	A	1		37	8	
Iron, Fe....mg	2.30		1	A	1		8.99	1.96	
Magnesium, Mg....mg	12		1	A	1		45	10	
Phosphorus, P....mg	335		1	A	1		1310	285	
Potassium, K....mg	244		1	A	1		954	207	
Sodium, Na....mg	108		1	A	1		422	92	
Zinc, Zn....mg	1.09		1	A	1		4.26	0.93	
Copper, Cu....mg	0.230		1	A	1		0.899	0.196	
Manganese, Mn....mg	0.028		1	A	1		0.109	0.024	
Selenium, Se....mcg	21.8		1	A	1		85.2	18.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	10.5		1	A	1		41.1	8.9	
Thiamin....mg	0.069		1	A	1		0.269	0.058	
Riboflavin....mg	0.217		1	A	1		0.848	0.184	
Niacin....mg	3.620		1	A	1		14.154	3.077	
Pantothenic acid....mg	1.210		1	A	1		4.731	1.029	
Vitamin B-6....mg	0.143		1	A	1		0.559	0.122	
Folate, total....mcg	5		2	A	1		20	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		2	A	1		20	4	
Folate, DFE....mcg_DFE	5		0	NC	4		20	4	
Choline, total....mg	490.9		0	NR	4		1919.5	417.3	
Betaine....mg									
Vitamin B-12....mcg	10.10		1	A	1		39.49	8.59	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	6		0	AS	1		23	5	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	70		1	A	1		274	60	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	117		0	AS	1		457	99	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	1.67		2	A	1		6.53	1.42	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.06		2	A	1		0.23	0.05	
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	0.1		2	A	1		0.4	0.1	
Lipids:									
Fatty acids, total saturated....g	2.394		0	NC	4		9.359	2.035	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13320

Beef, variety meats and by-products, brain, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	Z	7		0.000	0.000	
8:0 ... g	0.000		0	Z	7		0.000	0.000	
10:0 ... g	0.000		1	A	1		0.000	0.000	
12:0 ... g	0.000		1	A	1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.029		1	A	1		0.113	0.025	
15:0 ... g	0.000		1	A	1		0.000	0.000	
16:0 ... g	0.974		1	A	1		3.810	0.828	
17:0 ... g	0.032		1	A	1		0.125	0.027	
18:0 ... g	1.305		1	A	1		5.104	1.110	
20:0 ... g	0.018		1	A	1		0.071	0.015	
22:0 ... g	0.035		1	A	1		0.137	0.030	
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.882		0	NC	4		7.359	1.600	
14:1 ... g	0.000		1	A	1		0.000	0.000	
15:1 ... g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated ... g	0.023		1	A	1		0.089	0.019	
17:1 ... g									
18:1 undifferentiated ... g	1.667		1	A	1		6.516	1.417	
20:1 ... g	0.193		1	A	1		0.754	0.164	
22:1 undifferentiated ... g	0.000		0	Z	7		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.632		0	NC	4		6.381	1.387	
18:2 undifferentiated ... g	0.039		1	A	1		0.154	0.034	
18:3 undifferentiated ... g	0.000		0	AS	1		0.000	0.000	
18:3 n-3 c,c,c (ALA) ... g	0.000		1	A	1		0.000	0.000	
18:3 n-6 c,c,c ... g	0.000		1	A	1		0.000	0.000	
18:3i ... g									
18:4 ... g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c ... g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated ... g	0.000		1	A	1		0.000	0.000	
20:3 n-3 ... g									
20:3 n-6 ... g									
20:4 undifferentiated ... g	0.355		1	A	1		1.389	0.302	
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 (EPA) ... g	0.000		0	Z	7		0.000	0.000	
21:5 ... g									
22:4 ... g									
22:5 n-3 (DPA) ... g	0.383		0	BFFN	4		1.496	0.325	
22:6 n-3 (DHA) ... g	0.855		0	BFFN	4		3.342	0.727	
Fatty acids, total trans ... g	0.510		1	A	1		1.994	0.434	
Cholesterol ... mg	3100		1	A	1		12121	2635	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 391g: 1 piece, cooked, excluding refuse

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

NDB No. 13320

Beef, variety meats and by-products, brain, cooked, simmered

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13318
Beef, variety meats and by-products, brain, raw

Refuse: 22% Blood clots and membranes 22.45%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.29		1	A	1		21.63	86.20	
Energy....kcal	143		0	NC	4		41	162	
Energy....kJ	600		0	NC	4		170	678	
Protein (N x 6.25)....g	10.86		1	A	1		3.08	12.27	
Total lipid (fat)....g	10.30		1	A	1		2.92	11.63	
Ash....g	1.51		1	A	1		0.43	1.70	
Carbohydrate, by difference....g	1.05		0	NC	4		0.30	1.19	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	43		1	A	1		12	48	
Iron, Fe....mg	2.55		1	A	1		0.72	2.88	
Magnesium, Mg....mg	13		1	A	1		4	14	
Phosphorus, P....mg	362		1	A	1		103	409	
Potassium, K....mg	274		1	A	1		78	310	
Sodium, Na....mg	126		1	A	1		36	142	
Zinc, Zn....mg	1.02		1	A	1		0.29	1.15	
Copper, Cu....mg	0.287		1	A	1		0.081	0.324	
Manganese, Mn....mg	0.026		1	A	1		0.007	0.029	
Selenium, Se....mcg	21.3		1	A	1		6.0	24.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	10.7		1	A	1		3.0	12.1	
Thiamin....mg	0.092		1	A	1		0.026	0.104	
Riboflavin....mg	0.199		1	A	1		0.056	0.225	
Niacin....mg	3.550		1	A	1		1.006	4.012	
Pantothenic acid....mg	2.010		1	A	1		0.570	2.271	
Vitamin B-6....mg	0.226		1	A	1		0.064	0.255	
Folate, total....mcg	3		2	A	1		1	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		2	A	1		1	3	
Folate, DFE....mcg_DFE	3		0	NC	4		1	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	9.51		1	A	1		2.70	10.75	
Vitamin A, RAE....mcg_RAE	7		0	AS	1		2	8	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	88		1	A	1		25	100	
Carotene, alpha....mcg	0		1	A	1		0	0	
Cryptoxanthin, beta....mcg	0		1	A	1		0	0	
Vitamin A, IU....IU	147		0	AS	1		42	166	
Lycopene....mcg	0		1	A	1		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.99		2	A	1		0.28	1.12	
Tocopherol, beta....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.05		2	A	1		0.01	0.06	
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.300		0	NC	4		0.652	2.599	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	

NDB No. 13318
Beef, variety meats and by-products, brain, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		1	A	1		0.000	0.000	
12:0 g	0.000		1	A	1		0.000	0.000	
13:0 g									
14:0 g	0.026		1	A	1		0.007	0.029	
15:0 g	0.000		1	A	1		0.000	0.000	
16:0 g	0.919		1	A	1		0.261	1.038	
17:0 g	0.031		1	A	1		0.009	0.035	
18:0 g	1.273		1	A	1		0.361	1.439	
20:0 g	0.017		1	A	1		0.005	0.019	
22:0 g	0.034		1	A	1		0.010	0.038	
24:0 g									
Fatty acids, total monounsaturated g	1.890		0	NC	4		0.536	2.136	
14:1 g	0.000		1	A	1		0.000	0.000	
15:1 g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated g	0.021		1	A	1		0.006	0.024	
17:1 g									
18:1 undifferentiated g	1.646		1	A	1		0.467	1.860	
20:1 g	0.222		1	A	1		0.063	0.251	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.586		0	NC	4		0.450	1.792	
18:2 undifferentiated g	0.041		1	A	1		0.012	0.047	
18:3 undifferentiated g	0.000		0	AS	1		0.000	0.000	
18:3 n-3 c,c,c (ALA) g	0.000		1	A	1		0.000	0.000	
18:3 n-6 c,c,c g	0.000		1	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		1	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.319		1	A	1		0.090	0.361	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.374		0	BFFN	4		0.106	0.423	
22:6 n-3 (DHA) g	0.851		0	BFFN	4		0.241	0.962	
Fatty acids, total trans g	0.610		1	A	1		0.173	0.689	
Cholesterol mg	3010		1	A	1		853	3401	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13322

Beef, variety meats and by-products, heart, cooked, simmered

Refuse: 16% Fat and valves, 16.39%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.67		1	A	1		55.82		
Energy	kcal	165		0	A	1		140		
Energy	kJ	690		0	A	1		587		
Protein (N x 6.25)	g	28.48		1	A	1		24.21		
Total lipid (fat)	g	4.73		1	A	1		4.02		
Ash	g	0.97		1	A	1		0.82		
Carbohydrate, by difference	g	0.15		0	NC	4		0.13		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	5		1	A	1		4		
Iron, Fe	mg	6.38		1	A	1		5.42		
Magnesium, Mg	mg	21		1	A	1		18		
Phosphorus, P	mg	254		1	A	1		216		
Potassium, K	mg	219		1	A	1		186		
Sodium, Na	mg	59		1	A	1		50		
Zinc, Zn	mg	2.87		1	A	1		2.44		
Copper, Cu	mg	0.559		1	A	1		0.475		
Manganese, Mn	mg	0.033		1	A	1		0.028		
Selenium, Se	mcg	38.9		1	A	1		33.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.101		1	A	1		0.086		
Riboflavin	mg	1.210		1	A	1		1.029		
Niacin	mg	6.680		1	A	1		5.678		
Pantothenic acid	mg	1.600		1	A	1		1.360		
Vitamin B-6	mg	0.245		1	A	1		0.208		
Folate, total	mcg	5		2	A	1		4		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	5		2	A	1		4		
Folate, DFE	mcg_DFE	5		0	NC	4		4		
Choline, total	mg	228.8		0	BFPN	4		194.5		
Betaine	mg	4.1		0	BFPN	4		3.5		
Vitamin B-12	mcg	10.80		1	A	1		9.18		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		1	A	1		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.29		2	A	1		0.25		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.00		2	A	1		0.00		
Tocopherol, gamma	mg	0.03		2	A	1		0.03		
Tocopherol, delta	mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)	mcg	0.1		0	AS	1		0.1		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.1		0	BFFN	4		0.1		
Vitamin D	IU	3		0	BFFN	4		3		
Vitamin K (phylloquinone)	mcg	0.5		2	A	1		0.4		
Lipids:										
Fatty acids, total saturated	g	1.404		1	A	1		1.193		
4:0	g	0.000		0	Z	7		0.000		

NDB No. 13322

Beef, variety meats and by-products, heart, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	Z	7		0.000		
8:0 ... g	0.000		0	Z	7		0.000		
10:0 ... g	0.000		1	A	1		0.000		
12:0 ... g	0.000		1	A	1		0.000		
13:0 ... g									
14:0 ... g	0.050		1	A	1		0.043		
15:0 ... g	0.016		1	A	1		0.014		
16:0 ... g	0.610		1	A	1		0.519		
17:0 ... g	0.047		1	A	1		0.040		
18:0 ... g	0.669		1	A	1		0.569		
20:0 ... g	0.006		1	A	1		0.005		
22:0 ... g	0.006		1	A	1		0.005		
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.011		1	A	1		0.859		
14:1 ... g	0.006		1	A	1		0.005		
15:1 ... g	0.000		1	A	1		0.000		
16:1 undifferentiated ... g	0.059		1	A	1		0.050		
17:1 ... g									
18:1 undifferentiated ... g	0.936		1	A	1		0.796		
20:1 ... g	0.010		1	A	1		0.009		
22:1 undifferentiated ... g	0.000		0	Z	7		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.985		1	A	1		0.837		
18:2 undifferentiated ... g	0.736		1	A	1		0.626		
18:3 undifferentiated ... g	0.019		0	NC	4		0.016		
18:3 n-3 c,c,c (ALA) ... g	0.012		1	A	1		0.010		
18:3 n-6 c,c,c ... g	0.007		1	A	1		0.006		
18:3i ... g									
18:4 ... g	0.000		0	Z	7		0.000		
20:2 n-6 c,c ... g	0.011		1	A	1		0.009		
20:3 undifferentiated ... g	0.000		1	A	1		0.000		
20:3 n-3 ... g									
20:3 n-6 ... g									
20:4 undifferentiated ... g	0.219		1	A	1		0.186		
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 (EPA) ... g	0.000		0	Z	7		0.000		
21:5 ... g									
22:4 ... g									
22:5 n-3 (DPA) ... g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) ... g	0.000		0	Z	7		0.000		
Fatty acids, total trans ... g	0.160		1	A	1		0.136		
Cholesterol ... mg	212		1	A	1		180		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13321
Beef, variety meats and by-products, heart, raw

Refuse: 29% Fat, veins and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.11		1	A	1		21.86	87.13	
Energy....kcal	112		0	NC	4		32	126	
Energy....kJ	467		0	NC	4		133	528	
Protein (N x 6.25)....g	17.72		1	A	1		5.02	20.02	
Total lipid (fat)....g	3.94		1	A	1		1.12	4.45	
Ash....g	1.10		1	A	1		0.31	1.24	
Carbohydrate, by difference....g	0.14		0	NC	4		0.04	0.15	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1	A	1		2	8	
Iron, Fe....mg	4.31		1	A	1		1.22	4.87	
Magnesium, Mg....mg	21		1	A	1		6	24	
Phosphorus, P....mg	212		1	A	1		60	240	
Potassium, K....mg	287		1	A	1		81	324	
Sodium, Na....mg	98		1	A	1		28	110	
Zinc, Zn....mg	1.70		1	A	1		0.48	1.92	
Copper, Cu....mg	0.396		1	A	1		0.112	0.447	
Manganese, Mn....mg	0.035		1	A	1		0.010	0.040	
Selenium, Se....mcg	21.8		1	A	1		6.2	24.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0		1	A	1		0.6	2.3	
Thiamin....mg	0.238		1	A	1		0.067	0.269	
Riboflavin....mg	0.906		1	A	1		0.257	1.024	
Niacin....mg	7.530		1	A	1		2.135	8.509	
Pantothenic acid....mg	1.790		1	A	1		0.507	2.023	
Vitamin B-6....mg	0.279		1	A	1		0.079	0.315	
Folate, total....mcg	3		2	A	1		1	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		2	A	1		1	3	
Folate, DFE....mcg_DFE	3		0	NC	4		1	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	8.55		1	A	1		2.42	9.66	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		1	A	1		0	0	
Cryptoxanthin, beta....mcg	0		1	A	1		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	17		1	A	1		5	19	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.22		2	A	1		0.06	0.25	
Tocopherol, beta....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.02		2	A	1		0.01	0.02	
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.383		1	A	1		0.392	1.563	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	

NDB No. 13321

Beef, variety meats and by-products, heart, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		1	A	1		0.000	0.000	
12:0 g	0.000		1	A	1		0.000	0.000	
13:0 g									
14:0 g	0.067		1	A	1		0.019	0.076	
15:0 g	0.016		1	A	1		0.005	0.018	
16:0 g	0.621		1	A	1		0.176	0.702	
17:0 g	0.051		1	A	1		0.014	0.058	
18:0 g	0.623		1	A	1		0.177	0.704	
20:0 g	0.005		1	A	1		0.001	0.006	
22:0 g	0.000		1	A	1		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	1.137		1	A	1		0.322	1.285	
14:1 g	0.007		1	A	1		0.002	0.008	
15:1 g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated g	0.059		1	A	1		0.017	0.067	
17:1 g									
18:1 undifferentiated g	1.060		1	A	1		0.301	1.198	
20:1 g	0.011		1	A	1		0.003	0.012	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.546		1	A	1		0.155	0.617	
18:2 undifferentiated g	0.395		1	A	1		0.112	0.446	
18:3 undifferentiated g	0.016		0	AS	1		0.005	0.018	
18:3 n-3 c,c,c (ALA) g	0.011		1	A	1		0.003	0.012	
18:3 n-6 c,c,c g	0.005		1	A	1		0.001	0.006	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.007		1	A	1		0.002	0.008	
20:3 undifferentiated g	0.000		1	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.128		1	A	1		0.036	0.145	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	0.180		1	A	1		0.051	0.203	
Cholesterol mg	124		1	A	1		35	140	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13324

Beef, variety meats and by-products, kidneys, cooked, simmered

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.88		1	A	1		56.85		
Energy	kcal	158		0	NC	4		135		
Energy	kJ	663		0	NC	4		563		
Protein (N x 6.25)	g	27.27		1	A	1		23.18		
Total lipid (fat)	g	4.65		1	A	1		3.96		
Ash	g	1.31		1	A	1		1.11		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	19		1	A	1		16		
Iron, Fe	mg	5.80		1	A	1		4.93		
Magnesium, Mg	mg	12		1	A	1		11		
Phosphorus, P	mg	304		1	A	1		258		
Potassium, K	mg	135		1	A	1		115		
Sodium, Na	mg	94		1	A	1		80		
Zinc, Zn	mg	2.84		1	A	1		2.41		
Copper, Cu	mg	0.564		1	A	1		0.479		
Manganese, Mn	mg	0.185		1	A	1		0.157		
Selenium, Se	mcg	168.0		1	A	1		142.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.160		1	A	1		0.136		
Riboflavin	mg	2.970		1	A	1		2.525		
Niacin	mg	3.920		1	A	1		3.332		
Pantothenic acid	mg	1.560		1	A	1		1.326		
Vitamin B-6	mg	0.391		1	A	1		0.332		
Folate, total	mcg	83		2	A	1		71		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	83		2	A	1		71		
Folate, DFE	mcg_DFE	83		0	NC	4		71		
Choline, total	mg	513.2		0	NR	4		436.2		
Betaine	mg									
Vitamin B-12	mcg	24.90		1	A	1		21.17		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		1	A	1		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	mcg	23		1	A	1		19		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.08		2	A	1		0.07		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.00		2	A	1		0.00		
Tocopherol, gamma	mg	0.00		2	A	1		0.00		
Tocopherol, delta	mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)	mcg	1.1		82	AS	1		0.9		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	1.1		46	A	1		0.9		
Vitamin D	IU	45		46	A	1		38		
Vitamin K (phylloquinone)	mcg	0.0		2	A	1		0.0		
Lipids:										
Fatty acids, total saturated	g	1.066		1	A	1		0.906		
4:0	g	0.000		0	Z	7		0.000		

NDB No. 13324

Beef, variety meats and by-products, kidneys, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	Z	7		0.000		
8:0 ... g	0.000		0	Z	7		0.000		
10:0 ... g	0.000		1	A	1		0.000		
12:0 ... g	0.000		1	A	1		0.000		
13:0 ... g									
14:0 ... g	0.015		1	A	1		0.013		
15:0 ... g	0.012		1	A	1		0.010		
16:0 ... g	0.481		1	A	1		0.409		
17:0 ... g	0.028		1	A	1		0.024		
18:0 ... g	0.457		1	A	1		0.388		
20:0 ... g	0.017		1	A	1		0.014		
22:0 ... g	0.056		1	A	1		0.048		
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.711		1	A	1		0.604		
14:1 ... g	0.000		1	A	1		0.000		
15:1 ... g	0.000		1	A	1		0.000		
16:1 undifferentiated ... g	0.051		1	A	1		0.043		
17:1 ... g									
18:1 undifferentiated ... g	0.643		1	A	1		0.547		
20:1 ... g	0.017		1	A	1		0.014		
22:1 undifferentiated ... g	0.000		0	Z	7		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.827		1	A	1		0.703		
18:2 undifferentiated ... g	0.464		1	A	1		0.394		
18:3 undifferentiated ... g	0.016		0	A	1		0.014		
18:3 n-3 c,c,c (ALA) ... g	0.008		1	A	1		0.007		
18:3 n-6 c,c,c ... g	0.008		1	A	1		0.007		
18:3i ... g									
18:4 ... g	0.000		0	Z	7		0.000		
20:2 n-6 c,c ... g	0.019		1	A	1		0.016		
20:3 undifferentiated ... g	0.000		1	A	1		0.000		
20:3 n-3 ... g									
20:3 n-6 ... g									
20:4 undifferentiated ... g	0.328		1	A	1		0.279		
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 (EPA) ... g	0.000		0	Z	7		0.000		
21:5 ... g									
22:4 ... g									
22:5 n-3 (DPA) ... g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) ... g	0.000		0	Z	7		0.000		
Fatty acids, total trans ... g	0.200		1	A	1		0.170		
Cholesterol ... mg	716		1	A	1		609		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13323

Beef, variety meats and by-products, kidneys, raw

Refuse: 16% Fat, veins and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.89		1	A	1		22.08	88.01	
Energy....kcal	99		1	A	1		28	111	
Energy....kJ	413		0	A	1		117	466	
Protein (N x 6.25)....g	17.40		1	A	1		4.93	19.66	
Total lipid (fat)....g	3.09		1	A	1		0.88	3.49	
Ash....g	1.33		1	A	1		0.38	1.51	
Carbohydrate, by difference....g	0.29		0	NC	4		0.08	0.33	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13		1	A	1		4	15	
Iron, Fe....mg	4.60		1	A	1		1.30	5.20	
Magnesium, Mg....mg	17		1	A	1		5	19	
Phosphorus, P....mg	257		1	A	1		73	290	
Potassium, K....mg	262		1	A	1		74	296	
Sodium, Na....mg	182		1	A	1		52	206	
Zinc, Zn....mg	1.92		1	A	1		0.54	2.17	
Copper, Cu....mg	0.426		1	A	1		0.121	0.481	
Manganese, Mn....mg	0.142		1	A	1		0.040	0.160	
Selenium, Se....mcg	141.0		1	A	1		40.0	159.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	9.4		1	A	1		2.7	10.6	
Thiamin....mg	0.357		1	A	1		0.101	0.403	
Riboflavin....mg	2.840		1	A	1		0.805	3.209	
Niacin....mg	8.030		1	A	1		2.277	9.074	
Pantothenic acid....mg	3.970		1	A	1		1.125	4.486	
Vitamin B-6....mg	0.665		1	A	1		0.189	0.751	
Folate, total....mcg	98		2	A	1		28	111	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	98		2	A	1		28	111	
Folate, DFE....mcg_DFE	98		0	NC	4		28	111	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	27.50		1	A	1		7.80	31.08	
Vitamin A, RAE....mcg_RAE	419		0	AS	1		119	473	
Retinol....mcg	419		1	A	1		119	473	
Carotene, beta....mcg	0		1	A	1		0	0	
Carotene, alpha....mcg	0		1	A	1		0	0	
Cryptoxanthin, beta....mcg	0		1	A	1		0	0	
Vitamin A, IU....IU	1397		0	AS	1		396	1578	
Lycopene....mcg	20		1	A	1		6	23	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.22		2	A	1		0.06	0.25	
Tocopherol, beta....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.02		2	A	1		0.01	0.02	
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	1.1		82	AS	1		0.3	1.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.1		46	A	1		0.3	1.3	
Vitamin D....IU	45		46	A	1		13	50	
Vitamin K (phylloquinone)....mcg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.868		1	A	1		0.246	0.981	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	

NDB No. 13323

Beef, variety meats and by-products, kidneys, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		1	A	1		0.000	0.000	
12:0 g	0.000		1	A	1		0.000	0.000	
13:0 g									
14:0 g	0.021		1	A	1		0.006	0.024	
15:0 g	0.010		1	A	1		0.003	0.011	
16:0 g	0.393		1	A	1		0.111	0.444	
17:0 g	0.023		1	A	1		0.007	0.026	
18:0 g	0.374		1	A	1		0.106	0.423	
20:0 g	0.012		1	A	1		0.003	0.014	
22:0 g	0.035		1	A	1		0.010	0.040	
24:0 g									
Fatty acids, total monounsaturated g	0.586		1	A	1		0.166	0.662	
14:1 g	0.000		1	A	1		0.000	0.000	
15:1 g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated g	0.039		1	A	1		0.011	0.044	
17:1 g									
18:1 undifferentiated g	0.535		1	A	1		0.152	0.605	
20:1 g	0.012		1	A	1		0.003	0.014	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.545		1	A	1		0.155	0.616	
18:2 undifferentiated g	0.292		1	A	1		0.083	0.330	
18:3 undifferentiated g	0.013		0	A	1		0.004	0.015	
18:3 n-3 c,c,c (ALA) g	0.007		1	A	1		0.002	0.008	
18:3 n-6 c,c,c g	0.006		1	A	1		0.002	0.007	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.012		1	A	1		0.003	0.014	
20:3 undifferentiated g	0.000		1	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.228		1	A	1		0.065	0.258	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	0.100		1	A	1		0.028	0.113	
Cholesterol mg	411		1	A	1		117	464	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13326

Beef, variety meats and by-products, liver, cooked, braised

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.81	0.523	4	A	1		39.99		
Energy	kcal	191		0	NC	4		130		
Energy	kJ	801		0	NC	4		545		
Protein (N x 6.25)	g	29.08	0.273	4	A	1		19.77		
Total lipid (fat)	g	5.26	0.310	4	A	1		3.57		
Ash	g	1.74	0.054	4	A	1		1.18		
Carbohydrate, by difference	g	5.13		0	NC	4		3.49		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	6	0.236	4	A	1		4		
Iron, Fe	mg	6.54	0.289	4	A	1		4.45		
Magnesium, Mg	mg	21	1.220	4	A	1		14		
Phosphorus, P	mg	497	13.219	4	A	1		338		
Potassium, K	mg	352	8.196	4	A	1		239		
Sodium, Na	mg	79	1.522	4	A	1		54		
Zinc, Zn	mg	5.30	0.138	4	A	1		3.60		
Copper, Cu	mg	14.283	2.902	4	A	1		9.712		
Manganese, Mn	mg	0.356	0.040	4	A	1		0.242		
Selenium, Se	mcg	36.1	1.581	4	A	1		24.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9		0	BFYN	4		1.3		
Thiamin	mg	0.194	0.010	4	A	1		0.132		
Riboflavin	mg	3.425	0.158	4	A	1		2.329		
Niacin	mg	17.525	0.594	4	A	1		11.917		
Pantothenic acid	mg	7.110	0.151	4	A	1		4.835		
Vitamin B-6	mg	1.017	0.032	4	A	1		0.691		
Folate, total	mcg	253	35.836	4	A	1		172		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	253	35.836	4	A	1		172		
Folate, DFE	mcg_DFE	253		0	NC	4		172		
Choline, total	mg	426.0	14.562	4	AS	1		289.7		
Betaine	mg	5.6	1.041	4	A	1		3.8		
Vitamin B-12	mcg	70.58	9.397	4	A	1		47.99		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	9442		0	AS	1		6421		
Retinol	mcg	9428	554.487	4	A	1		6411		
Carotene, beta	mcg	162	52.642	4	A	1		110		
Carotene, alpha	mcg	11	0.000	4	A	1		8		
Cryptoxanthin, beta	mcg	11	0.000	4	A	1		8		
Vitamin A, IU	IU	31714		0	AS	1		21566		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.51		8	A	1		0.35		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.00		2	A	1		0.00		
Tocopherol, gamma	mg	0.06		6	A	1		0.04		
Tocopherol, delta	mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)	mcg	1.2		82	AS	1		0.8		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	1.2		46	A	1		0.8		
Vitamin D	IU	49		46	A	1		33		
Vitamin K (phylloquinone)	mcg	3.3	0.905	4	A	1		2.3		
Lipids:										
Fatty acids, total saturated	g	1.696		0	NC	4		1.153		
4:0	g	0.000		0	Z	7		0.000		

NDB No. 13326

Beef, variety meats and by-products, liver, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		0	Z	7		0.000		
10:0 g	0.000	0.000	4	A	1		0.000		
12:0 g	0.000	0.000	4	A	1		0.000		
13:0 g									
14:0 g	0.022	0.005	4	A	1		0.015		
15:0 g	0.008	0.003	4	A	1		0.005		
16:0 g	0.457	0.045	4	A	1		0.311		
17:0 g	0.041	0.001	4	A	1		0.028		
18:0 g	1.160	0.052	4	A	1		0.789		
20:0 g	0.000	0.000	4	A	1		0.000		
22:0 g	0.009	0.003	4	A	1		0.006		
24:0 g									
Fatty acids, total monounsaturated g	0.647		0	NC	4		0.440		
14:1 g	0.000	0.000	4	A	1		0.000		
15:1 g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated g	0.048	0.009	4	A	1		0.032		
17:1 g	0.013	0.002	4	A	1		0.009		
18:1 undifferentiated g	0.585	0.039	4	A	1		0.398		
20:1 g	0.002	0.002	4	A	1		0.001		
22:1 undifferentiated g	0.000		0	Z	7		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.639		0	NC	4		0.434		
18:2 undifferentiated g	0.000		0	Z	7		0.000		
18:2 n-6 c,c g	0.380	0.041	4	A	1		0.258		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.000		0	Z	7		0.000		
18:3 n-3 c,c,c (ALA) g	0.010	0.003	4	A	1		0.006		
18:3 n-6 c,c,c g	0.015	0.001	4	A	1		0.010		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.006	0.004	4	A	1		0.004		
20:3 undifferentiated g	0.000	0.000	4	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.229	0.023	4	A	1		0.156		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g	0.210	0.011	4	A	1		0.143		
Cholesterol mg	396	9.340	4	A	1		269		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.368		0	A	1		0.250		
Threonine g	1.215		0	A	1		0.826		
Isoleucine g	1.352		0	A	1		0.919		
Leucine g	2.670		0	A	1		1.816		
Lysine g	2.247		0	A	1		1.528		
Methionine g	0.759		0	A	1		0.516		
Cystine g	0.526		0	A	1		0.357		
Phenylalanine g	1.515		0	A	1		1.030		
Tyrosine g	1.128		0	A	1		0.767		
Valine g	1.761		0	A	1		1.198		
Arginine g	1.735		0	A	1		1.180		

NDB No. 13326

Beef, variety meats and by-products, liver, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine....g	0.879		0	A	1		0.598		
Alanine....g	1.627		0	A	1		1.107		
Aspartic acid....g	2.694		0	A	1		1.832		
Glutamic acid....g	3.652		0	A	1		2.483		
Glycine....g	1.627		0	A	1		1.107		
Proline....g	1.343		0	A	1		0.914		
Serine....g	1.265		0	A	1		0.860		
Hydroxyproline....g	0.046		1	A	1		0.031		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 1 slice

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13327

Beef, variety meats and by-products, liver, cooked, pan-fried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.01	0.472	4	A	1		50.23		
Energy	kcal	175		0	NC	4		142		
Energy	kJ	734		0	NC	4		595		
Protein (N x 6.25)	g	26.52	0.425	4	A	1		21.48		
Total lipid (fat)	g	4.68	0.344	4	A	1		3.79		
Ash	g	1.63	0.099	4	A	1		1.32		
Carbohydrate, by difference	g	5.16		0	NC	4		4.18		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	6	0.154	4	A	1		4		
Iron, Fe	mg	6.17	0.351	4	A	1		5.00		
Magnesium, Mg	mg	22	0.793	4	A	1		18		
Phosphorus, P	mg	485	8.689	4	A	1		393		
Potassium, K	mg	351	9.283	4	A	1		284		
Sodium, Na	mg	77	3.166	4	A	1		62		
Zinc, Zn	mg	5.23	0.242	4	A	1		4.23		
Copper, Cu	mg	14.588	2.589	4	A	1		11.816		
Manganese, Mn	mg	0.356	0.018	4	A	1		0.288		
Selenium, Se	mcg	32.8	1.572	4	A	1		26.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		1	A	1		0.6		
Thiamin	mg	0.177	0.009	4	A	1		0.143		
Riboflavin	mg	3.425	0.277	4	A	1		2.774		
Niacin	mg	17.475	1.182	4	A	1		14.155		
Pantothenic acid	mg	6.943	0.149	4	A	1		5.623		
Vitamin B-6	mg	1.027	0.019	4	A	1		0.832		
Folate, total	mcg	260	35.631	4	A	1		211		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	260	35.631	4	A	1		211		
Folate, DFE	mcg_DFE	260		0	NC	4		211		
Choline, total	mg	418.2		0	AS	1		338.8		
Betaine	mg	6.3	1.100	4	A	1		5.1		
Vitamin B-12	mcg	83.13	7.201	4	A	1		67.33		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	7744		0	AS	1		6273		
Retinol	mcg	7728	890.659	4	A	1		6259		
Carotene, beta	mcg	182	40.450	4	A	1		147		
Carotene, alpha	mcg	11	0.000	4	A	1		9		
Cryptoxanthin, beta	mcg	21	6.459	4	A	1		17		
Vitamin A, IU	IU	26088		0	AS	1		21132		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.46		6	A	1		0.37		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.00		2	A	1		0.00		
Tocopherol, gamma	mg	0.06		6	A	1		0.05		
Tocopherol, delta	mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)	mcg	1.2		82	AS	1		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	1.2		46	A	1		1.0		
Vitamin D	IU	49		46	A	1		40		
Vitamin K (phylloquinone)	mcg	3.9	1.241	4	A	1		3.2		
Lipids:										
Fatty acids, total saturated	g	1.493		0	NC	4		1.209		
4:0	g	0.000		0	Z	7		0.000		

NDB No. 13327

Beef, variety meats and by-products, liver, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		0	Z	7		0.000		
10:0 g	0.000	0.000	4	A	1		0.000		
12:0 g	0.000	0.000	4	A	1		0.000		
13:0 g									
14:0 g	0.022	0.006	4	A	1		0.018		
15:0 g	0.009	0.001	4	A	1		0.007		
16:0 g	0.427	0.077	4	A	1		0.346		
17:0 g	0.036	0.001	4	A	1		0.029		
18:0 g	0.991	0.023	4	A	1		0.803		
20:0 g	0.000	0.000	4	A	1		0.000		
22:0 g	0.009	0.003	4	A	1		0.007		
24:0 g									
Fatty acids, total monounsaturated g	0.653		0	NC	4		0.529		
14:1 g	0.002	0.002	4	A	1		0.001		
15:1 g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated g	0.051	0.012	4	A	1		0.041		
17:1 g	0.012	0.002	4	A	1		0.010		
18:1 undifferentiated g	0.583	0.088	4	A	1		0.472		
20:1 g	0.005	0.002	4	A	1		0.004		
22:1 undifferentiated g	0.000		0	Z	7		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.602		0	NC	4		0.488		
18:2 undifferentiated g	0.000		0	Z	7		0.000		
18:2 n-6 c,c g	0.369	0.032	4	A	1		0.298		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.021		0	AS	1		0.017		
18:3 n-3 c,c,c (ALA) g	0.010	0.003	4	A	1		0.008		
18:3 n-6 c,c,c g	0.011	0.001	4	A	1		0.009		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.010	0.004	4	A	1		0.008		
20:3 undifferentiated g	0.000	0.000	4	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.182	0.034	4	A	1		0.147		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g	0.198	0.014	4	A	1		0.160		
Cholesterol mg	381	12.176	4	A	1		308		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.335		0	A	1		0.272		
Threonine g	1.108		0	A	1		0.897		
Isoleucine g	1.233		0	A	1		0.998		
Leucine g	2.435		0	A	1		1.972		
Lysine g	2.048		0	A	1		1.659		
Methionine g	0.692		0	A	1		0.561		
Cystine g	0.479		0	A	1		0.388		
Phenylalanine g	1.382		0	A	1		1.119		
Tyrosine g	1.029		0	A	1		0.833		
Valine g	1.606		0	A	1		1.301		
Arginine g	1.582		0	A	1		1.281		

NDB No. 13327

Beef, variety meats and by-products, liver, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine....g	0.802		0	A	1		0.649		
Alanine....g	1.484		0	A	1		1.202		
Aspartic acid....g	2.456		0	A	1		1.990		
Glutamic acid....g	3.330		0	A	1		2.697		
Glycine....g	1.484		0	A	1		1.202		
Proline....g	1.225		0	A	1		0.992		
Serine....g	1.154		0	A	1		0.934		
Hydroxyproline....g	0.046		1	A	1		0.037		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 81g: 1 slice

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13325
Beef, variety meats and by-products, liver, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.81	0.191	4	A	1				
Energy	kcal	135		0	NC	4				
Energy	kJ	564		0	NC	4				
Protein (N x 6.25)	g	20.36	0.152	4	A	1				
Total lipid (fat)	g	3.63	0.205	4	A	1				
Ash	g	1.31	0.087	4	A	1				
Carbohydrate, by difference	g	3.89		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	5	0.135	4	A	1				
Iron, Fe	mg	4.90	0.469	4	A	1				
Magnesium, Mg	mg	18	0.275	4	A	1				
Phosphorus, P	mg	387	5.977	4	A	1				
Potassium, K	mg	313	3.301	4	A	1				
Sodium, Na	mg	69	2.266	4	A	1				
Zinc, Zn	mg	4.00	0.328	4	A	1				
Copper, Cu	mg	9.755	1.366	4	A	1				
Manganese, Mn	mg	0.310	0.018	4	A	1				
Selenium, Se	mcg	39.7	4.532	4	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3		1	A	1				
Thiamin	mg	0.189	0.007	4	A	1				
Riboflavin	mg	2.755	0.075	4	A	1				
Niacin	mg	13.175	0.987	4	A	1				
Pantothenic acid	mg	7.173	0.209	4	A	1				
Vitamin B-6	mg	1.083	0.018	4	A	1				
Folate, total	mcg	290	42.956	4	A	1				
Folic acid	mcg	0		0	NR	4				
Folate, food	mcg	290	42.956	4	A	1				
Folate, DFE	mcg_DFE	290		0	NC	4				
Choline, total	mg	333.3		0	AS	1				
Betaine	mg	4.4	0.738	4	A	1				
Vitamin B-12	mcg	59.30	4.090	4	A	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	4968		0	AS	1				
Retinol	mcg	4948	1321.819	4	A	1				
Carotene, beta	mcg	232	203.476	4	A	1				
Carotene, alpha	mcg	11	0.000	4	A	1				
Cryptoxanthin, beta	mcg	13	1.705	4	A	1				
Vitamin A, IU	IU	16898		0	AS	1				
Lycopene	mcg	0	0.000	4	A	1				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.38		8	A	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.00		2	A	1				
Tocopherol, gamma	mg	0.07		8	A	1				
Tocopherol, delta	mg	0.00		2	A	1				
Vitamin D (D2 + D3)	mcg	1.2		82	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	1.2		46	A	1				
Vitamin D	IU	49		46	A	1				
Vitamin K (phylloquinone)	mcg	3.1	0.683	4	A	1				
Lipids:										
Fatty acids, total saturated	g	1.233		0	NC	4				
4:0	g	0.000		0	Z	7				

NDB No. 13325
Beef, variety meats and by-products, liver, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	Z	7				
8:0 ... g	0.000	0.000	4	A	1				
10:0 ... g	0.000	0.000	4	A	1				
12:0 ... g	0.000	0.000	4	A	1				
13:0 ... g									
14:0 ... g	0.015	0.003	4	A	1				
15:0 ... g	0.007	0.001	4	A	1				
16:0 ... g	0.312	0.044	4	A	1				
17:0 ... g	0.030	0.001	4	A	1				
18:0 ... g	0.862	0.022	4	A	1				
20:0 ... g	0.000	0.000	4	A	1				
22:0 ... g	0.009	0.001	4	A	1				
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.479		0	NC	4				
14:1 ... g	0.000	0.000	4	A	1				
15:1 ... g	0.000	0.000	4	A	1				
16:1 undifferentiated ... g	0.036	0.008	4	A	1				
17:1 ... g	0.013	0.003	4	A	1				
18:1 undifferentiated ... g	0.423	0.051	4	A	1				
20:1 ... g	0.007	0.001	4	A	1				
22:1 undifferentiated ... g	0.000		0	Z	7				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.465		0	NC	4				
18:2 undifferentiated ... g	0.299		0	NR	4				
18:2 n-6 c,c ... g	0.299	0.017	4	A	1				
18:2 CLAs ... g									
18:2 c,t ... g									
18:2 t,c ... g									
18:2 t,t ... g									
18:2 i ... g									
18:2 t not further defined ... g									
18:3 undifferentiated ... g	0.016		0	NR	4				
18:3 n-3 c,c,c (ALA) ... g	0.007	0.001	4	A	1				
18:3 n-6 c,c,c ... g	0.009	0.001	4	A	1				
18:3i ... g									
18:4 ... g	0.000		0	Z	7				
20:2 n-6 c,c ... g	0.010	0.001	4	A	1				
20:3 undifferentiated ... g	0.000	0.000	4	A	1				
20:3 n-3 ... g									
20:3 n-6 ... g									
20:4 undifferentiated ... g	0.141	0.028	4	A	1				
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 (EPA) ... g	0.000		0	Z	7				
21:5 ... g									
22:4 ... g									
22:5 n-3 (DPA) ... g	0.000		0	Z	7				
22:6 n-3 (DHA) ... g	0.000		0	Z	7				
Fatty acids, total trans ... g	0.170	0.016	4	A	1				
Cholesterol ... mg	275	7.620	4	A	1				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.263		1	A	1				
Threonine ... g	0.869		1	A	1				
Isoleucine ... g	0.967		1	A	1				
Leucine ... g	1.910		1	A	1				
Lysine ... g	1.607		1	A	1				
Methionine ... g	0.543		1	A	1				
Cystine ... g	0.376		1	A	1				
Phenylalanine ... g	1.084		1	A	1				
Tyrosine ... g	0.807		1	A	1				
Valine ... g	1.260		1	A	1				
Arginine ... g	1.241		1	A	1				

NDB No. 13325
Beef, variety meats and by-products, liver, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.629		1	A	1				
Alanine.....g	1.164		1	A	1				
Aspartic acid.....g	1.927		1	A	1				
Glutamic acid.....g	2.612		1	A	1				
Glycine.....g	1.164		1	A	1				
Proline.....g	0.961		1	A	1				
Serine.....g	0.905		1	A	1				
Hydroxyproline.....g	0.046		1	A	1				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13329

Beef, variety meats and by-products, lungs, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.40	1.255	4		1		231.49	64.94	
Energy....kcal	120		0		4		364	102	
Energy....kJ	502				4		1521	427	
Protein (N x 6.25)....g	20.40	0.404	3		1		61.81	17.34	
Total lipid (fat)....g	3.70	0.058	3		1		11.21	3.15	
Ash....g	1.10	0.058	3		1		3.33	0.94	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0		1		33	9	
Iron, Fe....mg	5.40		0		1		16.36	4.59	
Magnesium, Mg....mg	10		0		1		30	9	
Phosphorus, P....mg	178		0		1		539	151	
Potassium, K....mg	173		0		1		524	147	
Sodium, Na....mg	101		0		1		306	86	
Zinc, Zn....mg	1.64		0		1		4.97	1.39	
Copper, Cu....mg	0.221		0		1		0.670	0.188	
Manganese, Mn....mg	0.015		0		1		0.045	0.013	
Selenium, Se....mcg	50.3		0	BFYN	4		152.4	42.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	32.7		0		1		99.1	27.8	
Thiamin....mg	0.035		0		1		0.106	0.030	
Riboflavin....mg	0.143		0		1		0.433	0.122	
Niacin....mg	2.492		0		1		7.551	2.118	
Pantothenic acid....mg	0.623		0		1		1.888	0.530	
Vitamin B-6....mg	0.020		0		1		0.061	0.017	
Folate, total....mcg	8		0		1		24	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0		1		24	7	
Folate, DFE....mcg_DFE	8		0	NC	4		24	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.59		0		1		7.85	2.20	
Vitamin A, RAE....mcg_RAE	12		0		1		35	10	
Retinol....mcg	12		0		1		35	10	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	39		0		1		118	33	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.270		0		1		3.848	1.080	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 13329

Beef, variety meats and by-products, lungs, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.000		0		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.060		0		1		0.182	0.051	
15:0 ... g									
16:0 ... g	0.670		0		1		2.030	0.570	
17:0 ... g									
18:0 ... g	0.350		0		1		1.061	0.298	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.950		0		1		2.879	0.808	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.140		0		1		0.424	0.119	
17:1 ... g									
18:1 undifferentiated ... g	0.700		0		1		2.121	0.595	
20:1 ... g	0.030		0		1		0.091	0.026	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.510		0		1		1.545	0.434	
18:2 undifferentiated ... g	0.250		0		1		0.758	0.213	
18:3 undifferentiated ... g	0.030		0		1		0.091	0.026	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.210		0		1		0.636	0.179	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	277		0		1		839	235	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.186		0		1		0.564	0.158	
Threonine ... g	0.761		0		1		2.306	0.647	
Isoleucine ... g	0.973		0		1		2.948	0.827	
Leucine ... g	1.498		0		1		4.539	1.273	
Lysine ... g	1.446		0		1		4.381	1.229	
Methionine ... g	0.408		0		1		1.236	0.347	
Cystine ... g	0.313		0		1		0.948	0.266	
Phenylalanine ... g	0.829		0		1		2.512	0.705	
Tyrosine ... g	0.460		0		1		1.394	0.391	
Valine ... g	1.005		0		1		3.045	0.854	
Arginine ... g	1.234		0		1		3.739	1.049	
Histidine ... g	0.620		0		1		1.879	0.527	
Alanine ... g	1.260		0		1		3.818	1.071	
Aspartic acid ... g	1.231		0		1		3.730	1.046	
Glutamic acid ... g	2.174		0		1		6.587	1.848	
Glycine ... g	0.924		0		1		2.800	0.785	
Proline ... g	2.089		0		1		6.330	1.776	
Serine ... g	1.028		0		1		3.115	0.874	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 303g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13329

Beef, variety meats and by-products, lungs, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13328
Beef, variety meats and by-products, lungs, raw

Refuse: 24% Blood clots and membranes

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.38	0.732	8		1		22.50	89.70	
Energy	kcal	92		0		4		26	104	
Energy	kJ	385				4		109	435	
Protein (N x 6.25)	g	16.20	0.574	5		1		4.59	18.31	
Total lipid (fat)	g	2.50	0.498	7		1		0.71	2.83	
Ash	g	0.98	0.020	5		1		0.28	1.11	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		3	11	
Iron, Fe	mg	7.95	0.533	4		1		2.25	8.98	
Magnesium, Mg	mg	14		0		1		4	16	
Phosphorus, P	mg	224		0		1		64	253	
Potassium, K	mg	340		1		1		96	384	
Sodium, Na	mg	198		0		1		56	224	
Zinc, Zn	mg	1.61	0.067	10		1		0.46	1.82	
Copper, Cu	mg	0.260		0		1		0.074	0.294	
Manganese, Mn	mg	0.019		0		1		0.005	0.021	
Selenium, Se	mcg	44.3		0	BFZN	4		12.6	50.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	38.5	0.850	5		1		10.9	43.5	
Thiamin	mg	0.047	0.033	3		1		0.013	0.053	
Riboflavin	mg	0.230		2		1		0.065	0.260	
Niacin	mg	4.000		1		1		1.134	4.520	
Pantothenic acid	mg	1.000		1		1		0.284	1.130	
Vitamin B-6	mg	0.040		2		1		0.011	0.045	
Folate, total	mcg	11		0		1		3	12	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	11		0		1		3	12	
Folate, DFE	mcg_DFE	11		0	NC	4		3	12	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	3.81	0.591	3		1		1.08	4.31	
Vitamin A, RAE	mcg_RAE	14		0		1		4	16	
Retinol	mcg	14		0		1		4	16	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	46		0		1		13	52	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.860		0		1		0.244	0.972	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 13328
Beef, variety meats and by-products, lungs, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.040		0		1		0.011	0.045	
15:0 g									
16:0 g	0.450		0		1		0.128	0.509	
17:0 g									
18:0 g	0.230		0		1		0.065	0.260	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.640		0		1		0.181	0.723	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.090		0		1		0.026	0.102	
17:1 g									
18:1 undifferentiated g	0.470		0		1		0.133	0.531	
20:1 g	0.020		0		1		0.006	0.023	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.340		0		1		0.096	0.384	
18:2 undifferentiated g	0.170		0		1		0.048	0.192	
18:3 undifferentiated g	0.020		0		1		0.006	0.023	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.140		0		1		0.040	0.158	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	242		1		1		69	273	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.148		3		1		0.042	0.167	
Threonine g	0.604		4		1		0.171	0.683	
Isoleucine g	0.772		3		1		0.219	0.872	
Leucine g	1.190		3		1		0.337	1.345	
Lysine g	1.148		4		1		0.325	1.297	
Methionine g	0.324		5		1		0.092	0.366	
Cystine g	0.249		4		1		0.071	0.281	
Phenylalanine g	0.658		4		1		0.187	0.744	
Tyrosine g	0.365		4		1		0.103	0.412	
Valine g	0.798		3		1		0.226	0.902	
Arginine g	0.980		3		1		0.278	1.107	
Histidine g	0.492		3		1		0.139	0.556	
Alanine g	1.001		1		1		0.284	1.131	
Aspartic acid g	0.977		1		1		0.277	1.104	
Glutamic acid g	1.726		1		1		0.489	1.950	
Glycine g	0.734		1		1		0.208	0.829	
Proline g	1.659		2		1		0.470	1.875	
Serine g	0.816		1		1		0.231	0.922	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

NDB No. 13328
Beef, variety meats and by-products, lungs, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13330

Beef, variety meats and by-products, mechanically separated beef, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.39	0.546	56		1		16.84	134.82	
Energy	kcal	276		0		4		78	627	
Energy	kJ	1155				4		327	2621	
Protein (N x 6.25)	g	14.97	0.100	56		1		4.24	33.98	
Total lipid (fat)	g	23.52	0.540	64		1		6.67	53.39	
Ash	g	2.14	0.371	56		1		0.61	4.86	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	485	16.000	55		1		137	1101	
Iron, Fe	mg	5.67	0.616	36		1		1.61	12.87	
Magnesium, Mg	mg	17		0		4		5	39	
Phosphorus, P	mg	324	9.075	28		1		92	735	
Potassium, K	mg	277		0		4		79	629	
Sodium, Na	mg	57		0		4		16	129	
Zinc, Zn	mg	3.58	0.097	47		1		1.01	8.13	
Copper, Cu	mg	0.056	0.002	20		1		0.016	0.127	
Manganese, Mn	mg	0.012		0		4		0.003	0.027	
Selenium, Se	mcg	20.7		0	BFZN	4		5.9	47.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.072		0		4		0.020	0.163	
Riboflavin	mg	0.118		0		4		0.033	0.268	
Niacin	mg	2.546		0		4		0.722	5.779	
Pantothenic acid	mg	0.279		0		4		0.079	0.633	
Vitamin B-6	mg	0.290		0		4		0.082	0.658	
Folate, total	mcg	5		0		4		1	11	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		4		1	11	
Folate, DFE	mcg_DFE	5		0	NC	4		1	11	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.56		0		4		0.73	5.81	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	11.780		0		1		3.340	26.741	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 13330

Beef, variety meats and by-products, mechanically separated beef, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.040	0.009	3		1		0.011	0.091	
13:0 ... g									
14:0 ... g	0.640	0.010	3		1		0.181	1.453	
15:0 ... g									
16:0 ... g	5.660	0.119	3		1		1.605	12.848	
17:0 ... g									
18:0 ... g	4.870	0.190	3		1		1.381	11.055	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.440		0		1		2.393	19.159	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.560	0.017	3		1		0.159	1.271	
17:1 ... g									
18:1 undifferentiated ... g	7.590	0.178	3		1		2.152	17.229	
20:1 ... g	0.070	0.001	3		1		0.020	0.159	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.760		0		1		0.215	1.725	
18:2 undifferentiated ... g	0.590	0.020	3		1		0.167	1.339	
18:3 undifferentiated ... g	0.170	0.008	3		1		0.048	0.386	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	209	11.006	18		1		59	474	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.168		0		4		0.048	0.381	
Threonine ... g	0.474		30		1		0.134	1.076	
Isoleucine ... g	0.584		30		1		0.166	1.326	
Leucine ... g	1.199		30		1		0.340	2.722	
Lysine ... g	1.161		30		1		0.329	2.635	
Methionine ... g	0.426		30		1		0.121	0.967	
Cystine ... g	0.230		30		1		0.065	0.522	
Phenylalanine ... g	0.644		30		1		0.183	1.462	
Tyrosine ... g	0.381		30		1		0.108	0.865	
Valine ... g	0.915		30		1		0.259	2.077	
Arginine ... g	1.154		30		1		0.327	2.620	
Histidine ... g	0.443		30		1		0.126	1.006	
Alanine ... g	1.005		30		1		0.285	2.281	
Aspartic acid ... g	1.312		30		1		0.372	2.978	
Glutamic acid ... g	2.121		30		1		0.601	4.815	
Glycine ... g	1.238		30		1		0.351	2.810	
Proline ... g	0.922		30		1		0.261	2.093	
Serine ... g	0.570		30		1		0.162	1.294	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 8 oz

NDB No. 13330

Beef, variety meats and by-products, mechanically separated beef, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13332

Beef, variety meats and by-products, pancreas, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.60	0.346	3		1		123.43	47.26	
Energy....kcal	271		0		4		602	230	
Energy....kJ	1134				4		2517	964	
Protein (N x 6.25)....g	27.10	0.693	3		1		60.16	23.04	
Total lipid (fat)....g	17.20	0.635	3		1		38.18	14.62	
Ash....g	1.50	0.000	3		1		3.33	1.28	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0		4		36	14	
Iron, Fe....mg	2.61		0		4		5.79	2.22	
Magnesium, Mg....mg	21		0		4		47	18	
Phosphorus, P....mg	453		0		4		1006	385	
Potassium, K....mg	246		0		4		546	209	
Sodium, Na....mg	60		0		4		133	51	
Zinc, Zn....mg	4.60		0		1		10.21	3.91	
Copper, Cu....mg	0.089		0		4		0.198	0.076	
Manganese, Mn....mg	0.208		0		4		0.462	0.177	
Selenium, Se....mcg	48.5		0	BFYN	4		107.7	41.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	20.3		0		4		45.1	17.3	
Thiamin....mg	0.180		0		1		0.400	0.153	
Riboflavin....mg	0.485		0		1		1.077	0.412	
Niacin....mg	3.970		0		1		8.813	3.375	
Pantothenic acid....mg	4.248		0		1		9.431	3.611	
Vitamin B-6....mg	0.180		0		1		0.400	0.153	
Folate, total....mcg	3		0		4		7	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		4		7	3	
Folate, DFE....mcg_DFE	3		0	NC	4		7	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	16.60		0		1		36.85	14.11	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.900		0		4		13.098	5.015	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 13332

Beef, variety meats and by-products, pancreas, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.000		0		4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.140		0		4		0.311	0.119	
15:0 ... g									
16:0 ... g	3.160		0		4		7.015	2.686	
17:0 ... g									
18:0 ... g	2.210		0		4		4.906	1.879	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.930		0		4		13.165	5.041	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.020		0		4		2.264	0.867	
17:1 ... g									
18:1 undifferentiated ... g	4.900		0		4		10.878	4.165	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.200		0		4		7.104	2.720	
18:2 undifferentiated ... g	1.870		0		4		4.151	1.590	
18:3 undifferentiated ... g	0.120		0		4		0.266	0.102	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.740		0		4		1.643	0.629	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	262		0		4		582	223	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.351		0		1		0.779	0.298	
Threonine ... g	1.257		0		1		2.791	1.068	
Isoleucine ... g	1.370		0		1		3.041	1.165	
Leucine ... g	2.116		0		1		4.698	1.799	
Lysine ... g	1.999		0		1		4.438	1.699	
Methionine ... g	0.490		0		1		1.088	0.417	
Cystine ... g	0.347		0		4		0.770	0.295	
Phenylalanine ... g	1.127		0		1		2.502	0.958	
Tyrosine ... g	1.184		0		1		2.628	1.006	
Valine ... g	1.453		0		1		3.226	1.235	
Arginine ... g	1.548		0		1		3.437	1.316	
Histidine ... g	0.533		0		1		1.183	0.453	
Alanine ... g	1.388		0		4		3.081	1.180	
Aspartic acid ... g	2.602		0		1		5.776	2.212	
Glutamic acid ... g	2.272		0		1		5.044	1.931	
Glycine ... g	1.652		0		1		3.667	1.404	
Proline ... g	1.388		0		4		3.081	1.180	
Serine ... g	1.084		0		4		2.406	0.921	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 222g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13332

Beef, variety meats and by-products, pancreas, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13331
Beef, variety meats and by-products, pancreas, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.20	2.078	3		1		18.48	73.68	
Energy....kcal	235		0		4		67	266	
Energy....kJ	983				4		279	1111	
Protein (N x 6.25)....g	15.70	0.462	3		1		4.45	17.74	
Total lipid (fat)....g	18.60	2.252	3		1		5.27	21.02	
Ash....g	1.30	0.058	3		1		0.37	1.47	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		2		1		3	10	
Iron, Fe....mg	2.22		2		1		0.63	2.51	
Magnesium, Mg....mg	18		2		1		5	20	
Phosphorus, P....mg	327		2		1		93	370	
Potassium, K....mg	276		2		1		78	312	
Sodium, Na....mg	67		2		1		19	76	
Zinc, Zn....mg	2.58	0.108	35		1		0.73	2.92	
Copper, Cu....mg	0.060		2		1		0.017	0.068	
Manganese, Mn....mg	0.150	0.005	12		1		0.043	0.170	
Selenium, Se....mcg	24.7		0	BFNN	4		7.0	27.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	13.7	0.581	5		1		3.9	15.5	
Thiamin....mg	0.140		0		1		0.040	0.158	
Riboflavin....mg	0.445		2		1		0.126	0.503	
Niacin....mg	4.450		2		1		1.262	5.029	
Pantothenic acid....mg	3.900		2		1		1.106	4.407	
Vitamin B-6....mg	0.200		1		1		0.057	0.226	
Folate, total....mcg	3		0		1		1	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		1		1	3	
Folate, DFE....mcg_DFE	3		0	NC	4		1	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	14.00		2		1		3.97	15.82	
Vitamin A, RAE....mcg_RAE	0	0.000	3		1		0	0	
Retinol....mcg	0	0.000	3		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0	0.000	3		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.410		0		4		1.817	7.243	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 13331

Beef, variety meats and by-products, pancreas, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.000		0		4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.150		0		4		0.043	0.170	
15:0 ... g									
16:0 ... g	3.430		0		4		0.972	3.876	
17:0 ... g									
18:0 ... g	2.400		0		4		0.680	2.712	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.440		0		4		1.826	7.277	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.110		0		4		0.315	1.254	
17:1 ... g									
18:1 undifferentiated ... g	5.330		0		4		1.511	6.023	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.470		0		4		0.984	3.921	
18:2 undifferentiated ... g	2.030		0		4		0.576	2.294	
18:3 undifferentiated ... g	0.130		0		4		0.037	0.147	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.800		0		4		0.227	0.904	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	205		0		1		58	232	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.203		4		1		0.058	0.229	
Threonine ... g	0.728		5		1		0.206	0.823	
Isoleucine ... g	0.794		5		1		0.225	0.897	
Leucine ... g	1.226		5		1		0.348	1.385	
Lysine ... g	1.158		5		1		0.328	1.309	
Methionine ... g	0.284		4		1		0.081	0.321	
Cystine ... g	0.201		0		4		0.057	0.227	
Phenylalanine ... g	0.653		5		1		0.185	0.738	
Tyrosine ... g	0.686		1		1		0.194	0.775	
Valine ... g	0.842		5		1		0.239	0.951	
Arginine ... g	0.897		5		1		0.254	1.014	
Histidine ... g	0.309		5		1		0.088	0.349	
Alanine ... g	0.804		0		4		0.228	0.909	
Aspartic acid ... g	1.507		1		1		0.427	1.703	
Glutamic acid ... g	1.316		2		1		0.373	1.487	
Glycine ... g	0.957		1		1		0.271	1.081	
Proline ... g	0.804		0		4		0.228	0.909	
Serine ... g	0.628		0		4		0.178	0.710	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

NDB No. 13331
Beef, variety meats and by-products, pancreas, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13334

Beef, variety meats and by-products, spleen, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.98	0.718	4		1		215.54	59.48	
Energy....kcal	145		0		4		447	123	
Energy....kJ	607				4		1869	516	
Protein (N x 6.25)....g	25.10	0.346	3		1		77.31	21.34	
Total lipid (fat)....g	4.20	0.289	3		1		12.94	3.57	
Ash....g	1.60	0.058	3		1		4.93	1.36	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0		1		37	10	
Iron, Fe....mg	39.36		0		1		121.23	33.46	
Magnesium, Mg....mg	19		0		1		59	16	
Phosphorus, P....mg	305		0		1		939	259	
Potassium, K....mg	284		0		1		875	241	
Sodium, Na....mg	57		0		1		176	48	
Zinc, Zn....mg	2.79		0		1		8.59	2.37	
Copper, Cu....mg	0.924		0		1		2.846	0.785	
Manganese, Mn....mg	0.075		0		1		0.231	0.064	
Selenium, Se....mcg	91.4		0	BFYN	4		281.5	77.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	50.3		0		1		154.9	42.8	
Thiamin....mg	0.048		0		1		0.148	0.041	
Riboflavin....mg	0.300		0		1		0.924	0.255	
Niacin....mg	5.567		0		1		17.146	4.732	
Pantothenic acid....mg	0.876		0		4		2.698	0.745	
Vitamin B-6....mg	0.040		0		1		0.123	0.034	
Folate, total....mcg	4		0		4		12	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		4		12	3	
Folate, DFE....mcg_DFE	4		0	NC	4		12	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	5.02		0		1		15.46	4.27	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.390		0		4		4.281	1.182	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 13334

Beef, variety meats and by-products, spleen, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.020		0		4		0.062	0.017	
13:0 ... g									
14:0 ... g	0.100		0		4		0.308	0.085	
15:0 ... g									
16:0 ... g	0.750		0		4		2.310	0.638	
17:0 ... g									
18:0 ... g	0.540		0		4		1.663	0.459	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.120		0		4		3.450	0.952	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.160		0		4		0.493	0.136	
17:1 ... g									
18:1 undifferentiated ... g	0.960		0		4		2.957	0.816	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.310		0		4		0.955	0.264	
18:2 undifferentiated ... g	0.310		0		4		0.955	0.264	
18:3 undifferentiated ... g	0.000		0		4		0.000	0.000	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	347		0		1		1069	295	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.261		0		1		0.804	0.222	
Threonine ... g	0.988		0		1		3.043	0.840	
Isoleucine ... g	0.968		0		1		2.981	0.823	
Leucine ... g	2.217		0		1		6.828	1.884	
Lysine ... g	1.815		0		1		5.590	1.543	
Methionine ... g	0.462		0		1		1.423	0.393	
Cystine ... g	0.727		0		1		2.239	0.618	
Phenylalanine ... g	1.008		0		1		3.105	0.857	
Tyrosine ... g	0.715		0		1		2.202	0.608	
Valine ... g	1.510		0		1		4.651	1.284	
Arginine ... g	1.454		0		1		4.478	1.236	
Histidine ... g	0.900		0		1		2.772	0.765	
Alanine ... g	1.944		0		1		5.988	1.652	
Aspartic acid ... g	1.771		0		1		5.455	1.505	
Glutamic acid ... g	2.293		0		1		7.062	1.949	
Glycine ... g	1.518		0		1		4.675	1.290	
Proline ... g	1.518		0		1		4.675	1.290	
Serine ... g	0.867		0		1		2.670	0.737	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 308g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13334
Beef, variety meats and by-products, spleen, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13333
Beef, variety meats and by-products, spleen, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.20	0.864	8		1		21.89	87.24	
Energy....kcal	105		0		4		30	119	
Energy....kJ	439				4		125	496	
Protein (N x 6.25)....g	18.30	0.856	5		1		5.19	20.68	
Total lipid (fat)....g	3.00	0.548	7		1		0.85	3.39	
Ash....g	1.38	0.020	5		1		0.39	1.56	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		1		1		3	10	
Iron, Fe....mg	44.55		2		1		12.63	50.34	
Magnesium, Mg....mg	22		1		1		6	25	
Phosphorus, P....mg	296		1		1		84	334	
Potassium, K....mg	429		2		1		122	485	
Sodium, Na....mg	85		1		1		24	96	
Zinc, Zn....mg	2.11	0.152	22		1		0.60	2.38	
Copper, Cu....mg	0.168		2		1		0.048	0.190	
Manganese, Mn....mg	0.073		1		1		0.021	0.082	
Selenium, Se....mcg	62.2		0	BFZN	4		17.6	70.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	45.5	1.297	5		1		12.9	51.4	
Thiamin....mg	0.050		1		1		0.014	0.057	
Riboflavin....mg	0.370		1		1		0.105	0.418	
Niacin....mg	8.400		1		1		2.381	9.492	
Pantothenic acid....mg	1.081		0		4		0.306	1.222	
Vitamin B-6....mg	0.070		1		1		0.020	0.079	
Folate, total....mcg	4		0		4		1	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		4		1	5	
Folate, DFE....mcg_DFE	4		0	NC	4		1	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	5.68	0.586	3		1		1.61	6.42	
Vitamin A, RAE....mcg_RAE	0	0.000	3		1		0	0	
Retinol....mcg	0	0.000	3		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0	0.000	3		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.000		0		4		0.284	1.130	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 13333
Beef, variety meats and by-products, spleen, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.010		0		4		0.003	0.011	
13:0 ... g									
14:0 ... g	0.070		0		4		0.020	0.079	
15:0 ... g									
16:0 ... g	0.530		0		4		0.150	0.599	
17:0 ... g									
18:0 ... g	0.380		0		4		0.108	0.429	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.780		0		4		0.221	0.881	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.120		0		4		0.034	0.136	
17:1 ... g									
18:1 undifferentiated ... g	0.680		0		4		0.193	0.768	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.220		0		4		0.062	0.249	
18:2 undifferentiated ... g	0.220		0		4		0.062	0.249	
18:3 undifferentiated ... g	0.000		0		4		0.000	0.000	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	263		1		1		75	297	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.190		4		1		0.054	0.215	
Threonine ... g	0.720		3		1		0.204	0.814	
Isoleucine ... g	0.706		3		1		0.200	0.798	
Leucine ... g	1.616		3		1		0.458	1.826	
Lysine ... g	1.323		3		1		0.375	1.495	
Methionine ... g	0.337		3		1		0.096	0.381	
Cystine ... g	0.530		1		1		0.150	0.599	
Phenylalanine ... g	0.735		3		1		0.208	0.831	
Tyrosine ... g	0.521		2		1		0.148	0.589	
Valine ... g	1.101		3		1		0.312	1.244	
Arginine ... g	1.060		2		1		0.301	1.198	
Histidine ... g	0.656		2		1		0.186	0.741	
Alanine ... g	1.417		1		1		0.402	1.601	
Aspartic acid ... g	1.291		1		1		0.366	1.459	
Glutamic acid ... g	1.672		1		1		0.474	1.889	
Glycine ... g	1.107		1		1		0.314	1.251	
Proline ... g	1.107		1		1		0.314	1.251	
Serine ... g	0.632		1		1		0.179	0.714	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

NDB No. 13333
Beef, variety meats and by-products, spleen, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13335
Beef, variety meats and by-products, suet, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.00		1		1		1.13	4.52	
Energy....kcal	854		0		4		242	965	
Energy....kJ	3573		0		4		1013	4038	
Protein (N x 6.25)....g	1.50		1		1		0.43	1.70	
Total lipid (fat)....g	94.00		1		1		26.65	106.22	
Ash....g	0.10		1		1		0.03	0.11	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	2		0		4		1	2	
Iron, Fe....mg	0.17		0		4		0.05	0.19	
Magnesium, Mg....mg	1		0		4		0	1	
Phosphorus, P....mg	15		0		4		4	17	
Potassium, K....mg	16	0.019	7		1		5	18	
Sodium, Na....mg	7		0		4		2	8	
Zinc, Zn....mg	0.22		0		4		0.06	0.25	
Copper, Cu....mg	0.007		0		4		0.002	0.008	
Manganese, Mn....mg	0.001		0		4		0.000	0.001	
Selenium, Se....mcg	0.2		0	BFZN	4		0.1	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.007		0		4		0.002	0.008	
Riboflavin....mg	0.013		0		4		0.004	0.015	
Niacin....mg	0.259		0		4		0.073	0.293	
Pantothenic acid....mg	0.025		0		4		0.007	0.028	
Vitamin B-6....mg	0.030		0		4		0.009	0.034	
Folate, total....mcg	1		0		4		0	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		4		0	1	
Folate, DFE....mcg_DFE	1		0	NC	4		0	1	
Choline, total....mg	5.6		0	BFPN	4		1.6	6.3	
Betaine....mg	0.3		0	BFPN	4		0.1	0.4	
Vitamin B-12....mcg	0.27		0		4		0.08	0.31	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	1.50		0	NR	4		0.43	1.70	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	3.6		0	BFSN	4		1.0	4.1	
Lipids:									
Fatty acids, total saturated....g	52.300		0		1		14.827	59.099	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 13335
Beef, variety meats and by-products, suet, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.070		2		1		0.020	0.079	
13:0....g									
14:0....g	2.800	0.086	36		1		0.794	3.164	
15:0....g									
16:0....g	22.570	0.414	42		1		6.399	25.504	
17:0....g									
18:0....g	24.680	0.818	42		1		6.997	27.888	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	31.520		0		1		8.936	35.618	
14:1....g									
15:1....g									
16:1 undifferentiated....g	2.180	0.109	36		1		0.618	2.463	
17:1....g									
18:1 undifferentiated....g	28.860	0.700	42		1		8.182	32.612	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.170		0		1		0.899	3.582	
18:2 undifferentiated....g	2.150	0.234	40		1		0.610	2.430	
18:3 undifferentiated....g	0.860	0.092	31		1		0.244	0.972	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	68	2.168	5		1		19	77	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.010		0	NR	4		0.003	0.011	
Threonine....g	0.060		0	NR	4		0.017	0.068	
Isoleucine....g	0.068		0	NR	4		0.019	0.077	
Leucine....g	0.119		0	NR	4		0.034	0.135	
Lysine....g	0.127		0	NR	4		0.036	0.143	
Methionine....g	0.039		0	NR	4		0.011	0.044	
Cystine....g	0.019		0	NR	4		0.005	0.022	
Phenylalanine....g	0.059		0	NR	4		0.017	0.067	
Tyrosine....g	0.048		0	NR	4		0.014	0.054	
Valine....g	0.074		0	NR	4		0.021	0.084	
Arginine....g	0.097		0	NR	4		0.027	0.110	
Histidine....g	0.048		0	NR	4		0.014	0.054	
Alanine....g	0.091		0	NR	4		0.026	0.103	
Aspartic acid....g	0.137		0	NR	4		0.039	0.154	
Glutamic acid....g	0.225		0	NR	4		0.064	0.254	
Glycine....g	0.091		0	NR	4		0.026	0.103	
Proline....g	0.072		0	NR	4		0.020	0.081	
Serine....g	0.059		0	NR	4		0.017	0.067	
Hydroxyproline....g	0.016		0	BFPN	4		0.004	0.018	
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13335

Beef, variety meats and by-products, suet, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13338

Beef, variety meats and by-products, thymus, cooked, braised

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.83	3.015	4		1		201.28	44.91	
Energy	kcal	319		0	NC	4		1215	271	
Energy	kJ	1335				4		5085	1134	
Protein (N x 6.25)	g	21.85	1.436	4		1		83.25	18.57	
Total lipid (fat)	g	24.98	7.172	4		1		95.17	21.23	
Ash	g	1.53	0.085	4		1		5.83	1.30	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		4		38	9	
Iron, Fe	mg	1.49		0		1		5.68	1.27	
Magnesium, Mg	mg	10		0		4		38	9	
Phosphorus, P	mg	364		1		1		1387	309	
Potassium, K	mg	433		1		1		1650	368	
Sodium, Na	mg	116		1		1		442	99	
Zinc, Zn	mg	2.20		0		4		8.38	1.87	
Copper, Cu	mg	0.043		0		4		0.164	0.037	
Manganese, Mn	mg	0.099		0		4		0.377	0.084	
Selenium, Se	mcg	21.6		0	BFYN	4		82.3	18.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	30.2		0		1		115.1	25.7	
Thiamin	mg	0.084		0		4		0.320	0.071	
Riboflavin	mg	0.225		0		4		0.857	0.191	
Niacin	mg	1.840		0		4		7.010	1.564	
Pantothenic acid	mg	1.972		0		4		7.513	1.676	
Vitamin B-6	mg	0.080		0		4		0.305	0.068	
Folate, total	mcg	1		0		4		4	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		4		4	1	
Folate, DFE	mcg_DFE	1		0	NC	4		4	1	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.51		0		1		5.75	1.28	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.610		0		4		32.804	7.319	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 13338

Beef, variety meats and by-products, thymus, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.000		0		4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.200		0		4		0.762	0.170	
15:0 ... g									
16:0 ... g	4.600		0		4		17.526	3.910	
17:0 ... g									
18:0 ... g	3.220		0		4		12.268	2.737	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.640		0		4		32.918	7.344	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.490		0		4		5.677	1.267	
17:1 ... g									
18:1 undifferentiated ... g	7.150		0		4		27.242	6.078	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	4.660		0		4		17.755	3.961	
18:2 undifferentiated ... g	2.720		0		4		10.363	2.312	
18:3 undifferentiated ... g	0.170		0		4		0.648	0.145	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	294		0		1		1120	250	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.168		0		1		0.640	0.143	
Threonine ... g	0.790		0		1		3.010	0.672	
Isoleucine ... g	0.745		0		1		2.838	0.633	
Leucine ... g	1.458		0		1		5.555	1.239	
Lysine ... g	1.818		0		1		6.927	1.545	
Methionine ... g	0.304		0		1		1.158	0.258	
Cystine ... g	0.280		0		4		1.067	0.238	
Phenylalanine ... g	0.626		0		1		2.385	0.532	
Tyrosine ... g	0.454		0		4		1.730	0.386	
Valine ... g	0.947		0		1		3.608	0.805	
Arginine ... g	1.440		0		1		5.486	1.224	
Histidine ... g	0.385		0		1		1.467	0.327	
Alanine ... g	1.119		0		4		4.263	0.951	
Aspartic acid ... g	2.098		0		4		7.993	1.783	
Glutamic acid ... g	1.832		0		4		6.980	1.557	
Glycine ... g	1.332		0		4		5.075	1.132	
Proline ... g	1.119		0		4		4.263	0.951	
Serine ... g	0.874		0		4		3.330	0.743	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 381g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13338

Beef, variety meats and by-products, thymus, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13337
Beef, variety meats and by-products, thymus, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.80	0.756	4		1		19.22	76.61	
Energy	kcal	236		0	NC	4		67	267	
Energy	kJ	987				4		280	1116	
Protein (N x 6.25)	g	12.18	1.262	5		1		3.45	13.76	
Total lipid (fat)	g	20.35	1.486	4		1		5.77	23.00	
Ash	g	1.38	0.085	4		1		0.39	1.56	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0		4		2	8	
Iron, Fe	mg	2.10	0.289	3		1		0.60	2.37	
Magnesium, Mg	mg	14		0		4		4	16	
Phosphorus, P	mg	393		1		1		111	444	
Potassium, K	mg	360		1		1		102	407	
Sodium, Na	mg	96		1		1		27	108	
Zinc, Zn	mg	2.06		0		4		0.58	2.33	
Copper, Cu	mg	0.048		0		4		0.014	0.054	
Manganese, Mn	mg	0.120		0		4		0.034	0.136	
Selenium, Se	mcg	18.1		0	BFNN	4		5.1	20.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	34.0	1.476	5		1		9.6	38.4	
Thiamin	mg	0.109		0		4		0.031	0.123	
Riboflavin	mg	0.345		0		4		0.098	0.390	
Niacin	mg	3.452		0		4		0.979	3.901	
Pantothenic acid	mg	3.026		0		4		0.858	3.419	
Vitamin B-6	mg	0.160		0		4		0.045	0.181	
Folate, total	mcg	2		0		4		1	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		4		1	2	
Folate, DFE	mcg_DFE	2		0	NC	4		1	2	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.13	0.060	3		1		0.60	2.41	
Vitamin A, RAE	mcg_RAE	0	0.000	3		1		0	0	
Retinol	mcg	0	0.000	3		1		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0	0.000	3		1		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.010		0		4		1.987	7.921	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 13337
Beef, variety meats and by-products, thymus, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.160		0		4		0.045	0.181	
15:0 g									
16:0 g	3.750		0		4		1.063	4.238	
17:0 g									
18:0 g	2.630		0		4		0.746	2.972	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.050		0		4		1.999	7.967	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.220		0		4		0.346	1.379	
17:1 g									
18:1 undifferentiated g	5.830		0		4		1.653	6.588	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.800		0		4		1.077	4.294	
18:2 undifferentiated g	2.220		0		4		0.629	2.509	
18:3 undifferentiated g	0.140		0		4		0.040	0.158	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	223		1		1		63	252	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.094		2		1		0.027	0.106	
Threonine g	0.440		1		1		0.125	0.497	
Isoleucine g	0.415		1		1		0.118	0.469	
Leucine g	0.813		1		1		0.230	0.919	
Lysine g	1.013		1		1		0.287	1.145	
Methionine g	0.170		1		1		0.048	0.192	
Cystine g	0.156		0		4		0.044	0.176	
Phenylalanine g	0.349		1		1		0.099	0.394	
Tyrosine g	0.532		0		4		0.151	0.601	
Valine g	0.528		1		1		0.150	0.597	
Arginine g	0.803		1		1		0.228	0.907	
Histidine g	0.214		1		1		0.061	0.242	
Alanine g	0.624		0		4		0.177	0.705	
Aspartic acid g	1.169		0		4		0.331	1.321	
Glutamic acid g	1.021		0		4		0.289	1.154	
Glycine g	0.743		0		4		0.211	0.840	
Proline g	0.624		0		4		0.177	0.705	
Serine g	0.487		0		4		0.138	0.550	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13337

Beef, variety meats and by-products, thymus, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13340

Beef, variety meats and by-products, tongue, cooked, simmered

Refuse: 16% Skin and connective tissue, 5.74%; Cartilage and connective tissue,10.35%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.87		1	A	1		49.19		
Energy....kcal	284		0	NC	4		241		
Energy....kJ	1186		0	NC	4		1008		
Protein (N x 6.25)....g	19.29		1	A	1		16.39		
Total lipid (fat)....g	22.30		1	A	1		18.96		
Ash....g	0.69		1	A	1		0.58		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		1	A	1		4		
Iron, Fe....mg	2.61		1	A	1		2.22		
Magnesium, Mg....mg	15		1	A	1		13		
Phosphorus, P....mg	145		1	A	1		123		
Potassium, K....mg	184		1	A	1		156		
Sodium, Na....mg	65		1	A	1		55		
Zinc, Zn....mg	4.09		1	A	1		3.48		
Copper, Cu....mg	0.148		1	A	1		0.126		
Manganese, Mn....mg	0.018		1	A	1		0.015		
Selenium, Se....mcg	13.2		1	A	1		11.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3		1	A	1		1.1		
Thiamin....mg	0.022		1	A	1		0.019		
Riboflavin....mg	0.294		1	A	1		0.250		
Niacin....mg	3.490		1	A	1		2.967		
Pantothenic acid....mg	0.745		1	A	1		0.633		
Vitamin B-6....mg	0.155		1	A	1		0.132		
Folate, total....mcg	7		1	A	1		6		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	7		1	A	1		6		
Folate, DFE....mcg_DFE	7		0	NC	4		6		
Choline, total....mg	155.0		0	BFPN	4		131.7		
Betaine....mg	2.8		0	BFPN	4		2.4		
Vitamin B-12....mcg	3.13		1	A	1		2.66		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		1	A	1		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.30		2	A	1		0.26		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		2	A	1		0.00		
Tocopherol, gamma....mg	0.03		2	A	1		0.03		
Tocopherol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....mcg	0.4		0	AS	1		0.3		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.4		0	BFFN	4		0.3		
Vitamin D....IU	15		0	BFFN	4		12		
Vitamin K (phylloquinone)....mcg	1.2		2	A	1		1.0		
Lipids:									
Fatty acids, total saturated....g	8.125		0	NC	4		6.906		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 13340

Beef, variety meats and by-products, tongue, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	Z	7		0.000		
8:0 ... g	0.000		0	Z	7		0.000		
10:0 ... g	0.000		1	A	1		0.000		
12:0 ... g	0.024		1	A	1		0.020		
13:0 ... g									
14:0 ... g	0.732		1	A	1		0.622		
15:0 ... g	0.126		1	A	1		0.107		
16:0 ... g	4.643		1	A	1		3.947		
17:0 ... g	0.253		1	A	1		0.215		
18:0 ... g	2.347		1	A	1		1.995		
20:0 ... g	0.000		1	A	1		0.000		
22:0 ... g	0.000		1	A	1		0.000		
24:0 ... g									
Fatty acids, total monounsaturated ... g	10.102		0	NC	4		8.587		
14:1 ... g	0.192		1	A	1		0.163		
15:1 ... g	0.000		1	A	1		0.000		
16:1 undifferentiated ... g	0.929		1	A	1		0.790		
17:1 ... g									
18:1 undifferentiated ... g	8.905		1	A	1		7.569		
20:1 ... g	0.076		1	A	1		0.065		
22:1 undifferentiated ... g	0.000		0	Z	7		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.746		0	NC	4		0.634		
18:2 undifferentiated ... g	0.526		1	A	1		0.447		
18:3 undifferentiated ... g	0.091		0	AS	1		0.077		
18:3 n-3 c,c,c (ALA) ... g	0.071		1	A	1		0.060		
18:3 n-6 c,c,c ... g	0.000		1	A	1		0.000		
18:3i ... g									
18:4 ... g	0.000		0	Z	7		0.000		
20:2 n-6 c,c ... g	0.000		1	A	1		0.000		
20:3 undifferentiated ... g	0.000		1	A	1		0.000		
20:3 n-3 ... g									
20:3 n-6 ... g									
20:4 undifferentiated ... g	0.058		1	A	1		0.049		
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 (EPA) ... g	0.000		0	Z	7		0.000		
21:5 ... g									
22:4 ... g									
22:5 n-3 (DPA) ... g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) ... g	0.000		0	Z	7		0.000		
Fatty acids, total trans ... g	0.840		1	A	1		0.714		
Cholesterol ... mg	132		1	A	1		112		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13339
Beef, variety meats and by-products, tongue, raw

Refuse: 16% Cartilage and connective tissue

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.53	1.057	22		1		18.29	72.92	
Energy	kcal	224		0	NC	4		64	253	
Energy	kJ	937				4		266	1059	
Protein (N x 6.25)	g	14.90	0.437	19		1		4.22	16.84	
Total lipid (fat)	g	16.09	1.304	11		1		4.56	18.18	
Ash	g	0.80	0.006	5		1		0.23	0.90	
Carbohydrate, by difference	g	3.68		0	NC	4		1.04	4.16	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		1		1		2	7	
Iron, Fe	mg	2.95	0.296	4		1		0.84	3.33	
Magnesium, Mg	mg	16		1		1		5	18	
Phosphorus, P	mg	133		1		1		38	150	
Potassium, K	mg	315		2		1		89	356	
Sodium, Na	mg	69		1		1		20	78	
Zinc, Zn	mg	2.87		1		1		0.81	3.24	
Copper, Cu	mg	0.170		1		1		0.048	0.192	
Manganese, Mn	mg	0.026		1		1		0.007	0.029	
Selenium, Se	mcg	9.4	0.600	3	A	1		2.7	10.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.1	0.212	6		1		0.9	3.5	
Thiamin	mg	0.125		2		1		0.035	0.141	
Riboflavin	mg	0.340		1		1		0.096	0.384	
Niacin	mg	4.240		1		1		1.202	4.791	
Pantothenic acid	mg	0.653	0.041	3		1		0.185	0.738	
Vitamin B-6	mg	0.310		2		1		0.088	0.350	
Folate, total	mcg	7		1		1		2	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		1		1		2	8	
Folate, DFE	mcg_DFE	7		0	NC	4		2	8	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	3.79		2		1		1.07	4.28	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.000		0		1		1.985	7.910	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 13339
Beef, variety meats and by-products, tongue, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.020		0		4		0.006	0.023	
12:0 g	0.090		0		4		0.026	0.102	
13:0 g									
14:0 g	0.570	0.038	4		1		0.162	0.644	
15:0 g									
16:0 g	4.220	0.198	4		1		1.196	4.769	
17:0 g									
18:0 g	2.100	0.477	4		1		0.595	2.373	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.240		0		1		2.053	8.181	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.550	0.036	4		1		0.156	0.622	
17:1 g									
18:1 undifferentiated g	6.550	0.318	4		1		1.857	7.402	
20:1 g	0.140		0		4		0.040	0.158	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.900		0		1		0.255	1.017	
18:2 undifferentiated g	0.580	0.042	4		1		0.164	0.655	
18:3 undifferentiated g	0.000		1		1		0.000	0.000	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.310	0.077	3		1		0.088	0.350	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	87		1		1		25	98	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.114		4		1		0.032	0.129	
Threonine g	0.648		4		1		0.184	0.732	
Isoleucine g	0.641		4		1		0.182	0.724	
Leucine g	1.113		4		1		0.316	1.258	
Lysine g	1.149		4		1		0.326	1.298	
Methionine g	0.315		4		1		0.089	0.356	
Cystine g	0.195		4		1		0.055	0.220	
Phenylalanine g	0.615		4		1		0.174	0.695	
Tyrosine g	0.482		4		1		0.137	0.545	
Valine g	0.713		4		1		0.202	0.806	
Arginine g	0.949		4		1		0.269	1.072	
Histidine g	0.386		4		1		0.109	0.436	
Alanine g	0.858		4		1		0.243	0.970	
Aspartic acid g	1.361		4		1		0.386	1.538	
Glutamic acid g	2.053		4		1		0.582	2.320	
Glycine g	0.894		4		1		0.253	1.010	
Proline g	0.696		4		1		0.197	0.786	
Serine g	0.601		4		1		0.170	0.679	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13339

Beef, variety meats and by-products, tongue, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23640

Beef, variety meats and by-products, tripe, cooked, simmered

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.65		1	A	1				
Energy	kcal	94		0	NC	4				
Energy	kJ	394		0	NC	4				
Protein (N x 6.25)	g	11.71		1	A	1				
Total lipid (fat)	g	4.05		1	A	1				
Ash	g	0.60		1	A	1				
Carbohydrate, by difference	g	1.99		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	81		1	A	1				
Iron, Fe	mg	0.66		1	A	1				
Magnesium, Mg	mg	15		1	A	1				
Phosphorus, P	mg	66		1	A	1				
Potassium, K	mg	42		1	A	1				
Sodium, Na	mg	68		1	A	1				
Zinc, Zn	mg	1.71		1	A	1				
Copper, Cu	mg	0.000		1	A	1				
Manganese, Mn	mg	0.103		1	A	1				
Selenium, Se	mcg	11.8		1	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.000		1	A	1				
Riboflavin	mg	0.025		1	A	1				
Niacin	mg	0.461		1	A	1				
Pantothenic acid	mg	0.097		1	A	1				
Vitamin B-6	mg	0.000		1	A	1				
Folate, total	mcg	3		2	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	3		2	A	1				
Folate, DFE	mcg_DFE	3		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.72		1	A	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		1	A	1				
Carotene, beta	mcg	0		1	A	1				
Carotene, alpha	mcg	0		1	A	1				
Cryptoxanthin, beta	mcg	0		1	A	1				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg	0		1	A	1				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.14		2	A	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.00		2	A	1				
Tocopherol, gamma	mg	0.02		2	A	1				
Tocopherol, delta	mg	0.00		2	A	1				
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		2	A	1				
Lipids:										
Fatty acids, total saturated	g	1.357		1	A	1				
4:0	g	0.000		0	Z	7				

NDB No. 23640

Beef, variety meats and by-products, tripe, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	Z	7				
8:0 ... g	0.000		1	A	1				
10:0 ... g	0.000		1	A	1				
12:0 ... g	0.000		1	A	1				
13:0 ... g									
14:0 ... g	0.074		1	A	1				
15:0 ... g	0.027		1	A	1				
16:0 ... g	0.681		1	A	1				
17:0 ... g	0.088		1	A	1				
18:0 ... g	0.480		1	A	1				
20:0 ... g	0.000		1	A	1				
22:0 ... g	0.007		1	A	1				
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.604		1	A	1				
14:1 ... g	0.015		1	A	1				
15:1 ... g	0.000		1	A	1				
16:1 undifferentiated ... g	0.091		1	A	1				
17:1 ... g									
18:1 undifferentiated ... g	1.477		1	A	1				
20:1 ... g	0.021		1	A	1				
22:1 undifferentiated ... g	0.000		0	Z	7				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.208		1	A	1				
18:2 undifferentiated ... g	0.137		1	A	1				
18:3 undifferentiated ... g	0.008		0	NR	4				
18:3 n-3 c,c,c (ALA) ... g	0.008		1	A	1				
18:3 n-6 c,c,c ... g	0.000		1	A	1				
18:3i ... g									
18:4 ... g	0.000		0	Z	7				
20:2 n-6 c,c ... g	0.006		1	A	1				
20:3 undifferentiated ... g	0.000		1	A	1				
20:3 n-3 ... g									
20:3 n-6 ... g									
20:4 undifferentiated ... g	0.057		1	A	1				
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 (EPA) ... g	0.000		0	Z	7				
21:5 ... g									
22:4 ... g									
22:5 n-3 (DPA) ... g	0.000		0	Z	7				
22:6 n-3 (DHA) ... g	0.000		0	Z	7				
Fatty acids, total trans ... g	0.200		1	A	1				
Cholesterol ... mg	157		1	A	1				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg	0		0	Z	7				
Theobromine ... mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13341
Beef, variety meats and by-products, tripe, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.16		1	A	1		23.86	95.10	
Energy....kcal	85		0	NC	4		24	96	
Energy....kJ	355		0	NC	4		101	401	
Protein (N x 6.25)....g	12.07		1	A	1		3.42	13.64	
Total lipid (fat)....g	3.69		1	A	1		1.05	4.17	
Ash....g	0.55		1	A	1		0.16	0.62	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	69		1	A	1		19	78	
Iron, Fe....mg	0.59		1	A	1		0.17	0.67	
Magnesium, Mg....mg	13		1	A	1		4	14	
Phosphorus, P....mg	64		1	A	1		18	72	
Potassium, K....mg	67		1	A	1		19	75	
Sodium, Na....mg	97		1	A	1		27	109	
Zinc, Zn....mg	1.42		1	A	1		0.40	1.60	
Copper, Cu....mg	0.070		1	A	1		0.020	0.079	
Manganese, Mn....mg	0.085		1	A	1		0.024	0.096	
Selenium, Se....mcg	12.5		1	A	1		3.5	14.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.000		1	A	1		0.000	0.000	
Riboflavin....mg	0.064		1	A	1		0.018	0.072	
Niacin....mg	0.881		1	A	1		0.250	0.996	
Pantothenic acid....mg	0.227		1	A	1		0.064	0.257	
Vitamin B-6....mg	0.014		1	A	1		0.004	0.016	
Folate, total....mcg	5		2	A	1		1	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		2	A	1		1	6	
Folate, DFE....mcg_DFE	5		0	NC	4		1	6	
Choline, total....mg	194.8		0	NR	4		55.2	220.1	
Betaine....mg									
Vitamin B-12....mcg	1.39		1	A	1		0.39	1.57	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.09		2	A	1		0.03	0.10	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.02		2	A	1		0.01	0.02	
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.291		1	A	1		0.366	1.459	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 13341
Beef, variety meats and by-products, tripe, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.070		1	A	1		0.020	0.079	
15:0....g	0.024		1	A	1		0.007	0.027	
16:0....g	0.643		1	A	1		0.182	0.727	
17:0....g	0.081		1	A	1		0.023	0.092	
18:0....g	0.463		1	A	1		0.131	0.523	
20:0....g	0.004		1	A	1		0.001	0.005	
22:0....g	0.006		1	A	1		0.002	0.007	
24:0....g									
Fatty acids, total monounsaturated....g	1.533		1	A	1		0.435	1.732	
14:1....g	0.015		1	A	1		0.004	0.017	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.088		1	A	1		0.025	0.099	
17:1....g									
18:1 undifferentiated....g	1.413		1	A	1		0.401	1.597	
20:1....g	0.017		1	A	1		0.005	0.019	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.180		1	A	1		0.051	0.203	
18:2 undifferentiated....g	0.116		1	A	1		0.033	0.131	
18:3 undifferentiated....g	0.011		0	AS	1		0.003	0.012	
18:3 n-3 c,c,c (ALA)....g	0.007		1	A	1		0.002	0.008	
18:3 n-6 c,c,c....g	0.004		1	A	1		0.001	0.005	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.005		1	A	1		0.001	0.006	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.048		1	A	1		0.014	0.054	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.150		1	A	1		0.043	0.170	
Cholesterol....mg	122		1	A	1		35	138	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

NDB No. 13341

Beef, variety meats and by-products, tripe, raw

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23501
USDA Commodity, beef patties with VPP, frozen, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.54		1	A	1		39.81		
Energy	kcal	247		0	NC	4		168		
Energy	kJ	1033				4		703		
Protein (N x 6.25)	g	15.64		1	A	1		10.64		
Total lipid (fat)	g	16.94		1	A	1		11.52		
Ash	g	0.99		1	A	1		0.67		
Carbohydrate, by difference	g	7.89		0	NC	4		5.37		
Fiber, total dietary	g	1.4		1	A	1		1.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	39		1	A	1		26		
Iron, Fe	mg	3.64		1	A	1		2.47		
Magnesium, Mg	mg	49		1	A	1		33		
Phosphorus, P	mg	235		1	A	1		160		
Potassium, K	mg	325		1	A	1		221		
Sodium, Na	mg	66		1	A	1		45		
Zinc, Zn	mg	8.32		1	A	1		5.66		
Copper, Cu	mg	0.251		1	A	1		0.171		
Manganese, Mn	mg	0.350		1	A	1		0.238		
Selenium, Se	mcg	14.6		0	BFNN	4		9.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg	0.253		1	A	1		0.172		
Riboflavin	mg	0.209		1	A	1		0.142		
Niacin	mg	3.853		1	A	1		2.620		
Pantothenic acid	mg	1.165		1	A	1		0.792		
Vitamin B-6	mg	0.264		1	A	1		0.180		
Folate, total	mcg	17		0	FLM	4		12		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	17		0	FLM	4		12		
Folate, DFE	mcg_DFE	17		0	NC	4		12		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.87		1	A	1		1.95		
Vitamin A, RAE	mcg_RAE	16		1	AS	1		11		
Retinol	mcg	14		1	A	1		10		
Carotene, beta	mcg	26		1	A	1		17		
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	89		1	AS	1		61		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.253		1	A	1		4.252		
4:0	g	0.000		1	A	1		0.000		
6:0	g	0.000		1	A	1		0.000		
8:0	g	0.003		1	A	1		0.002		

NDB No. 23501
USDA Commodity, beef patties with VPP, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.013		1	A	1		0.009		
12:0 ... g	0.014		1	A	1		0.010		
13:0 ... g									
14:0 ... g	0.407		1	A	1		0.277		
15:0 ... g									
16:0 ... g	3.488		1	A	1		2.372		
17:0 ... g									
18:0 ... g	1.782		1	A	1		1.212		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.709		1	A	1		5.242		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.817		1	A	1		0.556		
17:1 ... g									
18:1 undifferentiated ... g	6.672		1	A	1		4.537		
20:1 ... g	0.044		1	A	1		0.030		
22:1 undifferentiated ... g	0.002		1	A	1		0.001		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.626		1	A	1		0.426		
18:2 undifferentiated ... g	0.468		1	A	1		0.318		
18:3 undifferentiated ... g	0.087		1	A	1		0.059		
18:4 ... g	0.000		1	A	1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.039		1	A	1		0.027		
20:5 n-3 (EPA) ... g	0.004		1	A	1		0.003		
22:5 n-3 (DPA) ... g	0.000		1	A	1		0.000		
22:6 n-3 (DHA) ... g	0.000		1	A	1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	38		1	A	1		26		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 1 patty

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23506
USDA Commodity, beef patties with VPP, frozen, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.35		1	A	1				
Energy	kcal	225		0	NC	4				
Energy	kJ	941				4				
Protein (N x 6.25)	g	15.21		1	A	1				
Total lipid (fat)	g	16.48		1	A	1				
Ash	g	1.12		1	A	1				
Carbohydrate, by difference	g	3.84		0	NC	4				
Fiber, total dietary	g	1.3		1	A	1				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	29		1	A	1				
Iron, Fe	mg	2.66		1	A	1				
Magnesium, Mg	mg	36		1	A	1				
Phosphorus, P	mg	190		1	A	1				
Potassium, K	mg	294		1	A	1				
Sodium, Na	mg	55		1	A	1				
Zinc, Zn	mg	5.44		1	A	1				
Copper, Cu	mg	0.163		1	A	1				
Manganese, Mn	mg	0.252		1	A	1				
Selenium, Se	mcg	11.7		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.316		0	BFSN	4				
Riboflavin	mg	0.220		0	BFSN	4				
Niacin	mg	4.281		0	BFSN	4				
Pantothenic acid	mg	1.456		0	BFSN	4				
Vitamin B-6	mg	0.440		0	BFSN	4				
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	3.59		0	BFSN	4				
Vitamin A, RAE	mcg_RAE	17		1	AS	1				
Vitamin A, IU	IU	96		1	AS	1				
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.872		1	A	1				
4:0	g	0.000		1	A	1				
6:0	g	0.000		1	A	1				
8:0	g	0.000		1	A	1				
10:0	g	0.013		1	A	1				
12:0	g	0.015		1	A	1				
13:0	g									
14:0	g	0.400		1	A	1				
15:0	g									
16:0	g	3.262		1	A	1				
17:0	g									
18:0	g	1.652		1	A	1				

NDB No. 23506
USDA Commodity, beef patties with VPP, frozen, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.648		1	A	1				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.769		1	A	1				
17:1 ... g									
18:1 undifferentiated ... g	6.649		1	A	1				
20:1 ... g	0.049		1	A	1				
22:1 undifferentiated ... g	0.006		1	A	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.573		1	A	1				
18:2 undifferentiated ... g	0.452		1	A	1				
18:3 undifferentiated ... g	0.056		1	A	1				
18:4 ... g	0.000		1	A	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.033		1	A	1				
20:5 n-3 (EPA) ... g	0.004		1	A	1				
22:5 n-3 (DPA) ... g	0.009		1	A	1				
22:6 n-3 (DHA) ... g	0.009		1	A	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	33		1	A	1				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13166
USDA Commodity, beef, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.19	2.585	3	A	1		27.54	490.13	
Energy	kcal	246		0	NC	4		111	1971	
Energy	kJ	1030		0	NC	4		463	8248	
Protein (N x 6.25)	g	20.52	1.067	3	A	1		9.23	164.37	
Total lipid (fat)	g	17.57	1.857	3	A	1		7.91	140.74	
Ash	g	1.07	0.081	3	A	1		0.48	8.57	
Carbohydrate, by difference	g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	10	0.517	3	A	1		4	80	
Iron, Fe	mg	2.23	0.145	3	A	1		1.00	17.89	
Magnesium, Mg	mg	16	0.333	3	A	1		7	125	
Phosphorus, P	mg	140	5.774	3	A	1		63	1121	
Potassium, K	mg	227	12.019	3	A	1		102	1816	
Sodium, Na	mg	187	24.037	3	A	1		84	1495	
Zinc, Zn	mg	4.87	0.393	3	A	1		2.19	38.98	
Copper, Cu	mg	0.030	0.000	3	A	1		0.013	0.239	
Manganese, Mn	mg	0.037	0.000	3	A	1		0.017	0.295	
Selenium, Se	mcg	9.1		2	A	1		4.1	73.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.024	0.001	3	A	1		0.011	0.190	
Riboflavin	mg	0.168	0.006	3	A	1		0.076	1.345	
Niacin	mg	4.330	0.059	3	A	1		1.948	34.683	
Pantothenic acid	mg	0.125		2	A	1		0.056	1.001	
Vitamin B-6	mg	0.168	0.008	3	A	1		0.076	1.345	
Folate, total	mcg	2		2	A	1		1	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		2	A	1		1	16	
Folate, DFE	mcg_DFE	2		0	NC	4		1	16	
Choline, total	mg	64.3		0	AS	1		28.9	515.3	
Betaine	mg	4.7		1	A	1		2.1	37.3	
Vitamin B-12	mcg	1.66	0.081	3	A	1		0.75	13.30	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	1.96		2	A	1		0.88	15.66	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.02		2	A	1		0.01	0.14	
Tocopherol, delta	mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	9.6		2	A	1		4.3	76.6	
Lipids:										
Fatty acids, total saturated	g	8.590		0	NC	4		3.865	68.803	
4:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 13166
USDA Commodity, beef, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.010		2	A	1		0.004	0.079	
12:0....g	0.015		2	A	1		0.007	0.119	
13:0....g									
14:0....g	0.590		2	A	1		0.265	4.725	
15:0....g	0.105		2	A	1		0.047	0.841	
16:0....g	4.615		2	A	1		2.077	36.966	
17:0....g	0.280		2	A	1		0.126	2.242	
18:0....g	2.975		2	A	1		1.339	23.830	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	7.890		0	NC	4		3.550	63.197	
14:1....g	0.140		2	A	1		0.063	1.121	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.695		2	A	1		0.313	5.567	
17:1....g	0.150		2	A	1		0.067	1.201	
18:1 undifferentiated....g	6.835		2	A	1		3.076	54.748	
20:1....g	0.070		2	A	1		0.032	0.561	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.865		0	NC	4		0.389	6.925	
18:2 undifferentiated....g	0.500		2	A	1		0.225	4.004	
18:3 undifferentiated....g	0.160		2	A	1		0.072	1.282	
18:4....g	0.135		2	A	1		0.061	1.081	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.010		2	A	1		0.004	0.080	
20:4 undifferentiated....g	0.035		2	A	1		0.016	0.280	
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.025		2	A	1		0.011	0.199	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	77	7.041	3	A	1		35	619	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.234		0	A	1		0.105	1.870	
Threonine....g	0.857		0	A	1		0.386	6.867	
Isoleucine....g	0.909		0	A	1		0.409	7.282	
Leucine....g	1.677		0	A	1		0.755	13.434	
Lysine....g	1.720		0	A	1		0.774	13.774	
Methionine....g	0.495		0	A	1		0.223	3.969	
Cystine....g	0.186		0	A	1		0.084	1.488	
Phenylalanine....g	0.848		0	A	1		0.382	6.793	
Tyrosine....g	0.724		0	A	1		0.326	5.802	
Valine....g	1.028		0	A	1		0.463	8.236	
Arginine....g	1.396		0	A	1		0.628	11.180	
Histidine....g	0.634		0	A	1		0.285	5.075	
Alanine....g	1.254		0	A	1		0.564	10.041	
Aspartic acid....g	1.968		0	A	1		0.886	15.764	
Glutamic acid....g	3.217		0	A	1		1.448	25.767	
Glycine....g	1.178		0	A	1		0.530	9.432	
Proline....g	0.991		0	A	1		0.446	7.935	
Serine....g	0.868		0	A	1		0.391	6.954	
Hydroxyproline....g	0.245		2	A	1		0.110	1.962	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 13166
USDA Commodity, beef, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 45g: 1 serving
Measure 2 = 801g: 1 can

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23502
USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.49		1	A	1				
Energy	kcal	259		0	NC	4				
Energy	kJ	1084				4				
Protein (N x 6.25)	g	26.06		1	A	1				
Total lipid (fat)	g	16.34		1	A	1				
Ash	g	0.95		1	A	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		1	A	1				
Iron, Fe	mg	3.01		1	A	1				
Magnesium, Mg	mg	24		1	A	1				
Phosphorus, P	mg	221		1	A	1				
Potassium, K	mg	333		1	A	1				
Sodium, Na	mg	95		1	A	1				
Zinc, Zn	mg	6.28		1	A	1				
Copper, Cu	mg	0.140		1	A	1				
Manganese, Mn	mg	0.016		0	BFNN	4				
Selenium, Se	mcg	15.9		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.071		1	A	1				
Riboflavin	mg	0.120		1	A	1				
Niacin	mg	3.376		1	A	1				
Pantothenic acid	mg	0.574		1	A	1				
Vitamin B-6	mg	0.132		1	A	1				
Folate, total	mcg	9		0	BFPN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	9		0	BFPN	4				
Folate, DFE	mcg_DFE	9		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	3.06		1	A	1				
Vitamin A, RAE	mcg_RAE	12		1	A	1				
Retinol	mcg	12		1	A	1				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	41		1	A	1				
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.744		1	A	1				
4:0	g	0.000		1	A	1				
6:0	g	0.000		1	A	1				
8:0	g	0.000		1	A	1				

NDB No. 23502
USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0 ... g	0.012		1	A	1				
12:0 ... g	0.013		1	A	1				
13:0 ... g									
14:0 ... g	0.368		1	A	1				
15:0 ... g									
16:0 ... g	3.219		1	A	1				
17:0 ... g									
18:0 ... g	1.654		1	A	1				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.504		1	A	1				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.767		1	A	1				
17:1 ... g									
18:1 undifferentiated ... g	6.529		1	A	1				
20:1 ... g	0.054		1	A	1				
22:1 undifferentiated ... g	0.000		1	A	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.620		1	A	1				
18:2 undifferentiated ... g	0.437		1	A	1				
18:3 undifferentiated ... g	0.076		1	A	1				
18:4 ... g	0.000		1	A	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.057		1	A	1				
20:5 n-3 (EPA) ... g	0.007		1	A	1				
22:5 n-3 (DPA) ... g	0.000		1	A	1				
22:6 n-3 (DHA) ... g	0.006		1	A	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	89		1	A	1				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg	0		0	Z	7				
Theobromine ... mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23508
USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.81		1	A	1				
Energy	kcal	228		0	NC	4				
Energy	kJ	954				4				
Protein	g	17.37		0	BFSN	4				
Total lipid (fat)	g	17.07		1	A	1				
Ash	g	0.86		0	BFSN	4				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0	BFNN	4				
Iron, Fe	mg	1.69		0	BFNN	4				
Magnesium, Mg	mg	17		0	BFNN	4				
Phosphorus, P	mg	122		0	BFNN	4				
Potassium, K	mg	246		0	BFNN	4				
Sodium, Na	mg	57		0	BFNN	4				
Zinc, Zn	mg	3.59		0	BFNN	4				
Copper, Cu	mg	0.062		0	BFNN	4				
Manganese, Mn	mg	0.015		0	BFNN	4				
Selenium, Se	mcg	12.1		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.056		0	BFSN	4				
Riboflavin	mg	0.232		0	BFSN	4				
Niacin	mg	4.207		0	BFSN	4				
Pantothenic acid	mg	0.362		0	BFSN	4				
Vitamin B-6	mg	0.241		0	BFSN	4				
Folate, total	mcg	7		0	BFSN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	7		0	BFSN	4				
Folate, DFE	mcg_DFE	7		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.91		0	BFSN	4				
Vitamin A, RAE	mcg_RAE	0		0	BFSN	4				
Retinol	mcg	0		0	BFSN	4				
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	BFSN	4				
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.813		0	BFFN	4				
4:0	g	0.000		0	BFFN	4				
6:0	g	0.000		0	BFFN	4				
8:0	g	0.000		0	BFFN	4				

NDB No. 23508
USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.020		0	BFFN	4				
12:0 ... g	0.020		0	BFFN	4				
13:0 ... g									
14:0 ... g	0.470		0	BFFN	4				
15:0 ... g									
16:0 ... g	3.912		0	BFFN	4				
17:0 ... g									
18:0 ... g	2.041		0	BFFN	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.413		0	BFFN	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.680		0	BFFN	4				
17:1 ... g									
18:1 undifferentiated ... g	6.403		0	BFFN	4				
20:1 ... g	0.020		0	BFFN	4				
22:1 undifferentiated ... g	0.000		0	BFFN	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.710		0	BFFN	4				
18:2 undifferentiated ... g	0.053		0	BFFN	4				
18:3 undifferentiated ... g	0.070		0	BFFN	4				
18:4 ... g	0.000		0	BFFN	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.080		0	BFFN	4				
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4				
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4				
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	69		0	BFFN	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23503
USDA Commodity, beef, patties (100%), frozen, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.77		1	A	1		37.61		
Energy	kcal	249		0	NC	4		159		
Energy	kJ	1042				4		667		
Protein (N x 6.25)	g	22.98		1	A	1		14.71		
Total lipid (fat)	g	16.37		1	A	1		10.48		
Ash	g	0.97		1	A	1		0.62		
Carbohydrate, by difference	g	0.91		0	NC	4		0.58		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1	A	1		5		
Iron, Fe	mg	2.55		1	A	1		1.63		
Magnesium, Mg	mg	19		1	A	1		12		
Phosphorus, P	mg	183		1	A	1		117		
Potassium, K	mg	233		1	A	1		149		
Sodium, Na	mg	66		1	A	1		42		
Zinc, Zn	mg	5.26		1	A	1		3.37		
Copper, Cu	mg	0.064		0	BFNN	4		0.041		
Manganese, Mn	mg	0.016		0	BFNN	4		0.010		
Selenium, Se	mcg	21.5		0	BFZN	4		13.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.051		1	A	1		0.033		
Riboflavin	mg	0.186		1	A	1		0.119		
Niacin	mg	2.940		1	A	1		1.882		
Pantothenic acid	mg	0.606		1	A	1		0.388		
Vitamin B-6	mg	0.167		1	A	1		0.107		
Folate, total	mcg	8		0	BFPN	4		5		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	8		0	BFPN	4		5		
Folate, DFE	mcg_DFE	8		0	NC	4		5		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	3.50		1	A	1		2.24		
Vitamin A, RAE	mcg_RAE	11		1	A	1		7		
Retinol	mcg	11		1	A	1		7		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	35		1	A	1		22		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.252		1	A	1		4.001		
4:0	g	0.000		1	A	1		0.000		
6:0	g	0.000		1	A	1		0.000		
8:0	g	0.004		1	A	1		0.003		

NDB No. 23503
USDA Commodity, beef, patties (100%), frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.015		1	A	1		0.010		
12:0 g	0.013		1	A	1		0.008		
13:0 g									
14:0 g	0.405		1	A	1		0.259		
15:0 g									
16:0 g	3.531		1	A	1		2.260		
17:0 g									
18:0 g	1.764		1	A	1		1.129		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.081		1	A	1		5.172		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		1	A	1		0.000		
17:1 g									
18:1 undifferentiated g	0.000		1	A	1		0.000		
20:1 g	0.048		1	A	1		0.031		
22:1 undifferentiated g	0.000		1	A	1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.589		1	A	1		0.377		
18:2 undifferentiated g	0.467		1	A	1		0.299		
18:3 undifferentiated g	0.060		1	A	1		0.038		
18:4 g	0.000		1	A	1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		1	A	1		0.019		
20:5 n-3 (EPA) g	0.007		1	A	1		0.004		
22:5 n-3 (DPA) g	0.000		1	A	1		0.000		
22:6 n-3 (DHA) g	0.003		1	A	1		0.002		
Fatty acids, total trans g									
Cholesterol mg	86		1	A	1		55		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

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Common Measures:

Measure 1 = 64g: 1 patty

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 23507
USDA Commodity, beef, patties (100%), frozen, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.72		1	A	1				
Energy	kcal	204		0	NC	4				
Energy	kJ	854				4				
Protein	g	14.63		0	BFSN	4				
Total lipid (fat)	g	15.69		1	A	1				
Ash	g	0.68		0	BFSN	4				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0	BFNN	4				
Iron, Fe	mg	1.93		0	BFNN	4				
Magnesium, Mg	mg	18		0	BFNN	4				
Phosphorus, P	mg	145		0	BFNN	4				
Potassium, K	mg	269		0	BFNN	4				
Sodium, Na	mg	74		0	BFNN	4				
Zinc, Zn	mg	4.12		0	BFNN	4				
Copper, Cu	mg	0.073		0	BFNN	4				
Manganese, Mn	mg	0.017		0	BFNN	4				
Selenium, Se	mcg	14.8		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.043		0	BFSN	4				
Riboflavin	mg	0.160		0	BFSN	4				
Niacin	mg	3.846		0	BFSN	4				
Pantothenic acid	mg	0.309		0	BFSN	4				
Vitamin B-6	mg	0.214		0	BFSN	4				
Folate, total	mcg	6		0	BFSN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	6		0	BFSN	4				
Folate, DFE	mcg_DFE	6		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.05		0	BFSN	4				
Vitamin A, RAE	mcg_RAE	0		0	BFSN	4				
Retinol	mcg	0		0	BFSN	4				
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	BFSN	4				
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.333		0	BFFN	4				
4:0	g	0.000		0	BFFN	4				
6:0	g	0.000		0	BFFN	4				
8:0	g	0.000		0	BFFN	4				

NDB No. 23507
USDA Commodity, beef, patties (100%), frozen, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.020		0	BFFN	4				
12:0 ... g	0.020		0	BFFN	4				
13:0 ... g									
14:0 ... g	0.447		0	BFFN	4				
15:0 ... g									
16:0 ... g	3.633		0	BFFN	4				
17:0 ... g									
18:0 ... g	1.881		0	BFFN	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.861		0	BFFN	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	BFFN	4				
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	BFFN	4				
20:1 ... g	0.020		0	BFFN	4				
22:1 undifferentiated ... g	0.000		0	BFFN	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.643		0	BFFN	4				
18:2 undifferentiated ... g	0.047		0	BFFN	4				
18:3 undifferentiated ... g	0.081		0	BFFN	4				
18:4 ... g	0.000		0	BFFN	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.061		0	BFFN	4				
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4				
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4				
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	53		0	BFFN	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)