## 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 | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 57.26 | | 0 | 16.23 | 259.73 | |
| Energy | kcal | 291 | | 0 | 82 | 1320 | |
| Energy | kj | 1218 | | 0 | 345 | 5525 | |
| Protein (N x 5.95) | g | 17.32 | | 0 | 4.91 | 78.56 | |
| Total lipid (fat) | g | 24.05 | | 0 | 6.82 | 109.09 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.81 | | 0 | 0.23 | 3.67 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 2 | 36 | |
| Iron | mg | 1.83 | | 0 | 0.52 | 8.30 | |
| Magnesium | mg | 17 | | 0 | 5 | 77 | |
| Phosphorus | mg | 154 | | 0 | 44 | 699 | |
| Potassium | mg | 267 | | 0 | 76 | 1211 | |
| Sodium | mg | 59 | | 0 | 17 | 268 | |
| Zinc | mg | 3.57 | | 0 | 1.01 | 16.19 | |
| Copper | mg | 0.069 | | 0 | 0.020 | 0.313 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | :g | 18.1 | | 0 | 5.1 | 82.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.023 | 0.363 | |
| Riboflavin | mg | 0.160 | | 0 | 0.045 | 0.726 | |
| Niacin | mg | 3.540 | | 0 | 1.004 | 16.057 | |
| Pantothenic acid | mg | 0.320 | | 0 | 0.091 | 1.452 | |
| Vitamin B-6 | mg | 0.330 | | 0 | 0.094 | 1.497 | |
| Folate | :g | 7 | | 0 | 2 | 32 | |
| Vitamin B-12 | :g | 2.67 | | 0 | 0.76 | 12.11 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.190 | | 0 | 0.054 | 0.862 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.750 | | 0 | 2.764 | 44.226 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.070 | | 0 | 0.020 | 0.318 | |
| 12:0 | g | 0.050 | | 0 | 0.014 | 0.227 | |
| 14:0 | g | 0.740 | | 0 | 0.210 | 3.357 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.780 | | 0 | 1.639 | 26.218 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.930 | | 0 | 0.831 | 13.290 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

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|---|---|---|---|---|---|
| Monounsaturated, total | g | 10.470 | 0 | 2.968 | 47.492 |
| 14:1 | g | | | | |
| 16:1 | g | 1.150 | 0 | 0.326 | 5.216 |
| 18:1 | g | 9.120 | 0 | 2.586 | 41.368 |
| 20:1 | g | 0.030 | 0 | 0.009 | 0.136 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.920 | 0 | 0.261 | 4.173 |
| 18:2 | g | 0.620 | 0 | 0.176 | 2.812 |
| 18:3 | g | 0.240 | 0 | 0.068 | 1.089 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 0 | 0.014 | 0.227 |
| 20:5 | g | 0.010 | 0 | 0.003 | 0.045 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 74 | 0 | 21 | 336 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.201 | 61 | 0.057 | 0.912 |
| Threonine | g | 0.746 | 79 | 0.211 | 3.384 |
| Isoleucine | g | 0.767 | 79 | 0.217 | 3.479 |
| Leucine | g | 1.376 | 79 | 0.390 | 6.242 |
| Lysine | g | 1.443 | 79 | 0.409 | 6.545 |
| Methionine | g | 0.430 | 76 | 0.122 | 1.950 |
| Cystine | g | 0.185 | 59 | 0.052 | 0.839 |
| Phenylalanine | g | 0.670 | 78 | 0.190 | 3.039 |
| Tyrosine | g | 0.568 | 78 | 0.161 | 2.576 |
| Valine | g | 0.842 | 78 | 0.239 | 3.819 |
| Arginine | g | 1.120 | 75 | 0.318 | 5.080 |
| Histidine | g | 0.579 | 78 | 0.164 | 2.626 |
| Alanine | g | 1.074 | 75 | 0.304 | 4.872 |
| Aspartic acid | g | 1.583 | 75 | 0.449 | 7.180 |
| Glutamic acid | g | 2.644 | 75 | 0.750 | 11.993 |
| Glycine | g | 1.061 | 75 | 0.301 | 4.813 |
| Proline | g | 0.804 | 75 | 0.228 | 3.647 |
| Serine | g | 0.665 | 75 | 0.189 | 3.016 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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

**Refuse:** 2% Bone

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.21 | | 0 | 16.50 | 264.04 | |
| Energy | kcal | 278 | | 0 | 79 | 1261 | |
| Energy | kj | 1163 | | 0 | 330 | 5275 | |
| Protein (N x 5.95) | g | 17.48 | | 0 | 4.96 | 79.29 | |
| Total lipid (fat) | g | 22.55 | | 0 | 6.39 | 102.29 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.82 | | 0 | 0.23 | 3.72 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 2 | 36 | |
| Iron | mg | 1.85 | | 0 | 0.52 | 8.39 | |
| Magnesium | mg | 17 | | 0 | 5 | 77 | |
| Phosphorus | mg | 156 | | 0 | 44 | 708 | |
| Potassium | mg | 271 | | 0 | 77 | 1229 | |
| Sodium | mg | 59 | | 0 | 17 | 268 | |
| Zinc | mg | 3.59 | | 0 | 1.02 | 16.28 | |
| Copper | mg | 0.069 | | 0 | 0.020 | 0.313 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | :g | 15.9 | | 0 | 4.5 | 72.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.023 | 0.363 | |
| Riboflavin | mg | 0.170 | | 0 | 0.048 | 0.771 | |
| Niacin | mg | 3.540 | | 0 | 1.004 | 16.057 | |
| Pantothenic acid | mg | 0.320 | | 0 | 0.091 | 1.452 | |
| Vitamin B-6 | mg | 0.330 | | 0 | 0.094 | 1.497 | |
| Folate | :g | 7 | | 0 | 2 | 32 | |
| Vitamin B-12 | :g | 2.69 | | 0 | 0.76 | 12.20 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.160 | | 0 | 2.597 | 41.550 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.060 | | 0 | 0.017 | 0.272 | |
| 12:0 | g | 0.050 | | 0 | 0.014 | 0.227 | |
| 14:0 | g | 0.700 | | 0 | 0.198 | 3.175 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.430 | | 0 | 1.539 | 24.630 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.750 | | 0 | 0.780 | 12.474 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.820 | 0 | 2.784 | 44.544 |
| 14:1 | g | | | | |
| 16:1 | g | 1.090 | 0 | 0.309 | 4.944 |
| 18:1 | g | 8.550 | 0 | 2.424 | 38.783 |
| 20:1 | g | 0.030 | 0 | 0.009 | 0.136 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.860 | 0 | 0.244 | 3.901 |
| 18:2 | g | 0.570 | 0 | 0.162 | 2.586 |
| 18:3 | g | 0.230 | 0 | 0.065 | 1.043 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 0 | 0.014 | 0.227 |
| 20:5 | g | 0.010 | 0 | 0.003 | 0.045 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 74 | 0 | 21 | 336 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.202 | 0 | 0.057 | 0.916 |
| Threonine | g | 0.754 | 0 | 0.214 | 3.420 |
| Isoleucine | g | 0.774 | 0 | 0.219 | 3.511 |
| Leucine | g | 1.388 | 0 | 0.393 | 6.296 |
| Lysine | g | 1.456 | 0 | 0.413 | 6.604 |
| Methionine | g | 0.435 | 0 | 0.123 | 1.973 |
| Cystine | g | 0.187 | 0 | 0.053 | 0.848 |
| Phenylalanine | g | 0.676 | 0 | 0.192 | 3.066 |
| Tyrosine | g | 0.574 | 0 | 0.163 | 2.604 |
| Valine | g | 0.850 | 0 | 0.241 | 3.856 |
| Arginine | g | 1.129 | 0 | 0.320 | 5.121 |
| Histidine | g | 0.585 | 0 | 0.166 | 2.654 |
| Alanine | g | 1.082 | 0 | 0.307 | 4.908 |
| Aspartic acid | g | 1.597 | 0 | 0.453 | 7.244 |
| Glutamic acid | g | 2.666 | 0 | 0.756 | 12.093 |
| Glycine | g | 1.064 | 0 | 0.302 | 4.826 |
| Proline | g | 0.809 | 0 | 0.229 | 3.670 |
| Serine | g | 0.671 | 0 | 0.190 | 3.044 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13003 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, all grades, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 60.44 | | 0 | 17.13 | 274.16 | |
| Energy | kcal | 251 | | 0 | 71 | 1139 | |
| Energy | kj | 1050 | | 0 | 298 | 4763 | |
| Protein (N x 5.95) | g | 18.24 | | 0 | 5.17 | 82.74 | |
| Total lipid (fat) | g | 19.24 | | 0 | 5.45 | 87.27 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.87 | | 0 | 0.25 | 3.95 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 2 | 32 | |
| Iron | mg | 1.85 | | 0 | 0.52 | 8.39 | |
| Magnesium | mg | 19 | | 0 | 5 | 86 | |
| Phosphorus | mg | 173 | | 0 | 49 | 785 | |
| Potassium | mg | 297 | | 0 | 84 | 1347 | |
| Sodium | mg | 56 | | 0 | 16 | 254 | |
| Zinc | mg | 3.66 | | 0 | 1.04 | 16.60 | |
| Copper | mg | 0.070 | | 0 | 0.020 | 0.318 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.054 | |
| Selenium | :g | 17.4 | | 0 | 4.9 | 78.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.160 | | 0 | 0.045 | 0.726 | |
| Niacin | mg | 3.150 | | 0 | 0.893 | 14.288 | |
| Pantothenic acid | mg | 0.310 | | 0 | 0.088 | 1.406 | |
| Vitamin B-6 | mg | 0.380 | | 0 | 0.108 | 1.724 | |
| Folate | :g | 6 | | 0 | 2 | 27 | |
| Vitamin B-12 | :g | 2.89 | | 0 | 0.82 | 13.11 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.184 | | 0 | 0.052 | 0.835 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.800 | | 0 | 2.211 | 35.381 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.060 | | 0 | 0.017 | 0.272 | |
| 12:0 | g | 0.040 | | 0 | 0.011 | 0.181 | |
| 14:0 | g | 0.620 | | 0 | 0.176 | 2.812 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.700 | | 0 | 1.332 | 21.319 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.360 | | 0 | 0.669 | 10.705 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.330 | 0 | 2.362 | 37.785 |
| 14:1 | g | | | | |
| 16:1 | g | 0.970 | 0 | 0.275 | 4.400 |
| 18:1 | g | 7.330 | 0 | 2.078 | 33.249 |
| 20:1 | g | 0.030 | 0 | 0.009 | 0.136 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.710 | 0 | 0.201 | 3.221 |
| 18:2 | g | 0.460 | 0 | 0.130 | 2.087 |
| 18:3 | g | 0.230 | 0 | 0.065 | 1.043 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.091 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 67 | 0 | 19 | 304 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.204 | 0 | 0.058 | 0.925 |
| Threonine | g | 0.797 | 0 | 0.226 | 3.615 |
| Isoleucine | g | 0.820 | 0 | 0.232 | 3.720 |
| Leucine | g | 1.442 | 0 | 0.409 | 6.541 |
| Lysine | g | 1.518 | 0 | 0.430 | 6.886 |
| Methionine | g | 0.467 | 0 | 0.132 | 2.118 |
| Cystine | g | 0.204 | 0 | 0.058 | 0.925 |
| Phenylalanine | g | 0.712 | 0 | 0.202 | 3.230 |
| Tyrosine | g | 0.613 | 0 | 0.174 | 2.781 |
| Valine | g | 0.887 | 0 | 0.251 | 4.023 |
| Arginine | g | 1.153 | 0 | 0.327 | 5.230 |
| Histidine | g | 0.625 | 0 | 0.177 | 2.835 |
| Alanine | g | 1.100 | 0 | 0.312 | 4.990 |
| Aspartic acid | g | 1.666 | 0 | 0.472 | 7.557 |
| Glutamic acid | g | 2.740 | 0 | 0.777 | 12.429 |
| Glycine | g | 0.995 | 0 | 0.282 | 4.513 |
| Proline | g | 0.806 | 0 | 0.229 | 3.656 |
| Serine | g | 0.698 | 0 | 0.198 | 3.166 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13004 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 285g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 51.43 | | 0 | 146.58 | 43.72 | |
| Energy | kcal | 305 | | 0 | 869 | 259 | |
| Energy | kj | 1276 | | 0 | 3637 | 1085 | |
| Protein (N x 5.95) | g | 25.94 | | 0 | 73.93 | 22.05 | |
| Total lipid (fat) | g | 21.54 | | 0 | 61.39 | 18.31 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.06 | | 0 | 3.02 | 0.90 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 29 | 9 | |
| Iron | mg | 2.62 | | 0 | 7.47 | 2.23 | |
| Magnesium | mg | 22 | | 0 | 63 | 19 | |
| Phosphorus | mg | 203 | | 0 | 579 | 173 | |
| Potassium | mg | 313 | | 0 | 892 | 266 | |
| Sodium | mg | 62 | | 0 | 177 | 53 | |
| Zinc | mg | 5.85 | | 0 | 16.67 | 4.97 | |
| Copper | mg | 0.110 | | 0 | 0.314 | 0.094 | |
| Manganese | mg | 0.015 | | 0 | 0.043 | 0.013 | |
| Selenium | :g | 18.7 | | 0 | 53.3 | 15.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.228 | 0.068 | |
| Riboflavin | mg | 0.210 | | 0 | 0.598 | 0.179 | |
| Niacin | mg | 3.640 | | 0 | 10.374 | 3.094 | |
| Pantothenic acid | mg | 0.350 | | 0 | 0.998 | 0.298 | |
| Vitamin B-6 | mg | 0.330 | | 0 | 0.941 | 0.281 | |
| Folate | :g | 7 | | 0 | 20 | 6 | |
| Vitamin B-12 | :g | 2.44 | | 0 | 6.95 | 2.07 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.200 | | 0 | 0.570 | 0.170 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 8.540 | | 0 | 24.339 | 7.259 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.060 | | 0 | 0.171 | 0.051 | |
| 12:0 | g | 0.050 | | 0 | 0.142 | 0.043 | |
| 14:0 | g | 0.680 | | 0 | 1.938 | 0.578 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.240 | | 0 | 14.934 | 4.454 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.500 | | 0 | 7.125 | 2.125 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.220 | 0 | 26.277 | 7.837 |
| 14:1 | g | | | | |
| 16:1 | g | 0.890 | 0 | 2.537 | 0.757 |
| 18:1 | g | 8.290 | 0 | 23.626 | 7.046 |
| 20:1 | g | 0.040 | 0 | 0.114 | 0.034 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.780 | 0 | 2.223 | 0.663 |
| 18:2 | g | 0.530 | 0 | 1.511 | 0.451 |
| 18:3 | g | 0.220 | 0 | 0.627 | 0.187 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.086 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 88 | 0 | 251 | 75 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.290 | 0 | 0.826 | 0.247 |
| Threonine | g | 1.133 | 0 | 3.229 | 0.963 |
| Isoleucine | g | 1.166 | 0 | 3.323 | 0.991 |
| Leucine | g | 2.050 | 0 | 5.843 | 1.742 |
| Lysine | g | 2.158 | 0 | 6.150 | 1.834 |
| Methionine | g | 0.664 | 0 | 1.892 | 0.564 |
| Cystine | g | 0.290 | 0 | 0.826 | 0.247 |
| Phenylalanine | g | 1.013 | 0 | 2.887 | 0.861 |
| Tyrosine | g | 0.871 | 0 | 2.482 | 0.740 |
| Valine | g | 1.262 | 0 | 3.597 | 1.073 |
| Arginine | g | 1.639 | 0 | 4.671 | 1.393 |
| Histidine | g | 0.888 | 0 | 2.531 | 0.755 |
| Alanine | g | 1.564 | 0 | 4.457 | 1.329 |
| Aspartic acid | g | 2.370 | 0 | 6.755 | 2.014 |
| Glutamic acid | g | 3.897 | 0 | 11.106 | 3.312 |
| Glycine | g | 1.415 | 0 | 4.033 | 1.203 |
| Proline | g | 1.145 | 0 | 3.263 | 0.973 |
| Serine | g | 0.992 | 0 | 2.827 | 0.843 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13005 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.85 | | 0 | 16.97 | 271.48 | |
| Energy | kcal | 259 | | 0 | 73 | 1175 | |
| Energy | kj | 1084 | | 0 | 307 | 4917 | |
| Protein (N x 5.95) | g | 18.17 | | 0 | 5.15 | 82.42 | |
| Total lipid (fat) | g | 20.16 | | 0 | 5.72 | 91.45 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.87 | | 0 | 0.25 | 3.95 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 2 | 32 | |
| Iron | mg | 1.85 | | 0 | 0.52 | 8.39 | |
| Magnesium | mg | 18 | | 0 | 5 | 82 | |
| Phosphorus | mg | 172 | | 0 | 49 | 780 | |
| Potassium | mg | 296 | | 0 | 84 | 1343 | |
| Sodium | mg | 56 | | 0 | 16 | 254 | |
| Zinc | mg | 3.63 | | 0 | 1.03 | 16.47 | |
| Copper | mg | 0.065 | | 0 | 0.018 | 0.295 | |
| Manganese | mg | 0.011 | | 0 | 0.003 | 0.050 | |
| Selenium | :g | 17.0 | | 0 | 4.8 | 77.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.160 | | 0 | 0.045 | 0.726 | |
| Niacin | mg | 3.140 | | 0 | 0.890 | 14.243 | |
| Pantothenic acid | mg | 0.310 | | 0 | 0.088 | 1.406 | |
| Vitamin B-6 | mg | 0.380 | | 0 | 0.108 | 1.724 | |
| Folate | :g | 6 | | 0 | 2 | 27 | |
| Vitamin B-12 | :g | 2.88 | | 0 | 0.82 | 13.06 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 8.160 | | 0 | 2.313 | 37.014 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.070 | | 0 | 0.020 | 0.318 | |
| 12:0 | g | 0.050 | | 0 | 0.014 | 0.227 | |
| 14:0 | g | 0.640 | | 0 | 0.181 | 2.903 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.920 | | 0 | 1.395 | 22.317 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.470 | | 0 | 0.700 | 11.204 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.720 | 0 | 2.472 | 39.554 |
| 14:1 | g | | | | |
| 16:1 | g | 1.010 | 0 | 0.286 | 4.581 |
| 18:1 | g | 7.680 | 0 | 2.177 | 34.836 |
| 20:1 | g | 0.030 | 0 | 0.009 | 0.136 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.740 | 0 | 0.210 | 3.357 |
| 18:2 | g | 0.480 | 0 | 0.136 | 2.177 |
| 18:3 | g | 0.240 | 0 | 0.068 | 1.089 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 68 | 0 | 19 | 308 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.203 | 0 | 0.058 | 0.921 |
| Threonine | g | 0.793 | 0 | 0.225 | 3.597 |
| Isoleucine | g | 0.817 | 0 | 0.232 | 3.706 |
| Leucine | g | 1.436 | 0 | 0.407 | 6.514 |
| Lysine | g | 1.511 | 0 | 0.428 | 6.854 |
| Methionine | g | 0.465 | 0 | 0.132 | 2.109 |
| Cystine | g | 0.203 | 0 | 0.058 | 0.921 |
| Phenylalanine | g | 0.709 | 0 | 0.201 | 3.216 |
| Tyrosine | g | 0.610 | 0 | 0.173 | 2.767 |
| Valine | g | 0.884 | 0 | 0.251 | 4.010 |
| Arginine | g | 1.148 | 0 | 0.325 | 5.207 |
| Histidine | g | 0.622 | 0 | 0.176 | 2.821 |
| Alanine | g | 1.096 | 0 | 0.311 | 4.971 |
| Aspartic acid | g | 1.660 | 0 | 0.471 | 7.530 |
| Glutamic acid | g | 2.729 | 0 | 0.774 | 12.379 |
| Glycine | g | 0.991 | 0 | 0.281 | 4.495 |
| Proline | g | 0.802 | 0 | 0.227 | 3.638 |
| Serine | g | 0.695 | 0 | 0.197 | 3.153 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13006 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, 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 | Samples | Measure 1* 283g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 50.09 | | 0 | 141.75 | 42.58 | |
| Energy | kcal | 322 | | 0 | 911 | 274 | |
| Energy | kj | 1347 | | 0 | 3812 | 1145 | |
| Protein (N x 5.95) | g | 25.48 | | 0 | 72.11 | 21.66 | |
| Total lipid (fat) | g | 23.63 | | 0 | 66.87 | 20.09 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.04 | | 0 | 2.94 | 0.88 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 28 | 9 | |
| Iron | mg | 2.57 | | 0 | 7.27 | 2.18 | |
| Magnesium | mg | 22 | | 0 | 62 | 19 | |
| Phosphorus | mg | 199 | | 0 | 563 | 169 | |
| Potassium | mg | 306 | | 0 | 866 | 260 | |
| Sodium | mg | 61 | | 0 | 173 | 52 | |
| Zinc | mg | 5.74 | | 0 | 16.24 | 4.88 | |
| Copper | mg | 0.101 | | 0 | 0.286 | 0.086 | |
| Manganese | mg | 0.014 | | 0 | 0.040 | 0.012 | |
| Selenium | :g | 23.4 | | 0 | 66.2 | 19.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.226 | 0.068 | |
| Riboflavin | mg | 0.210 | | 0 | 0.594 | 0.179 | |
| Niacin | mg | 3.570 | | 0 | 10.103 | 3.034 | |
| Pantothenic acid | mg | 0.340 | | 0 | 0.962 | 0.289 | |
| Vitamin B-6 | mg | 0.320 | | 0 | 0.906 | 0.272 | |
| Folate | :g | 7 | | 0 | 20 | 6 | |
| Vitamin B-12 | :g | 2.41 | | 0 | 6.82 | 2.05 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.380 | | 0 | 26.545 | 7.973 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.060 | | 0 | 0.170 | 0.051 | |
| 12:0 | g | 0.060 | | 0 | 0.170 | 0.051 | |
| 14:0 | g | 0.750 | | 0 | 2.123 | 0.637 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.750 | | 0 | 16.273 | 4.888 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.740 | | 0 | 7.754 | 2.329 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 10.120 | 0 | 28.640 | 8.602 |
| 14:1 | g | | | | |
| 16:1 | g | 0.980 | 0 | 2.773 | 0.833 |
| 18:1 | g | 9.090 | 0 | 25.725 | 7.726 |
| 20:1 | g | 0.040 | 0 | 0.113 | 0.034 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.860 | 0 | 2.434 | 0.731 |
| 18:2 | g | 0.580 | 0 | 1.641 | 0.493 |
| 18:3 | g | 0.250 | 0 | 0.708 | 0.213 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.085 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 88 | 0 | 249 | 75 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.285 | 0 | 0.807 | 0.242 |
| Threonine | g | 1.113 | 0 | 3.150 | 0.946 |
| Isoleucine | g | 1.145 | 0 | 3.240 | 0.973 |
| Leucine | g | 2.014 | 0 | 5.700 | 1.712 |
| Lysine | g | 2.120 | 0 | 6.000 | 1.802 |
| Methionine | g | 0.652 | 0 | 1.845 | 0.554 |
| Cystine | g | 0.285 | 0 | 0.807 | 0.242 |
| Phenylalanine | g | 0.995 | 0 | 2.816 | 0.846 |
| Tyrosine | g | 0.856 | 0 | 2.422 | 0.728 |
| Valine | g | 1.239 | 0 | 3.506 | 1.053 |
| Arginine | g | 1.610 | 0 | 4.556 | 1.369 |
| Histidine | g | 0.872 | 0 | 2.468 | 0.741 |
| Alanine | g | 1.537 | 0 | 4.350 | 1.306 |
| Aspartic acid | g | 2.328 | 0 | 6.588 | 1.979 |
| Glutamic acid | g | 3.828 | 0 | 10.833 | 3.254 |
| Glycine | g | 1.390 | 0 | 3.934 | 1.182 |
| Proline | g | 1.125 | 0 | 3.184 | 0.956 |
| Serine | g | 0.974 | 0 | 2.756 | 0.828 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13007 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 61.75 | | 0 | 17.51 | 280.10 | |
| Energy | kcal | 236 | | 0 | 67 | 1070 | |
| Energy | kj | 987 | | 0 | 280 | 4477 | |
| Protein (N x 5.95) | g | 18.47 | | 0 | 5.24 | 83.78 | |
| Total lipid (fat) | g | 17.42 | | 0 | 4.94 | 79.02 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.89 | | 0 | 0.25 | 4.04 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 2 | 32 | |
| Iron | mg | 1.88 | | 0 | 0.53 | 8.53 | |
| Magnesium | mg | 19 | | 0 | 5 | 86 | |
| Phosphorus | mg | 175 | | 0 | 50 | 794 | |
| Potassium | mg | 303 | | 0 | 86 | 1374 | |
| Sodium | mg | 57 | | 0 | 16 | 259 | |
| Zinc | mg | 3.71 | | 0 | 1.05 | 16.83 | |
| Copper | mg | 0.070 | | 0 | 0.020 | 0.318 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | :g | 13.4 | | 0 | 3.8 | 60.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.160 | | 0 | 0.045 | 0.726 | |
| Niacin | mg | 3.190 | | 0 | 0.904 | 14.470 | |
| Pantothenic acid | mg | 0.320 | | 0 | 0.091 | 1.452 | |
| Vitamin B-6 | mg | 0.390 | | 0 | 0.111 | 1.769 | |
| Folate | :g | 6 | | 0 | 2 | 27 | |
| Vitamin B-12 | :g | 2.92 | | 0 | 0.83 | 13.25 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.070 | | 0 | 2.004 | 32.070 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.060 | | 0 | 0.017 | 0.272 | |
| 12:0 | g | 0.040 | | 0 | 0.011 | 0.181 | |
| 14:0 | g | 0.560 | | 0 | 0.159 | 2.540 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.260 | | 0 | 1.208 | 19.323 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.140 | | 0 | 0.607 | 9.707 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.540 | 0 | 2.138 | 34.201 |
| 14:1 | g | | | | |
| 16:1 | g | 0.880 | 0 | 0.249 | 3.992 |
| 18:1 | g | 6.630 | 0 | 1.880 | 30.074 |
| 20:1 | g | 0.020 | 0 | 0.006 | 0.091 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.640 | 0 | 0.181 | 2.903 |
| 18:2 | g | 0.410 | 0 | 0.116 | 1.860 |
| 18:3 | g | 0.210 | 0 | 0.060 | 0.953 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.091 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 67 | 0 | 19 | 304 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.207 | 0 | 0.059 | 0.939 |
| Threonine | g | 0.807 | 0 | 0.229 | 3.661 |
| Isoleucine | g | 0.830 | 0 | 0.235 | 3.765 |
| Leucine | g | 1.460 | 0 | 0.414 | 6.623 |
| Lysine | g | 1.536 | 0 | 0.435 | 6.967 |
| Methionine | g | 0.473 | 0 | 0.134 | 2.146 |
| Cystine | g | 0.207 | 0 | 0.059 | 0.939 |
| Phenylalanine | g | 0.721 | 0 | 0.204 | 3.270 |
| Tyrosine | g | 0.621 | 0 | 0.176 | 2.817 |
| Valine | g | 0.898 | 0 | 0.255 | 4.073 |
| Arginine | g | 1.167 | 0 | 0.331 | 5.294 |
| Histidine | g | 0.632 | 0 | 0.179 | 2.867 |
| Alanine | g | 1.114 | 0 | 0.316 | 5.053 |
| Aspartic acid | g | 1.687 | 0 | 0.478 | 7.652 |
| Glutamic acid | g | 2.775 | 0 | 0.787 | 12.587 |
| Glycine | g | 1.008 | 0 | 0.286 | 4.572 |
| Proline | g | 0.816 | 0 | 0.231 | 3.701 |
| Serine | g | 0.706 | 0 | 0.200 | 3.202 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13008 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, select, cooked

**Refuse:** 14% Bone

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 283g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 52.49 | | 0 | 148.55 | 44.62 | |
| Energy | kcal | 291 | | 0 | 824 | 247 | |
| Energy | kj | 1218 | | 0 | 3447 | 1035 | |
| Protein (N x 5.95) | g | 26.17 | | 0 | 74.06 | 22.24 | |
| Total lipid (fat) | g | 19.88 | | 0 | 56.26 | 16.90 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.07 | | 0 | 3.03 | 0.91 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 28 | 9 | |
| Iron | mg | 2.65 | | 0 | 7.50 | 2.25 | |
| Magnesium | mg | 23 | | 0 | 65 | 20 | |
| Phosphorus | mg | 205 | | 0 | 580 | 174 | |
| Potassium | mg | 316 | | 0 | 894 | 269 | |
| Sodium | mg | 62 | | 0 | 175 | 53 | |
| Zinc | mg | 5.94 | | 0 | 16.81 | 5.05 | |
| Copper | mg | 0.111 | | 0 | 0.314 | 0.094 | |
| Manganese | mg | 0.015 | | 0 | 0.042 | 0.013 | |
| Selenium | :g | 19.8 | | 0 | 56.0 | 16.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.226 | 0.068 | |
| Riboflavin | mg | 0.210 | | 0 | 0.594 | 0.179 | |
| Niacin | mg | 3.670 | | 0 | 10.386 | 3.119 | |
| Pantothenic acid | mg | 0.350 | | 0 | 0.991 | 0.298 | |
| Vitamin B-6 | mg | 0.330 | | 0 | 0.934 | 0.281 | |
| Folate | :g | 7 | | 0 | 20 | 6 | |
| Vitamin B-12 | :g | 2.45 | | 0 | 6.93 | 2.08 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.880 | | 0 | 22.300 | 6.698 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.050 | | 0 | 0.142 | 0.043 | |
| 12:0 | g | 0.050 | | 0 | 0.142 | 0.043 | |
| 14:0 | g | 0.630 | | 0 | 1.783 | 0.536 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.830 | | 0 | 13.669 | 4.106 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.300 | | 0 | 6.509 | 1.955 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.500 | 0 | 24.055 | 7.225 |
| 14:1 | g | | | | |
| 16:1 | g | 0.820 | 0 | 2.321 | 0.697 |
| 18:1 | g | 7.630 | 0 | 21.593 | 6.485 |
| 20:1 | g | 0.030 | 0 | 0.085 | 0.026 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.720 | 0 | 2.038 | 0.612 |
| 18:2 | g | 0.480 | 0 | 1.358 | 0.408 |
| 18:3 | g | 0.210 | 0 | 0.594 | 0.179 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.085 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 86 | 0 | 243 | 73 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.293 | 0 | 0.829 | 0.249 |
| Threonine | g | 1.143 | 0 | 3.235 | 0.972 |
| Isoleucine | g | 1.176 | 0 | 3.328 | 1.000 |
| Leucine | g | 2.068 | 0 | 5.852 | 1.758 |
| Lysine | g | 2.177 | 0 | 6.161 | 1.850 |
| Methionine | g | 0.670 | 0 | 1.896 | 0.570 |
| Cystine | g | 0.293 | 0 | 0.829 | 0.249 |
| Phenylalanine | g | 1.022 | 0 | 2.892 | 0.869 |
| Tyrosine | g | 0.879 | 0 | 2.488 | 0.747 |
| Valine | g | 1.273 | 0 | 3.603 | 1.082 |
| Arginine | g | 1.654 | 0 | 4.681 | 1.406 |
| Histidine | g | 0.896 | 0 | 2.536 | 0.762 |
| Alanine | g | 1.578 | 0 | 4.466 | 1.341 |
| Aspartic acid | g | 2.391 | 0 | 6.767 | 2.032 |
| Glutamic acid | g | 3.931 | 0 | 11.125 | 3.341 |
| Glycine | g | 1.428 | 0 | 4.041 | 1.214 |
| Proline | g | 1.156 | 0 | 3.271 | 0.983 |
| Serine | g | 1.001 | 0 | 2.833 | 0.851 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13009 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, prime, raw

**Refuse:** 9% Bone

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 57.83 | | 0 | 16.39 | 262.32 | |
| Energy | kcal | 288 | | 0 | 82 | 1306 | |
| Energy | kj | 1205 | | 0 | 342 | 5466 | |
| Protein (N x 5.95) | g | 18.28 | | 0 | 5.18 | 82.92 | |
| Total lipid (fat) | g | 23.30 | | 0 | 6.61 | 105.69 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.84 | | 0 | 0.24 | 3.81 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 2 | 32 | |
| Iron | mg | 1.79 | | 0 | 0.51 | 8.12 | |
| Magnesium | mg | 19 | | 0 | 5 | 86 | |
| Phosphorus | mg | 171 | | 0 | 48 | 776 | |
| Potassium | mg | 297 | | 0 | 84 | 1347 | |
| Sodium | mg | 53 | | 0 | 15 | 240 | |
| Zinc | mg | 3.38 | | 0 | 0.96 | 15.33 | |
| Copper | mg | 0.068 | | 0 | 0.019 | 0.308 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.054 | |
| Selenium | :g | 17.6 | | 0 | 5.0 | 79.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.150 | | 0 | 0.043 | 0.680 | |
| Niacin | mg | 3.320 | | 0 | 0.941 | 15.060 | |
| Pantothenic acid | mg | 0.310 | | 0 | 0.088 | 1.406 | |
| Vitamin B-6 | mg | 0.380 | | 0 | 0.108 | 1.724 | |
| Folate | :g | 6 | | 0 | 2 | 27 | |
| Vitamin B-12 | :g | 2.78 | | 0 | 0.79 | 12.61 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.189 | | 0 | 0.054 | 0.857 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.560 | | 0 | 2.710 | 43.364 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.070 | | 0 | 0.020 | 0.318 | |
| 12:0 | g | 0.050 | | 0 | 0.014 | 0.227 | |
| 14:0 | g | 0.740 | | 0 | 0.210 | 3.357 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.670 | | 0 | 1.607 | 25.719 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.870 | | 0 | 0.814 | 13.018 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 10.130 | 0 | 2.872 | 45.950 |
| 14:1 | g | | | | |
| 16:1 | g | 1.130 | 0 | 0.320 | 5.126 |
| 18:1 | g | 8.830 | 0 | 2.503 | 40.053 |
| 20:1 | g | 0.030 | 0 | 0.009 | 0.136 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.870 | 0 | 0.247 | 3.946 |
| 18:2 | g | 0.570 | 0 | 0.162 | 2.586 |
| 18:3 | g | 0.250 | 0 | 0.071 | 1.134 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.011 | 0.181 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 68 | 0 | 19 | 308 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.205 | 0 | 0.058 | 0.930 |
| Threonine | g | 0.798 | 0 | 0.226 | 3.620 |
| Isoleucine | g | 0.822 | 0 | 0.233 | 3.729 |
| Leucine | g | 1.445 | 0 | 0.410 | 6.555 |
| Lysine | g | 1.521 | 0 | 0.431 | 6.899 |
| Methionine | g | 0.468 | 0 | 0.133 | 2.123 |
| Cystine | g | 0.205 | 0 | 0.058 | 0.930 |
| Phenylalanine | g | 0.714 | 0 | 0.202 | 3.239 |
| Tyrosine | g | 0.614 | 0 | 0.174 | 2.785 |
| Valine | g | 0.889 | 0 | 0.252 | 4.033 |
| Arginine | g | 1.155 | 0 | 0.327 | 5.239 |
| Histidine | g | 0.626 | 0 | 0.177 | 2.840 |
| Alanine | g | 1.103 | 0 | 0.313 | 5.003 |
| Aspartic acid | g | 1.670 | 0 | 0.473 | 7.575 |
| Glutamic acid | g | 2.746 | 0 | 0.778 | 12.456 |
| Glycine | g | 0.997 | 0 | 0.283 | 4.522 |
| Proline | g | 0.807 | 0 | 0.229 | 3.661 |
| Serine | g | 0.699 | 0 | 0.198 | 3.171 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13010 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 289g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 50.67 | | 0 | 146.44 | 43.07 | |
| Energy | kcal | 322 | | 0 | 931 | 274 | |
| Energy | kj | 1347 | | 0 | 3893 | 1145 | |
| Protein (N x 5.95) | g | 25.62 | | 0 | 74.04 | 21.78 | |
| Total lipid (fat) | g | 23.54 | | 0 | 68.03 | 20.01 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.08 | | 0 | 3.12 | 0.92 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 26 | 8 | |
| Iron | mg | 2.45 | | 0 | 7.08 | 2.08 | |
| Magnesium | mg | 24 | | 0 | 69 | 20 | |
| Phosphorus | mg | 198 | | 0 | 572 | 168 | |
| Potassium | mg | 347 | | 0 | 1003 | 295 | |
| Sodium | mg | 62 | | 0 | 179 | 53 | |
| Zinc | mg | 5.45 | | 0 | 15.75 | 4.63 | |
| Copper | mg | 0.102 | | 0 | 0.295 | 0.087 | |
| Manganese | mg | 0.015 | | 0 | 0.043 | 0.013 | |
| Selenium | :g | 24.1 | | 0 | 69.6 | 20.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.260 | 0.077 | |
| Riboflavin | mg | 0.210 | | 0 | 0.607 | 0.179 | |
| Niacin | mg | 4.280 | | 0 | 12.369 | 3.638 | |
| Pantothenic acid | mg | 0.370 | | 0 | 1.069 | 0.315 | |
| Vitamin B-6 | mg | 0.370 | | 0 | 1.069 | 0.315 | |
| Folate | :g | 8 | | 0 | 23 | 7 | |
| Vitamin B-12 | :g | 2.45 | | 0 | 7.08 | 2.08 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.198 | | 0 | 0.572 | 0.168 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.490 | | 0 | 27.426 | 8.066 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.050 | | 0 | 0.145 | 0.043 | |
| 12:0 | g | 0.050 | | 0 | 0.145 | 0.043 | |
| 14:0 | g | 0.740 | | 0 | 2.139 | 0.629 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.670 | | 0 | 16.386 | 4.819 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.780 | | 0 | 8.034 | 2.363 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 10.080 | 0 | 29.131 | 8.568 |
| 14:1 | g | | | | |
| 16:1 | g | 0.930 | 0 | 2.688 | 0.791 |
| 18:1 | g | 8.960 | 0 | 25.894 | 7.616 |
| 20:1 | g | 0.040 | 0 | 0.116 | 0.034 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.860 | 0 | 2.485 | 0.731 |
| 18:2 | g | 0.580 | 0 | 1.676 | 0.493 |
| 18:3 | g | 0.220 | 0 | 0.636 | 0.187 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.116 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 83 | 0 | 240 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.287 | 0 | 0.829 | 0.244 |
| Threonine | g | 1.119 | 0 | 3.234 | 0.951 |
| Isoleucine | g | 1.152 | 0 | 3.329 | 0.979 |
| Leucine | g | 2.025 | 0 | 5.852 | 1.721 |
| Lysine | g | 2.131 | 0 | 6.159 | 1.811 |
| Methionine | g | 0.656 | 0 | 1.896 | 0.558 |
| Cystine | g | 0.287 | 0 | 0.829 | 0.244 |
| Phenylalanine | g | 1.000 | 0 | 2.890 | 0.850 |
| Tyrosine | g | 0.861 | 0 | 2.488 | 0.732 |
| Valine | g | 1.246 | 0 | 3.601 | 1.059 |
| Arginine | g | 1.619 | 0 | 4.679 | 1.376 |
| Histidine | g | 0.877 | 0 | 2.535 | 0.745 |
| Alanine | g | 1.545 | 0 | 4.465 | 1.313 |
| Aspartic acid | g | 2.340 | 0 | 6.763 | 1.989 |
| Glutamic acid | g | 3.849 | 0 | 11.124 | 3.272 |
| Glycine | g | 1.398 | 0 | 4.040 | 1.188 |
| Proline | g | 1.131 | 0 | 3.269 | 0.961 |
| Serine | g | 0.980 | 0 | 2.832 | 0.833 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13011 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, all grades, raw

**Refuse:** 29% 11% bone, 18% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 70.62 | | 0 | 20.02 | 320.33 | |
| Energy | kcal | 144 | | 0 | 41 | 653 | |
| Energy | kj | 602 | | 0 | 171 | 2731 | |
| Protein (N x 5.95) | g | 20.78 | | 0 | 5.89 | 94.26 | |
| Total lipid (fat) | g | 6.16 | | 0 | 1.75 | 27.94 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.02 | | 0 | 0.29 | 4.63 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 2 | 27 | |
| Iron | mg | 2.13 | | 0 | 0.60 | 9.66 | |
| Magnesium | mg | 22 | | 0 | 6 | 100 | |
| Phosphorus | mg | 199 | | 0 | 56 | 903 | |
| Potassium | mg | 356 | | 0 | 101 | 1615 | |
| Sodium | mg | 63 | | 0 | 18 | 286 | |
| Zinc | mg | 4.33 | | 0 | 1.23 | 19.64 | |
| Copper | mg | 0.079 | | 0 | 0.022 | 0.358 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | :g | 18.3 | | 0 | 5.2 | 83.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.180 | | 0 | 0.051 | 0.816 | |
| Niacin | mg | 3.590 | | 0 | 1.018 | 16.284 | |
| Pantothenic acid | mg | 0.360 | | 0 | 0.102 | 1.633 | |
| Vitamin B-6 | mg | 0.440 | | 0 | 0.125 | 1.996 | |
| Folate | :g | 7 | | 0 | 2 | 32 | |
| Vitamin B-12 | :g | 3.25 | | 0 | 0.92 | 14.74 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.320 | | 0 | 0.658 | 10.524 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.170 | | 0 | 0.048 | 0.771 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.400 | | 0 | 0.397 | 6.350 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.730 | | 0 | 0.207 | 3.311 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.610 | 0 | 0.740 | 11.839 |
| 14:1 | g | | | | |
| 16:1 | g | 0.230 | 0 | 0.065 | 1.043 |
| 18:1 | g | 2.360 | 0 | 0.669 | 10.705 |
| 20:1 | g | 0.010 | 0 | 0.003 | 0.045 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.240 | 0 | 0.068 | 1.089 |
| 18:2 | g | 0.190 | 0 | 0.054 | 0.862 |
| 18:3 | g | 0.020 | 0 | 0.006 | 0.091 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 59 | 0 | 17 | 268 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.233 | 0 | 0.066 | 1.057 |
| Threonine | g | 0.908 | 0 | 0.257 | 4.119 |
| Isoleucine | g | 0.934 | 0 | 0.265 | 4.237 |
| Leucine | g | 1.642 | 0 | 0.466 | 7.448 |
| Lysine | g | 1.729 | 0 | 0.490 | 7.843 |
| Methionine | g | 0.532 | 0 | 0.151 | 2.413 |
| Cystine | g | 0.233 | 0 | 0.066 | 1.057 |
| Phenylalanine | g | 0.811 | 0 | 0.230 | 3.679 |
| Tyrosine | g | 0.698 | 0 | 0.198 | 3.166 |
| Valine | g | 1.011 | 0 | 0.287 | 4.586 |
| Arginine | g | 1.313 | 0 | 0.372 | 5.956 |
| Histidine | g | 0.711 | 0 | 0.202 | 3.225 |
| Alanine | g | 1.253 | 0 | 0.355 | 5.684 |
| Aspartic acid | g | 1.898 | 0 | 0.538 | 8.609 |
| Glutamic acid | g | 3.122 | 0 | 0.885 | 14.161 |
| Glycine | g | 1.134 | 0 | 0.321 | 5.144 |
| Proline | g | 0.918 | 0 | 0.260 | 4.164 |
| Serine | g | 0.795 | 0 | 0.225 | 3.606 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13012 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, all grades, cooked

**Refuse:** 28% 11% bone, 17% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 229g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.25 | | 0 | 135.68 | 50.36 | |
| Energy | kcal | 216 | | 0 | 495 | 184 | |
| Energy | kj | 904 | | 0 | 2070 | 768 | |
| Protein (N x 5.95) | g | 29.58 | | 0 | 67.74 | 25.14 | |
| Total lipid (fat) | g | 9.91 | | 0 | 22.69 | 8.42 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.20 | | 0 | 2.75 | 1.02 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 21 | 8 | |
| Iron | mg | 2.99 | | 0 | 6.85 | 2.54 | |
| Magnesium | mg | 26 | | 0 | 60 | 22 | |
| Phosphorus | mg | 233 | | 0 | 534 | 198 | |
| Potassium | mg | 360 | | 0 | 824 | 306 | |
| Sodium | mg | 67 | | 0 | 153 | 57 | |
| Zinc | mg | 6.93 | | 0 | 15.87 | 5.89 | |
| Copper | mg | 0.125 | | 0 | 0.286 | 0.106 | |
| Manganese | mg | 0.017 | | 0 | 0.039 | 0.014 | |
| Selenium | :g | 19.7 | | 0 | 45.1 | 16.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.229 | 0.085 | |
| Riboflavin | mg | 0.240 | | 0 | 0.550 | 0.204 | |
| Niacin | mg | 4.130 | | 0 | 9.458 | 3.510 | |
| Pantothenic acid | mg | 0.400 | | 0 | 0.916 | 0.340 | |
| Vitamin B-6 | mg | 0.370 | | 0 | 0.847 | 0.315 | |
| Folate | :g | 8 | | 0 | 18 | 7 | |
| Vitamin B-12 | :g | 2.64 | | 0 | 6.05 | 2.24 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.321 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.790 | | 0 | 8.679 | 3.221 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.023 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.023 | 0.009 | |
| 14:0 | g | 0.280 | | 0 | 0.641 | 0.238 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.250 | | 0 | 5.152 | 1.913 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.220 | | 0 | 2.794 | 1.037 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.170 | 0 | 9.549 | 3.544 |
| 14:1 | g | | | | |
| 16:1 | g | 0.350 | 0 | 0.801 | 0.298 |
| 18:1 | g | 3.800 | 0 | 8.702 | 3.230 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.340 | 0 | 0.779 | 0.289 |
| 18:2 | g | 0.270 | 0 | 0.618 | 0.230 |
| 18:3 | g | 0.030 | 0 | 0.069 | 0.026 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.092 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 86 | 0 | 197 | 73 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.331 | 0 | 0.758 | 0.281 |
| Threonine | g | 1.292 | 0 | 2.959 | 1.098 |
| Isoleucine | g | 1.330 | 0 | 3.046 | 1.131 |
| Leucine | g | 2.338 | 0 | 5.354 | 1.987 |
| Lysine | g | 2.461 | 0 | 5.636 | 2.092 |
| Methionine | g | 0.757 | 0 | 1.734 | 0.643 |
| Cystine | g | 0.331 | 0 | 0.758 | 0.281 |
| Phenylalanine | g | 1.155 | 0 | 2.645 | 0.982 |
| Tyrosine | g | 0.994 | 0 | 2.276 | 0.845 |
| Valine | g | 1.439 | 0 | 3.295 | 1.223 |
| Arginine | g | 1.869 | 0 | 4.280 | 1.589 |
| Histidine | g | 1.013 | 0 | 2.320 | 0.861 |
| Alanine | g | 1.784 | 0 | 4.085 | 1.516 |
| Aspartic acid | g | 2.702 | 0 | 6.188 | 2.297 |
| Glutamic acid | g | 4.444 | 0 | 10.177 | 3.777 |
| Glycine | g | 1.614 | 0 | 3.696 | 1.372 |
| Proline | g | 1.306 | 0 | 2.991 | 1.110 |
| Serine | g | 1.131 | 0 | 2.590 | 0.961 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13013 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw

**Refuse:** 3% 12% bone, 18% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 70.27 | | 0 | 19.92 | 318.74 | |
| Energy | kcal | 150 | | 0 | 43 | 680 | |
| Energy | kj | 628 | | 0 | 178 | 2849 | |
| Protein (N x 5.95) | g | 20.78 | | 0 | 5.89 | 94.26 | |
| Total lipid (fat) | g | 6.82 | | 0 | 1.93 | 30.94 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.03 | | 0 | 0.29 | 4.67 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 2 | 27 | |
| Iron | mg | 2.13 | | 0 | 0.60 | 9.66 | |
| Magnesium | mg | 22 | | 0 | 6 | 100 | |
| Phosphorus | mg | 199 | | 0 | 56 | 903 | |
| Potassium | mg | 356 | | 0 | 101 | 1615 | |
| Sodium | mg | 63 | | 0 | 18 | 286 | |
| Zinc | mg | 4.32 | | 0 | 1.22 | 19.60 | |
| Copper | mg | 0.079 | | 0 | 0.022 | 0.358 | |
| Manganese | mg | 0.014 | | 0 | 0.004 | 0.064 | |
| Selenium | :g | 17.8 | | 0 | 5.0 | 80.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.180 | | 0 | 0.051 | 0.816 | |
| Niacin | mg | 3.600 | | 0 | 1.021 | 16.330 | |
| Pantothenic acid | mg | 0.360 | | 0 | 0.102 | 1.633 | |
| Vitamin B-6 | mg | 0.440 | | 0 | 0.125 | 1.996 | |
| Folate | :g | 7 | | 0 | 2 | 32 | |
| Vitamin B-12 | :g | 3.25 | | 0 | 0.92 | 14.74 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.560 | | 0 | 0.726 | 11.612 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.180 | | 0 | 0.051 | 0.816 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.550 | | 0 | 0.439 | 7.031 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.810 | | 0 | 0.230 | 3.674 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.880 | 0 | 0.816 | 13.064 |
| 14:1 | g | | | | |
| 16:1 | g | 0.250 | 0 | 0.071 | 1.134 |
| 18:1 | g | 2.620 | 0 | 0.743 | 11.884 |
| 20:1 | g | 0.010 | 0 | 0.003 | 0.045 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.270 | 0 | 0.077 | 1.225 |
| 18:2 | g | 0.210 | 0 | 0.060 | 0.953 |
| 18:3 | g | 0.020 | 0 | 0.006 | 0.091 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 59 | 0 | 17 | 268 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.233 | 0 | 0.066 | 1.057 |
| Threonine | g | 0.908 | 0 | 0.257 | 4.119 |
| Isoleucine | g | 0.934 | 0 | 0.265 | 4.237 |
| Leucine | g | 1.643 | 0 | 0.466 | 7.453 |
| Lysine | g | 1.729 | 0 | 0.490 | 7.843 |
| Methionine | g | 0.532 | 0 | 0.151 | 2.413 |
| Cystine | g | 0.233 | 0 | 0.066 | 1.057 |
| Phenylalanine | g | 0.811 | 0 | 0.230 | 3.679 |
| Tyrosine | g | 0.698 | 0 | 0.198 | 3.166 |
| Valine | g | 1.011 | 0 | 0.287 | 4.586 |
| Arginine | g | 1.313 | 0 | 0.372 | 5.956 |
| Histidine | g | 0.712 | 0 | 0.202 | 3.230 |
| Alanine | g | 1.254 | 0 | 0.356 | 5.688 |
| Aspartic acid | g | 1.899 | 0 | 0.538 | 8.614 |
| Glutamic acid | g | 3.122 | 0 | 0.885 | 14.161 |
| Glycine | g | 1.134 | 0 | 0.321 | 5.144 |
| Proline | g | 0.918 | 0 | 0.260 | 4.164 |
| Serine | g | 0.795 | 0 | 0.225 | 3.606 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13014 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked

**Refuse:** 31% 13% bone, 18% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 226g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.87 | | 0 | 133.05 | 50.04 | |
| Energy | kcal | 222 | | 0 | 502 | 189 | |
| Energy | kj | 929 | | 0 | 2100 | 790 | |
| Protein (N x 5.95) | g | 29.58 | | 0 | 66.85 | 25.14 | |
| Total lipid (fat) | g | 10.66 | | 0 | 24.09 | 9.06 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.20 | | 0 | 2.71 | 1.02 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 20 | 8 | |
| Iron | mg | 2.99 | | 0 | 6.76 | 2.54 | |
| Magnesium | mg | 26 | | 0 | 59 | 22 | |
| Phosphorus | mg | 233 | | 0 | 527 | 198 | |
| Potassium | mg | 360 | | 0 | 814 | 306 | |
| Sodium | mg | 67 | | 0 | 151 | 57 | |
| Zinc | mg | 6.92 | | 0 | 15.64 | 5.88 | |
| Copper | mg | 0.125 | | 0 | 0.282 | 0.106 | |
| Manganese | mg | 0.017 | | 0 | 0.038 | 0.014 | |
| Selenium | :g | 24.2 | | 0 | 54.7 | 20.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.226 | 0.085 | |
| Riboflavin | mg | 0.240 | | 0 | 0.542 | 0.204 | |
| Niacin | mg | 4.140 | | 0 | 9.356 | 3.519 | |
| Pantothenic acid | mg | 0.400 | | 0 | 0.904 | 0.340 | |
| Vitamin B-6 | mg | 0.370 | | 0 | 0.836 | 0.315 | |
| Folate | :g | 8 | | 0 | 18 | 7 | |
| Vitamin B-12 | :g | 2.64 | | 0 | 5.97 | 2.24 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.070 | | 0 | 9.198 | 3.460 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.023 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.023 | 0.009 | |
| 14:0 | g | 0.300 | | 0 | 0.678 | 0.255 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.420 | | 0 | 5.469 | 2.057 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.320 | | 0 | 2.983 | 1.122 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.480 | 0 | 10.125 | 3.808 |
| 14:1 | g | | | | |
| 16:1 | g | 0.380 | 0 | 0.859 | 0.323 |
| 18:1 | g | 4.090 | 0 | 9.243 | 3.476 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.360 | 0 | 0.814 | 0.306 |
| 18:2 | g | 0.290 | 0 | 0.655 | 0.247 |
| 18:3 | g | 0.030 | 0 | 0.068 | 0.026 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.090 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 86 | 0 | 194 | 73 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.331 | 0 | 0.748 | 0.281 |
| Threonine | g | 1.292 | 0 | 2.920 | 1.098 |
| Isoleucine | g | 1.330 | 0 | 3.006 | 1.131 |
| Leucine | g | 2.338 | 0 | 5.284 | 1.987 |
| Lysine | g | 2.461 | 0 | 5.562 | 2.092 |
| Methionine | g | 0.757 | 0 | 1.711 | 0.643 |
| Cystine | g | 0.331 | 0 | 0.748 | 0.281 |
| Phenylalanine | g | 1.155 | 0 | 2.610 | 0.982 |
| Tyrosine | g | 0.994 | 0 | 2.246 | 0.845 |
| Valine | g | 1.439 | 0 | 3.252 | 1.223 |
| Arginine | g | 1.869 | 0 | 4.224 | 1.589 |
| Histidine | g | 1.013 | 0 | 2.289 | 0.861 |
| Alanine | g | 1.784 | 0 | 4.032 | 1.516 |
| Aspartic acid | g | 2.702 | 0 | 6.107 | 2.297 |
| Glutamic acid | g | 4.444 | 0 | 10.043 | 3.777 |
| Glycine | g | 1.614 | 0 | 3.648 | 1.372 |
| Proline | g | 1.306 | 0 | 2.952 | 1.110 |
| Serine | g | 1.131 | 0 | 2.556 | 0.961 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13015 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, select, raw

**Refuse:** 28% 11% bone, 17% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 70.93 | | 0 | 20.11 | 321.74 | |
| Energy | kcal | 141 | | 0 | 40 | 640 | |
| Energy | kj | 590 | | 0 | 167 | 2676 | |
| Protein (N x 5.95) | g | 20.67 | | 0 | 5.86 | 93.76 | |
| Total lipid (fat) | g | 5.84 | | 0 | 1.66 | 26.49 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.02 | | 0 | 0.29 | 4.63 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 2 | 27 | |
| Iron | mg | 2.12 | | 0 | 0.60 | 9.62 | |
| Magnesium | mg | 22 | | 0 | 6 | 100 | |
| Phosphorus | mg | 198 | | 0 | 56 | 898 | |
| Potassium | mg | 354 | | 0 | 100 | 1606 | |
| Sodium | mg | 63 | | 0 | 18 | 286 | |
| Zinc | mg | 4.32 | | 0 | 1.22 | 19.60 | |
| Copper | mg | 0.078 | | 0 | 0.022 | 0.354 | |
| Manganese | mg | 0.014 | | 0 | 0.004 | 0.064 | |
| Selenium | :g | 13.3 | | 0 | 3.8 | 60.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.180 | | 0 | 0.051 | 0.816 | |
| Niacin | mg | 3.570 | | 0 | 1.012 | 16.194 | |
| Pantothenic acid | mg | 0.360 | | 0 | 0.102 | 1.633 | |
| Vitamin B-6 | mg | 0.430 | | 0 | 0.122 | 1.950 | |
| Folate | :g | 7 | | 0 | 2 | 32 | |
| Vitamin B-12 | :g | 3.24 | | 0 | 0.92 | 14.70 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.230 | | 0 | 0.632 | 10.115 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.160 | | 0 | 0.045 | 0.726 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.350 | | 0 | 0.383 | 6.124 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.700 | | 0 | 0.198 | 3.175 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.480 | 0 | 0.703 | 11.249 |
| 14:1 | g | | | | |
| 16:1 | g | 0.230 | 0 | 0.065 | 1.043 |
| 18:1 | g | 2.240 | 0 | 0.635 | 10.161 |
| 20:1 | g | 0.010 | 0 | 0.003 | 0.045 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.230 | 0 | 0.065 | 1.043 |
| 18:2 | g | 0.180 | 0 | 0.051 | 0.816 |
| 18:3 | g | 0.020 | 0 | 0.006 | 0.091 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 60 | 0 | 17 | 272 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.232 | 0 | 0.066 | 1.052 |
| Threonine | g | 0.903 | 0 | 0.256 | 4.096 |
| Isoleucine | g | 0.929 | 0 | 0.263 | 4.214 |
| Leucine | g | 1.634 | 0 | 0.463 | 7.412 |
| Lysine | g | 1.720 | 0 | 0.488 | 7.802 |
| Methionine | g | 0.529 | 0 | 0.150 | 2.400 |
| Cystine | g | 0.232 | 0 | 0.066 | 1.052 |
| Phenylalanine | g | 0.807 | 0 | 0.229 | 3.661 |
| Tyrosine | g | 0.695 | 0 | 0.197 | 3.153 |
| Valine | g | 1.005 | 0 | 0.285 | 4.559 |
| Arginine | g | 1.306 | 0 | 0.370 | 5.924 |
| Histidine | g | 0.708 | 0 | 0.201 | 3.211 |
| Alanine | g | 1.247 | 0 | 0.354 | 5.656 |
| Aspartic acid | g | 1.888 | 0 | 0.535 | 8.564 |
| Glutamic acid | g | 3.105 | 0 | 0.880 | 14.084 |
| Glycine | g | 1.128 | 0 | 0.320 | 5.117 |
| Proline | g | 0.913 | 0 | 0.259 | 4.141 |
| Serine | g | 0.790 | 0 | 0.224 | 3.583 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13016 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, select, cooked

**Refuse:** 3% 14% bone, 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 | Samples | Measure 1* 232g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.96 | | 0 | 139.11 | 50.97 | |
| Energy | kcal | 205 | | 0 | 476 | 174 | |
| Energy | kj | 858 | | 0 | 1991 | 729 | |
| Protein (N x 5.95) | g | 29.59 | | 0 | 68.65 | 25.15 | |
| Total lipid (fat) | g | 8.76 | | 0 | 20.32 | 7.45 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.20 | | 0 | 2.78 | 1.02 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 21 | 8 | |
| Iron | mg | 2.99 | | 0 | 6.94 | 2.54 | |
| Magnesium | mg | 26 | | 0 | 60 | 22 | |
| Phosphorus | mg | 233 | | 0 | 541 | 198 | |
| Potassium | mg | 359 | | 0 | 833 | 305 | |
| Sodium | mg | 67 | | 0 | 155 | 57 | |
| Zinc | mg | 6.94 | | 0 | 16.10 | 5.90 | |
| Copper | mg | 0.125 | | 0 | 0.290 | 0.106 | |
| Manganese | mg | 0.017 | | 0 | 0.039 | 0.014 | |
| Selenium | :g | 20.7 | | 0 | 48.0 | 17.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.232 | 0.085 | |
| Riboflavin | mg | 0.240 | | 0 | 0.557 | 0.204 | |
| Niacin | mg | 4.130 | | 0 | 9.582 | 3.510 | |
| Pantothenic acid | mg | 0.400 | | 0 | 0.928 | 0.340 | |
| Vitamin B-6 | mg | 0.370 | | 0 | 0.858 | 0.315 | |
| Folate | :g | 8 | | 0 | 19 | 7 | |
| Vitamin B-12 | :g | 2.64 | | 0 | 6.12 | 2.24 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.350 | | 0 | 7.772 | 2.848 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.023 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.023 | 0.009 | |
| 14:0 | g | 0.250 | | 0 | 0.580 | 0.213 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.990 | | 0 | 4.617 | 1.692 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.080 | | 0 | 2.506 | 0.918 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.690 | 0 | 8.561 | 3.136 |
| 14:1 | g | | | | |
| 16:1 | g | 0.310 | 0 | 0.719 | 0.264 |
| 18:1 | g | 3.360 | 0 | 7.795 | 2.856 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.300 | 0 | 0.696 | 0.255 |
| 18:2 | g | 0.240 | 0 | 0.557 | 0.204 |
| 18:3 | g | 0.030 | 0 | 0.070 | 0.026 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.070 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 86 | 0 | 200 | 73 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.331 | 0 | 0.768 | 0.281 |
| Threonine | g | 1.292 | 0 | 2.997 | 1.098 |
| Isoleucine | g | 1.330 | 0 | 3.086 | 1.131 |
| Leucine | g | 2.339 | 0 | 5.426 | 1.988 |
| Lysine | g | 2.462 | 0 | 5.712 | 2.093 |
| Methionine | g | 0.757 | 0 | 1.756 | 0.643 |
| Cystine | g | 0.331 | 0 | 0.768 | 0.281 |
| Phenylalanine | g | 1.155 | 0 | 2.680 | 0.982 |
| Tyrosine | g | 0.994 | 0 | 2.306 | 0.845 |
| Valine | g | 1.439 | 0 | 3.338 | 1.223 |
| Arginine | g | 1.870 | 0 | 4.338 | 1.590 |
| Histidine | g | 1.013 | 0 | 2.350 | 0.861 |
| Alanine | g | 1.785 | 0 | 4.141 | 1.517 |
| Aspartic acid | g | 2.703 | 0 | 6.271 | 2.298 |
| Glutamic acid | g | 4.445 | 0 | 10.312 | 3.778 |
| Glycine | g | 1.614 | 0 | 3.744 | 1.372 |
| Proline | g | 1.307 | 0 | 3.032 | 1.111 |
| Serine | g | 1.131 | 0 | 2.624 | 0.961 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13017 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, prime, raw

**Refuse:** 22% 9% bone, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 68.59 | | 0 | 19.45 | 311.12 | |
| Energy | kcal | 178 | | 0 | 50 | 807 | |
| Energy | kj | 745 | | 0 | 211 | 3379 | |
| Protein (N x 5.95) | g | 21.16 | | 0 | 6.00 | 95.98 | |
| Total lipid (fat) | g | 9.69 | | 0 | 2.75 | 43.95 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.00 | | 0 | 0.28 | 4.54 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 2 | 27 | |
| Iron | mg | 2.08 | | 0 | 0.59 | 9.43 | |
| Magnesium | mg | 23 | | 0 | 7 | 104 | |
| Phosphorus | mg | 201 | | 0 | 57 | 912 | |
| Potassium | mg | 363 | | 0 | 103 | 1647 | |
| Sodium | mg | 60 | | 0 | 17 | 272 | |
| Zinc | mg | 4.06 | | 0 | 1.15 | 18.42 | |
| Copper | mg | 0.077 | | 0 | 0.022 | 0.349 | |
| Manganese | mg | 0.014 | | 0 | 0.004 | 0.064 | |
| Selenium | :g | 18.7 | | 0 | 5.3 | 84.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.028 | 0.454 | |
| Riboflavin | mg | 0.170 | | 0 | 0.048 | 0.771 | |
| Niacin | mg | 3.860 | | 0 | 1.094 | 17.509 | |
| Pantothenic acid | mg | 0.360 | | 0 | 0.102 | 1.633 | |
| Vitamin B-6 | mg | 0.440 | | 0 | 0.125 | 1.996 | |
| Folate | :g | 7 | | 0 | 2 | 32 | |
| Vitamin B-12 | :g | 3.15 | | 0 | 0.89 | 14.29 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.870 | | 0 | 1.097 | 17.554 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.010 | | 0 | 0.003 | 0.045 | |
| 14:0 | g | 0.270 | | 0 | 0.077 | 1.225 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.230 | | 0 | 0.632 | 10.115 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.170 | | 0 | 0.332 | 5.307 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.170 | 0 | 1.182 | 18.915 |
| 14:1 | g | | | | |
| 16:1 | g | 0.340 | 0 | 0.096 | 1.542 |
| 18:1 | g | 3.650 | 0 | 1.035 | 16.556 |
| 20:1 | g | 0.010 | 0 | 0.003 | 0.045 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.390 | 0 | 0.111 | 1.769 |
| 18:2 | g | 0.310 | 0 | 0.088 | 1.406 |
| 18:3 | g | 0.020 | 0 | 0.006 | 0.091 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 0 | 0.014 | 0.227 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 59 | 0 | 17 | 268 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.237 | 0 | 0.067 | 1.075 |
| Threonine | g | 0.924 | 0 | 0.262 | 4.191 |
| Isoleucine | g | 0.951 | 0 | 0.270 | 4.314 |
| Leucine | g | 1.672 | 0 | 0.474 | 7.584 |
| Lysine | g | 1.760 | 0 | 0.499 | 7.983 |
| Methionine | g | 0.542 | 0 | 0.154 | 2.459 |
| Cystine | g | 0.237 | 0 | 0.067 | 1.075 |
| Phenylalanine | g | 0.826 | 0 | 0.234 | 3.747 |
| Tyrosine | g | 0.711 | 0 | 0.202 | 3.225 |
| Valine | g | 1.029 | 0 | 0.292 | 4.668 |
| Arginine | g | 1.337 | 0 | 0.379 | 6.065 |
| Histidine | g | 0.725 | 0 | 0.206 | 3.289 |
| Alanine | g | 1.276 | 0 | 0.362 | 5.788 |
| Aspartic acid | g | 1.933 | 0 | 0.548 | 8.768 |
| Glutamic acid | g | 3.179 | 0 | 0.901 | 14.420 |
| Glycine | g | 1.154 | 0 | 0.327 | 5.235 |
| Proline | g | 0.934 | 0 | 0.265 | 4.237 |
| Serine | g | 0.809 | 0 | 0.229 | 3.670 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13018 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, prime, cooked

**Refuse:** 28% 12% bone, 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 | Samples | Measure 1* 236g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.02 | | 0 | 136.93 | 49.32 | |
| Energy | kcal | 241 | | 0 | 569 | 205 | |
| Energy | kj | 1008 | | 0 | 2379 | 857 | |
| Protein (N x 5.95) | g | 29.04 | | 0 | 68.53 | 24.68 | |
| Total lipid (fat) | g | 12.98 | | 0 | 30.63 | 11.03 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.23 | | 0 | 2.90 | 1.05 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 19 | 7 | |
| Iron | mg | 2.84 | | 0 | 6.70 | 2.41 | |
| Magnesium | mg | 28 | | 0 | 66 | 24 | |
| Phosphorus | mg | 227 | | 0 | 536 | 193 | |
| Potassium | mg | 398 | | 0 | 939 | 338 | |
| Sodium | mg | 67 | | 0 | 158 | 57 | |
| Zinc | mg | 6.67 | | 0 | 15.74 | 5.67 | |
| Copper | mg | 0.117 | | 0 | 0.276 | 0.099 | |
| Manganese | mg | 0.017 | | 0 | 0.040 | 0.014 | |
| Selenium | :g | 25.2 | | 0 | 59.5 | 21.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.236 | 0.085 | |
| Riboflavin | mg | 0.250 | | 0 | 0.590 | 0.213 | |
| Niacin | mg | 4.760 | | 0 | 11.234 | 4.046 | |
| Pantothenic acid | mg | 0.430 | | 0 | 1.015 | 0.366 | |
| Vitamin B-6 | mg | 0.410 | | 0 | 0.968 | 0.349 | |
| Folate | :g | 9 | | 0 | 21 | 8 | |
| Vitamin B-12 | :g | 2.82 | | 0 | 6.66 | 2.40 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.200 | | 0 | 12.272 | 4.420 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.024 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.024 | 0.009 | |
| 14:0 | g | 0.370 | | 0 | 0.873 | 0.315 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.940 | | 0 | 6.938 | 2.499 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.630 | | 0 | 3.847 | 1.385 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.500 | 0 | 12.980 | 4.675 |
| 14:1 | g | | | | |
| 16:1 | g | 0.430 | 0 | 1.015 | 0.366 |
| 18:1 | g | 4.870 | 0 | 11.493 | 4.139 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.460 | 0 | 1.086 | 0.391 |
| 18:2 | g | 0.360 | 0 | 0.850 | 0.306 |
| 18:3 | g | 0.030 | 0 | 0.071 | 0.026 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 0 | 0.118 | 0.043 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 82 | 0 | 194 | 70 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.325 | 0 | 0.767 | 0.276 |
| Threonine | g | 1.269 | 0 | 2.995 | 1.079 |
| Isoleucine | g | 1.306 | 0 | 3.082 | 1.110 |
| Leucine | g | 2.296 | 0 | 5.419 | 1.952 |
| Lysine | g | 2.416 | 0 | 5.702 | 2.054 |
| Methionine | g | 0.743 | 0 | 1.753 | 0.632 |
| Cystine | g | 0.325 | 0 | 0.767 | 0.276 |
| Phenylalanine | g | 1.134 | 0 | 2.676 | 0.964 |
| Tyrosine | g | 0.976 | 0 | 2.303 | 0.830 |
| Valine | g | 1.413 | 0 | 3.335 | 1.201 |
| Arginine | g | 1.835 | 0 | 4.331 | 1.560 |
| Histidine | g | 0.994 | 0 | 2.346 | 0.845 |
| Alanine | g | 1.752 | 0 | 4.135 | 1.489 |
| Aspartic acid | g | 2.653 | 0 | 6.261 | 2.255 |
| Glutamic acid | g | 4.363 | 0 | 10.297 | 3.709 |
| Glycine | g | 1.585 | 0 | 3.741 | 1.347 |
| Proline | g | 1.283 | 0 | 3.028 | 1.091 |
| Serine | g | 1.111 | 0 | 2.622 | 0.944 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13019 Beef, retail cuts, separable fat, 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 | Samples | Measure 1* 28g | Measure 2* 113g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 20.21 | 0.958 | 12 | 5.73 | 22.84 | |
| Energy | kcal | 674 | | 0 | 191 | 762 | |
| Energy | kj | 2820 | | 0 | 799 | 3187 | |
| Protein (N x 5.95) | g | 8.21 | 0.505 | 6 | 2.33 | 9.28 | |
| Total lipid (fat) | g | 70.89 | 0.587 | 12 | 20.10 | 80.11 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.28 | 0.029 | 6 | 0.08 | 0.32 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 1 | 3 | 11 | |
| Iron | mg | 0.75 | 0.038 | 6 | 0.21 | 0.85 | |
| Magnesium | mg | 3 | 0.274 | 6 | 1 | 3 | |
| Phosphorus | mg | 68 | | 0 | 19 | 77 | |
| Potassium | mg | 66 | 2.617 | 6 | 19 | 75 | |
| Sodium | mg | 29 | 2.432 | 6 | 8 | 33 | |
| Zinc | mg | 1.00 | | 1 | 0.28 | 1.13 | |
| Copper | mg | 0.033 | | 0 | 0.009 | 0.037 | |
| Manganese | mg | 0.006 | | 0 | 0.002 | 0.007 | |
| Selenium | ：g | 13.9 | 2.522 | 5 | 3.9 | 15.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.040 | | 0 | 0.011 | 0.045 | |
| Riboflavin | mg | 0.070 | | 0 | 0.020 | 0.079 | |
| Niacin | mg | 1.420 | | 0 | 0.403 | 1.605 | |
| Pantothenic acid | mg | 0.140 | | 0 | 0.040 | 0.158 | |
| Vitamin B-6 | mg | 0.170 | | 0 | 0.048 | 0.192 | |
| Folate | ：g | 3 | | 0 | 1 | 3 | |
| Vitamin B-12 | ：g | 1.46 | 0.060 | 12 | 0.41 | 1.65 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 29.450 | | 0 | 8.349 | 33.279 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.310 | | 73 | 0.088 | 0.350 | |
| 12:0 | g | 0.210 | | 86 | 0.060 | 0.237 | |
| 14:0 | g | 2.390 | | 500 | 0.678 | 2.701 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 17.730 | | 513 | 5.026 | 20.035 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 8.810 | | 517 | 2.498 | 9.955 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 30.940 | | 0 | 8.771 | 34.962 |
| 14:1 | g | | | | | |
| 16:1 | g | 3.880 | | 513 | 1.100 | 4.384 |
| 18:1 | g | 26.950 | | 517 | 7.640 | 30.453 |
| 20:1 | g | 0.110 | | 11 | 0.031 | 0.124 |
| 22.1 | g | | | | | |
| Polyunsaturated, total | g | 2.560 | | 0 | 0.726 | 2.893 |
| 18:2 | g | 1.490 | | 503 | 0.422 | 1.684 |
| 18:3 | g | 1.070 | | 169 | 0.303 | 1.209 |
| 18:4 | g | | | | | |
| 20:4 | g | 0.000 | | 19 | 0.000 | 0.000 |
| 20:5 | g | | | | | |
| 22:5 | g | | | | | |
| 22:6 | g | | | | | |
| Cholesterol | mg | 99 | 3.923 | 13 | 28 | 112 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.092 | | 18 | 0.026 | 0.104 |
| Threonine | g | 0.359 | | 18 | 0.102 | 0.406 |
| Isoleucine | g | 0.369 | | 18 | 0.105 | 0.417 |
| Leucine | g | 0.649 | | 18 | 0.184 | 0.733 |
| Lysine | g | 0.683 | | 18 | 0.194 | 0.772 |
| Methionine | g | 0.210 | | 18 | 0.060 | 0.237 |
| Cystine | g | 0.092 | | 18 | 0.026 | 0.104 |
| Phenylalanine | g | 0.321 | | 18 | 0.091 | 0.363 |
| Tyrosine | g | 0.276 | | 18 | 0.078 | 0.312 |
| Valine | g | 0.399 | | 18 | 0.113 | 0.451 |
| Arginine | g | 0.519 | | 18 | 0.147 | 0.586 |
| Histidine | g | 0.281 | | 18 | 0.080 | 0.318 |
| Alanine | g | 0.495 | | 18 | 0.140 | 0.559 |
| Aspartic acid | g | 0.750 | | 18 | 0.213 | 0.848 |
| Glutamic acid | g | 1.234 | | 18 | 0.350 | 1.394 |
| Glycine | g | 0.448 | | 18 | 0.127 | 0.506 |
| Proline | g | 0.363 | | 18 | 0.103 | 0.410 |
| Serine | g | 0.314 | | 18 | 0.089 | 0.355 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

## 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 | Samples | Measure 1* 28g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 18.58 | 1.493 | 6 | 5.27 | 15.79 | |
| Energy | kcal | 680 | | 0 | 193 | 578 | |
| Energy | kj | 2845 | | 0 | 807 | 2418 | |
| Protein (N x 5.95) | g | 10.65 | 1.038 | 6 | 3.02 | 9.05 | |
| Total lipid (fat) | g | 70.33 | 2.098 | 6 | 19.94 | 59.78 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.45 | 0.038 | 6 | 0.13 | 0.38 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 14 | | 1 | 4 | 12 | |
| Iron | mg | 1.06 | 0.084 | 6 | 0.30 | 0.90 | |
| Magnesium | mg | 6 | 0.750 | 6 | 2 | 5 | |
| Phosphorus | mg | 76 | | 1 | 22 | 65 | |
| Potassium | mg | 119 | 12.656 | 6 | 34 | 101 | |
| Sodium | mg | 41 | 3.318 | 6 | 12 | 35 | |
| Zinc | mg | 1.40 | | 1 | 0.40 | 1.19 | |
| Copper | mg | 0.045 | | 1 | 0.013 | 0.038 | |
| Manganese | mg | 0.007 | | 1 | 0.002 | 0.006 | |
| Selenium | :g | 17.3 | | 0 | 4.9 | 14.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.030 | | 1 | 0.009 | 0.026 | |
| Riboflavin | mg | 0.090 | | 1 | 0.026 | 0.077 | |
| Niacin | mg | 1.550 | | 1 | 0.439 | 1.317 | |
| Pantothenic acid | mg | 0.150 | | 1 | 0.043 | 0.128 | |
| Vitamin B-6 | mg | 0.140 | | 1 | 0.040 | 0.119 | |
| Folate | :g | 3 | | 1 | 1 | 3 | |
| Vitamin B-12 | :g | 1.62 | 0.085 | 6 | 0.46 | 1.38 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.460 | | 0 | 0.130 | 0.391 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 28.500 | | 0 | 8.080 | 24.225 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.270 | | 33 | 0.077 | 0.230 | |
| 12:0 | g | 0.250 | | 33 | 0.071 | 0.213 | |
| 14:0 | g | 2.350 | | 33 | 0.666 | 1.998 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 17.770 | | 33 | 5.038 | 15.104 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 7.860 | | 33 | 2.228 | 6.681 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 30.450 | | 0 | 8.633 | 25.883 |
| 14:1 | g | | | | | |
| 16:1 | g | 3.140 | | 33 | 0.890 | 2.669 |
| 18:1 | g | 27.140 | | 33 | 7.694 | 23.069 |
| 20:1 | g | 0.170 | | 33 | 0.048 | 0.145 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 2.660 | | 0 | 0.754 | 2.261 |
| 18:2 | g | 1.620 | | 33 | 0.459 | 1.377 |
| 18:3 | g | 1.040 | | 33 | 0.295 | 0.884 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.000 | | 33 | 0.000 | 0.000 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 95 | 3.877 | 6 | 27 | 81 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.119 | | 0 | 0.034 | 0.101 |
| Threonine | g | 0.465 | | 0 | 0.132 | 0.395 |
| Isoleucine | g | 0.479 | | 0 | 0.136 | 0.407 |
| Leucine | g | 0.842 | | 0 | 0.239 | 0.716 |
| Lysine | g | 0.886 | | 0 | 0.251 | 0.753 |
| Methionine | g | 0.273 | | 0 | 0.077 | 0.232 |
| Cystine | g | 0.119 | | 0 | 0.034 | 0.101 |
| Phenylalanine | g | 0.416 | | 0 | 0.118 | 0.354 |
| Tyrosine | g | 0.358 | | 0 | 0.101 | 0.304 |
| Valine | g | 0.518 | | 0 | 0.147 | 0.440 |
| Arginine | g | 0.673 | | 0 | 0.191 | 0.572 |
| Histidine | g | 0.365 | | 0 | 0.103 | 0.310 |
| Alanine | g | 0.642 | | 0 | 0.182 | 0.546 |
| Aspartic acid | g | 0.973 | | 0 | 0.276 | 0.827 |
| Glutamic acid | g | 1.600 | | 0 | 0.454 | 1.360 |
| Glycine | g | 0.581 | | 0 | 0.165 | 0.494 |
| Proline | g | 0.470 | | 0 | 0.133 | 0.400 |
| Serine | g | 0.407 | | 0 | 0.115 | 0.346 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 3 oz

## NDB No. 13021 Beef, brisket, whole, separable lean and fat, trimmed to 1/4" fat, all grades, raw

**Refuse:** 0% Connective tissue

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 55.18 | | 0 | 15.64 | 250.30 | |
| Energy | kcal | 312 | | 0 | 88 | 1415 | |
| Energy | kj | 1305 | | 0 | 370 | 5919 | |
| Protein (N x 5.95) | g | 16.94 | | 0 | 4.80 | 76.84 | |
| Total lipid (fat) | g | 26.54 | | 0 | 7.52 | 120.39 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.80 | | 0 | 0.23 | 3.63 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 2 | 32 | |
| Iron | mg | 1.57 | | 0 | 0.45 | 7.12 | |
| Magnesium | mg | 17 | | 0 | 5 | 77 | |
| Phosphorus | mg | 161 | | 0 | 46 | 730 | |
| Potassium | mg | 250 | | 0 | 71 | 1134 | |
| Sodium | mg | 64 | | 0 | 18 | 290 | |
| Zinc | mg | 3.31 | | 0 | 0.94 | 15.01 | |
| Copper | mg | 0.065 | | 0 | 0.018 | 0.295 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.054 | |
| Selenium | :g | 15.6 | | 0 | 4.4 | 70.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.023 | 0.363 | |
| Riboflavin | mg | 0.140 | | 0 | 0.040 | 0.635 | |
| Niacin | mg | 3.180 | | 0 | 0.902 | 14.424 | |
| Pantothenic acid | mg | 0.280 | | 0 | 0.079 | 1.270 | |
| Vitamin B-6 | mg | 0.350 | | 0 | 0.099 | 1.588 | |
| Folate | :g | 6 | | 0 | 2 | 27 | |
| Vitamin B-12 | :g | 2.13 | | 0 | 0.60 | 9.66 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 10.690 | | 0 | 3.031 | 48.490 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.100 | | 0 | 0.028 | 0.454 | |
| 12:0 | g | 0.070 | | 0 | 0.020 | 0.318 | |
| 14:0 | g | 0.870 | | 0 | 0.247 | 3.946 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.490 | | 0 | 1.840 | 29.439 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.170 | | 0 | 0.899 | 14.379 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 11.750 | 0 | 3.331 | 53.298 |
| 14:1 | g | | | | |
| 16:1 | g | 1.420 | 0 | 0.403 | 6.441 |
| 18:1 | g | 10.300 | 0 | 2.920 | 46.721 |
| 20:1 | g | 0.040 | 0 | 0.011 | 0.181 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.930 | 0 | 0.264 | 4.218 |
| 18:2 | g | 0.580 | 0 | 0.164 | 2.631 |
| 18:3 | g | 0.330 | 0 | 0.094 | 1.497 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 73 | 0 | 21 | 331 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.190 | 0 | 0.054 | 0.862 |
| Threonine | g | 0.740 | 0 | 0.210 | 3.357 |
| Isoleucine | g | 0.762 | 0 | 0.216 | 3.456 |
| Leucine | g | 1.339 | 0 | 0.380 | 6.074 |
| Lysine | g | 1.410 | 0 | 0.400 | 6.396 |
| Methionine | g | 0.434 | 0 | 0.123 | 1.969 |
| Cystine | g | 0.190 | 0 | 0.054 | 0.862 |
| Phenylalanine | g | 0.662 | 0 | 0.188 | 3.003 |
| Tyrosine | g | 0.569 | 0 | 0.161 | 2.581 |
| Valine | g | 0.824 | 0 | 0.234 | 3.738 |
| Arginine | g | 1.071 | 0 | 0.304 | 4.858 |
| Histidine | g | 0.580 | 0 | 0.164 | 2.631 |
| Alanine | g | 1.022 | 0 | 0.290 | 4.636 |
| Aspartic acid | g | 1.548 | 0 | 0.439 | 7.022 |
| Glutamic acid | g | 2.546 | 0 | 0.722 | 11.549 |
| Glycine | g | 0.924 | 0 | 0.262 | 4.191 |
| Proline | g | 0.748 | 0 | 0.212 | 3.393 |
| Serine | g | 0.648 | 0 | 0.184 | 2.939 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13022 Beef, brisket, whole, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised

**Refuse:** 0% Connective tissue

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 330g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 44.82 | | 0 | 147.91 | 38.10 | |
| Energy | kcal | 385 | | 0 | 1271 | 327 | |
| Energy | kj | 1611 | | 0 | 5316 | 1369 | |
| Protein (N x 5.95) | g | 23.50 | | 0 | 77.55 | 19.98 | |
| Total lipid (fat) | g | 31.56 | | 0 | 104.15 | 26.83 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.85 | | 0 | 2.81 | 0.72 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 26 | 7 | |
| Iron | mg | 2.24 | | 0 | 7.39 | 1.90 | |
| Magnesium | mg | 18 | | 0 | 59 | 15 | |
| Phosphorus | mg | 187 | | 0 | 617 | 159 | |
| Potassium | mg | 231 | | 0 | 762 | 196 | |
| Sodium | mg | 61 | | 0 | 201 | 52 | |
| Zinc | mg | 5.10 | | 0 | 16.83 | 4.33 | |
| Copper | mg | 0.095 | | 0 | 0.314 | 0.081 | |
| Manganese | mg | 0.014 | | 0 | 0.046 | 0.012 | |
| Selenium | :g | 22.3 | | 0 | 73.6 | 19.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.060 | | 0 | 0.198 | 0.051 | |
| Riboflavin | mg | 0.180 | | 0 | 0.594 | 0.153 | |
| Niacin | mg | 3.000 | | 0 | 9.900 | 2.550 | |
| Pantothenic acid | mg | 0.290 | | 0 | 0.957 | 0.247 | |
| Vitamin B-6 | mg | 0.240 | | 0 | 0.792 | 0.204 | |
| Folate | :g | 6 | | 0 | 20 | 5 | |
| Vitamin B-12 | :g | 2.28 | | 0 | 7.52 | 1.94 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.240 | | 0 | 0.792 | 0.204 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 12.380 | | 0 | 40.854 | 10.523 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.090 | | 0 | 0.297 | 0.077 | |
| 12:0 | g | 0.080 | | 0 | 0.264 | 0.068 | |
| 14:0 | g | 1.030 | | 0 | 3.399 | 0.876 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 7.700 | | 0 | 25.410 | 6.545 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.470 | | 0 | 11.451 | 2.950 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 13.900 | 0 | 45.870 | 11.815 |
| 14:1 | g | | | | |
| 16:1 | g | 1.420 | 0 | 4.686 | 1.207 |
| 18:1 | g | 12.420 | 0 | 40.986 | 10.557 |
| 20:1 | g | 0.060 | 0 | 0.198 | 0.051 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.130 | 0 | 3.729 | 0.961 |
| 18:2 | g | 0.740 | 0 | 2.442 | 0.629 |
| 18:3 | g | 0.360 | 0 | 1.188 | 0.306 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.099 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 94 | 0 | 310 | 80 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.263 | 0 | 0.868 | 0.224 |
| Threonine | g | 1.027 | 0 | 3.389 | 0.873 |
| Isoleucine | g | 1.057 | 0 | 3.488 | 0.898 |
| Leucine | g | 1.858 | 0 | 6.131 | 1.579 |
| Lysine | g | 1.956 | 0 | 6.455 | 1.663 |
| Methionine | g | 0.602 | 0 | 1.987 | 0.512 |
| Cystine | g | 0.263 | 0 | 0.868 | 0.224 |
| Phenylalanine | g | 0.918 | 0 | 3.029 | 0.780 |
| Tyrosine | g | 0.790 | 0 | 2.607 | 0.672 |
| Valine | g | 1.143 | 0 | 3.772 | 0.972 |
| Arginine | g | 1.485 | 0 | 4.901 | 1.262 |
| Histidine | g | 0.805 | 0 | 2.657 | 0.684 |
| Alanine | g | 1.418 | 0 | 4.679 | 1.205 |
| Aspartic acid | g | 2.147 | 0 | 7.085 | 1.825 |
| Glutamic acid | g | 3.531 | 0 | 11.652 | 3.001 |
| Glycine | g | 1.282 | 0 | 4.231 | 1.090 |
| Proline | g | 1.038 | 0 | 3.425 | 0.882 |
| Serine | g | 0.899 | 0 | 2.967 | 0.764 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 70.29 | | 0 | 19.93 | 318.84 | |
| Energy | kcal | 155 | | 0 | 44 | 703 | |
| Energy | kj | 649 | | 0 | 184 | 2944 | |
| Protein (N x 5.95) | g | 20.72 | | 0 | 5.87 | 93.99 | |
| Total lipid (fat) | g | 7.37 | | 0 | 2.09 | 33.43 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.02 | | 0 | 0.29 | 4.63 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 0 | 1 | 23 | |
| Iron | mg | 1.92 | | 0 | 0.54 | 8.71 | |
| Magnesium | mg | 23 | | 0 | 7 | 104 | |
| Phosphorus | mg | 201 | | 0 | 57 | 912 | |
| Potassium | mg | 330 | | 0 | 94 | 1497 | |
| Sodium | mg | 79 | | 0 | 22 | 358 | |
| Zinc | mg | 4.31 | | 0 | 1.22 | 19.55 | |
| Copper | mg | 0.080 | | 0 | 0.023 | 0.363 | |
| Manganese | mg | 0.014 | | 0 | 0.004 | 0.064 | |
| Selenium | :g | 16.4 | | 0 | 4.6 | 74.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.028 | 0.454 | |
| Riboflavin | mg | 0.170 | | 0 | 0.048 | 0.771 | |
| Niacin | mg | 3.940 | | 0 | 1.117 | 17.872 | |
| Pantothenic acid | mg | 0.350 | | 0 | 0.099 | 1.588 | |
| Vitamin B-6 | mg | 0.420 | | 0 | 0.119 | 1.905 | |
| Folate | :g | 7 | | 0 | 2 | 32 | |
| Vitamin B-12 | :g | 2.43 | | 0 | 0.69 | 11.02 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.590 | | 0 | 0.734 | 11.748 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.220 | | 0 | 0.062 | 0.998 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.630 | | 0 | 0.462 | 7.394 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.730 | | 0 | 0.207 | 3.311 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.460 | 0 | 0.981 | 15.695 |
| 14:1 | g | | | | |
| 16:1 | g | 0.350 | 0 | 0.099 | 1.588 |
| 18:1 | g | 3.100 | 0 | 0.879 | 14.062 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.230 | 0 | 0.065 | 1.043 |
| 18:2 | g | 0.180 | 0 | 0.051 | 0.816 |
| 18:3 | g | 0.020 | 0 | 0.006 | 0.091 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 62 | 0 | 18 | 281 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.232 | 0 | 0.066 | 1.052 |
| Threonine | g | 0.905 | 0 | 0.257 | 4.105 |
| Isoleucine | g | 0.931 | 0 | 0.264 | 4.223 |
| Leucine | g | 1.637 | 0 | 0.464 | 7.425 |
| Lysine | g | 1.724 | 0 | 0.489 | 7.820 |
| Methionine | g | 0.530 | 0 | 0.150 | 2.404 |
| Cystine | g | 0.232 | 0 | 0.066 | 1.052 |
| Phenylalanine | g | 0.809 | 0 | 0.229 | 3.670 |
| Tyrosine | g | 0.696 | 0 | 0.197 | 3.157 |
| Valine | g | 1.008 | 0 | 0.286 | 4.572 |
| Arginine | g | 1.309 | 0 | 0.371 | 5.938 |
| Histidine | g | 0.709 | 0 | 0.201 | 3.216 |
| Alanine | g | 1.250 | 0 | 0.354 | 5.670 |
| Aspartic acid | g | 1.893 | 0 | 0.537 | 8.587 |
| Glutamic acid | g | 3.112 | 0 | 0.882 | 14.116 |
| Glycine | g | 1.130 | 0 | 0.320 | 5.126 |
| Proline | g | 0.915 | 0 | 0.259 | 4.150 |
| Serine | g | 0.792 | 0 | 0.225 | 3.593 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13024 Beef, brisket, whole, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

**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 | Samples | Measure 1* 232g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 57.52 | | 0 | 133.45 | 48.89 | |
| Energy | kcal | 242 | | 0 | 561 | 206 | |
| Energy | kj | 1013 | | 0 | 2350 | 861 | |
| Protein (N x 5.95) | g | 29.75 | | 0 | 69.02 | 25.29 | |
| Total lipid (fat) | g | 12.76 | | 0 | 29.60 | 10.85 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.04 | | 0 | 2.41 | 0.88 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 14 | 5 | |
| Iron | mg | 2.81 | | 0 | 6.52 | 2.39 | |
| Magnesium | mg | 23 | | 0 | 53 | 20 | |
| Phosphorus | mg | 241 | | 0 | 559 | 205 | |
| Potassium | mg | 285 | | 0 | 661 | 242 | |
| Sodium | mg | 70 | | 0 | 162 | 60 | |
| Zinc | mg | 6.89 | | 0 | 15.98 | 5.86 | |
| Copper | mg | 0.119 | | 0 | 0.276 | 0.101 | |
| Manganese | mg | 0.017 | | 0 | 0.039 | 0.014 | |
| Selenium | :g | 24.5 | | 0 | 56.8 | 20.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.162 | 0.060 | |
| Riboflavin | mg | 0.220 | | 0 | 0.510 | 0.187 | |
| Niacin | mg | 3.710 | | 0 | 8.607 | 3.154 | |
| Pantothenic acid | mg | 0.360 | | 0 | 0.835 | 0.306 | |
| Vitamin B-6 | mg | 0.290 | | 0 | 0.673 | 0.247 | |
| Folate | :g | 8 | | 0 | 19 | 7 | |
| Vitamin B-12 | :g | 2.60 | | 0 | 6.03 | 2.21 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.325 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.560 | | 0 | 10.579 | 3.876 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.023 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.023 | 0.009 | |
| 14:0 | g | 0.380 | | 0 | 0.882 | 0.323 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.820 | | 0 | 6.542 | 2.397 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.350 | | 0 | 3.132 | 1.148 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.870 | 0 | 13.618 | 4.989 |
| 14:1 | g | | | | |
| 16:1 | g | 0.580 | 0 | 1.346 | 0.493 |
| 18:1 | g | 5.280 | 0 | 12.250 | 4.488 |
| 20:1 | g | 0.010 | 0 | 0.023 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.390 | 0 | 0.905 | 0.331 |
| 18:2 | g | 0.310 | 0 | 0.719 | 0.264 |
| 18:3 | g | 0.030 | 0 | 0.070 | 0.026 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 0 | 0.116 | 0.043 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 93 | 0 | 216 | 79 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.333 | 0 | 0.773 | 0.283 |
| Threonine | g | 1.299 | 0 | 3.014 | 1.104 |
| Isoleucine | g | 1.338 | 0 | 3.104 | 1.137 |
| Leucine | g | 2.351 | 0 | 5.454 | 1.998 |
| Lysine | g | 2.475 | 0 | 5.742 | 2.104 |
| Methionine | g | 0.762 | 0 | 1.768 | 0.648 |
| Cystine | g | 0.333 | 0 | 0.773 | 0.283 |
| Phenylalanine | g | 1.161 | 0 | 2.694 | 0.987 |
| Tyrosine | g | 1.000 | 0 | 2.320 | 0.850 |
| Valine | g | 1.447 | 0 | 3.357 | 1.230 |
| Arginine | g | 1.880 | 0 | 4.362 | 1.598 |
| Histidine | g | 1.019 | 0 | 2.364 | 0.866 |
| Alanine | g | 1.794 | 0 | 4.162 | 1.525 |
| Aspartic acid | g | 2.718 | 0 | 6.306 | 2.310 |
| Glutamic acid | g | 4.470 | 0 | 10.370 | 3.800 |
| Glycine | g | 1.623 | 0 | 3.765 | 1.380 |
| Proline | g | 1.314 | 0 | 3.048 | 1.117 |
| Serine | g | 1.138 | 0 | 2.640 | 0.967 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13025 Beef, brisket, flat half, separable lean and fat, trimmed to 1/4" fat, all grades, 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 | Samples | Measure 1* 28g | Measure 2* 113g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 57.07 | | 0 | 16.18 | 64.49 | |
| Energy | kcal | 290 | | 0 | 82 | 328 | |
| Energy | kj | 1213 | | 0 | 344 | 1371 | |
| Protein (N x 5.95) | g | 17.88 | | 0 | 5.07 | 20.20 | |
| Total lipid (fat) | g | 23.67 | | 0 | 6.71 | 26.75 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.86 | | 0 | 0.24 | 0.97 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 2 | 7 | |
| Iron | mg | 1.60 | | 0 | 0.45 | 1.81 | |
| Magnesium | mg | 18 | | 0 | 5 | 20 | |
| Phosphorus | mg | 173 | | 0 | 49 | 195 | |
| Potassium | mg | 272 | | 0 | 77 | 307 | |
| Sodium | mg | 62 | | 0 | 18 | 70 | |
| Zinc | mg | 2.86 | | 0 | 0.81 | 3.23 | |
| Copper | mg | 0.066 | | 0 | 0.019 | 0.075 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.014 | |
| Selenium | :g | 16.2 | | 0 | 4.6 | 18.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.026 | 0.102 | |
| Riboflavin | mg | 0.150 | | 0 | 0.043 | 0.170 | |
| Niacin | mg | 3.560 | | 0 | 1.009 | 4.023 | |
| Pantothenic acid | mg | 0.300 | | 0 | 0.085 | 0.339 | |
| Vitamin B-6 | mg | 0.370 | | 0 | 0.105 | 0.418 | |
| Folate | :g | 6 | | 0 | 2 | 7 | |
| Vitamin B-12 | :g | 2.16 | | 0 | 0.61 | 2.44 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.400 | | 0 | 2.665 | 10.622 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.080 | | 0 | 0.023 | 0.090 | |
| 12:0 | g | 0.060 | | 0 | 0.017 | 0.068 | |
| 14:0 | g | 0.760 | | 0 | 0.215 | 0.859 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.690 | | 0 | 1.613 | 6.430 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.820 | | 0 | 0.799 | 3.187 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 10.330 | 0 | 2.929 | 11.673 |
| 14:1 | g | | | | |
| 16:1 | g | 1.240 | 0 | 0.352 | 1.401 |
| 18:1 | g | 9.060 | 0 | 2.569 | 10.238 |
| 20:1 | g | 0.030 | 0 | 0.009 | 0.034 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.860 | 0 | 0.244 | 0.972 |
| 18:2 | g | 0.530 | 0 | 0.150 | 0.599 |
| 18:3 | g | 0.300 | 0 | 0.085 | 0.339 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.034 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 70 | 0 | 20 | 79 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.200 | 0 | 0.057 | 0.226 |
| Threonine | g | 0.781 | 0 | 0.221 | 0.883 |
| Isoleucine | g | 0.804 | 0 | 0.228 | 0.909 |
| Leucine | g | 1.413 | 0 | 0.401 | 1.597 |
| Lysine | g | 1.487 | 0 | 0.422 | 1.680 |
| Methionine | g | 0.458 | 0 | 0.130 | 0.518 |
| Cystine | g | 0.200 | 0 | 0.057 | 0.226 |
| Phenylalanine | g | 0.698 | 0 | 0.198 | 0.789 |
| Tyrosine | g | 0.601 | 0 | 0.170 | 0.679 |
| Valine | g | 0.869 | 0 | 0.246 | 0.982 |
| Arginine | g | 1.130 | 0 | 0.320 | 1.277 |
| Histidine | g | 0.612 | 0 | 0.174 | 0.692 |
| Alanine | g | 1.078 | 0 | 0.306 | 1.218 |
| Aspartic acid | g | 1.633 | 0 | 0.463 | 1.845 |
| Glutamic acid | g | 2.686 | 0 | 0.761 | 3.035 |
| Glycine | g | 0.975 | 0 | 0.276 | 1.102 |
| Proline | g | 0.789 | 0 | 0.224 | 0.892 |
| Serine | g | 0.684 | 0 | 0.194 | 0.773 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

## NDB No. 13026 Beef, brisket, flat half, separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 327g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 46.40 | | 0 | 151.73 | 39.44 | |
| Energy | kcal | 364 | | 0 | 1190 | 309 | |
| Energy | kj | 1523 | | 0 | 4980 | 1295 | |
| Protein (N x 5.95) | g | 25.05 | | 0 | 81.91 | 21.29 | |
| Total lipid (fat) | g | 28.50 | | 0 | 93.19 | 24.23 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.90 | | 0 | 2.94 | 0.77 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 26 | 7 | |
| Iron | mg | 2.29 | | 0 | 7.49 | 1.95 | |
| Magnesium | mg | 19 | | 0 | 62 | 16 | |
| Phosphorus | mg | 201 | | 0 | 657 | 171 | |
| Potassium | mg | 243 | | 0 | 795 | 207 | |
| Sodium | mg | 56 | | 0 | 183 | 48 | |
| Zinc | mg | 4.82 | | 0 | 15.76 | 4.10 | |
| Copper | mg | 0.100 | | 0 | 0.327 | 0.085 | |
| Manganese | mg | 0.014 | | 0 | 0.046 | 0.012 | |
| Selenium | :g | 23.1 | | 0 | 75.5 | 19.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.060 | | 0 | 0.196 | 0.051 | |
| Riboflavin | mg | 0.180 | | 0 | 0.589 | 0.153 | |
| Niacin | mg | 3.140 | | 0 | 10.268 | 2.669 | |
| Pantothenic acid | mg | 0.300 | | 0 | 0.981 | 0.255 | |
| Vitamin B-6 | mg | 0.260 | | 0 | 0.850 | 0.221 | |
| Folate | :g | 6 | | 0 | 20 | 5 | |
| Vitamin B-12 | :g | 2.32 | | 0 | 7.59 | 1.97 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 11.020 | | 0 | 36.035 | 9.367 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.080 | | 0 | 0.262 | 0.068 | |
| 12:0 | g | 0.080 | | 0 | 0.262 | 0.068 | |
| 14:0 | g | 0.900 | | 0 | 2.943 | 0.765 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.870 | | 0 | 22.465 | 5.840 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.100 | | 0 | 10.137 | 2.635 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 12.430 | 0 | 40.646 | 10.566 |
| 14:1 | g | | | | |
| 16:1 | g | 1.270 | 0 | 4.153 | 1.080 |
| 18:1 | g | 11.110 | 0 | 36.330 | 9.443 |
| 20:1 | g | 0.050 | 0 | 0.164 | 0.043 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 1.080 | 0 | 3.532 | 0.918 |
| 18:2 | g | 0.700 | 0 | 2.289 | 0.595 |
| 18:3 | g | 0.340 | 0 | 1.112 | 0.289 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.131 | 0.034 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 95 | 0 | 311 | 81 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.281 | 0 | 0.919 | 0.239 |
| Threonine | g | 1.094 | 0 | 3.577 | 0.930 |
| Isoleucine | g | 1.126 | 0 | 3.682 | 0.957 |
| Leucine | g | 1.980 | 0 | 6.475 | 1.683 |
| Lysine | g | 2.084 | 0 | 6.815 | 1.771 |
| Methionine | g | 0.641 | 0 | 2.096 | 0.545 |
| Cystine | g | 0.281 | 0 | 0.919 | 0.239 |
| Phenylalanine | g | 0.978 | 0 | 3.198 | 0.831 |
| Tyrosine | g | 0.842 | 0 | 2.753 | 0.716 |
| Valine | g | 1.218 | 0 | 3.983 | 1.035 |
| Arginine | g | 1.583 | 0 | 5.176 | 1.346 |
| Histidine | g | 0.858 | 0 | 2.806 | 0.729 |
| Alanine | g | 1.511 | 0 | 4.941 | 1.284 |
| Aspartic acid | g | 2.289 | 0 | 7.485 | 1.946 |
| Glutamic acid | g | 3.763 | 0 | 12.305 | 3.199 |
| Glycine | g | 1.367 | 0 | 4.470 | 1.162 |
| Proline | g | 1.106 | 0 | 3.617 | 0.940 |
| Serine | g | 0.958 | 0 | 3.133 | 0.814 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13027 Beef, brisket, flat half, separable lean only, trimmed to 1/4" fat, all grades, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 70.70 | | 1 | 20.04 | 320.70 | |
| Energy | kcal | 148 | | 0 | 42 | 671 | |
| Energy | kj | 619 | | 0 | 175 | 2808 | |
| Protein (N x 5.95) | g | 21.45 | 0.243 | 11 | 6.08 | 97.30 | |
| Total lipid (fat) | g | 6.20 | | 1 | 1.76 | 28.12 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.08 | 0.023 | 9 | 0.31 | 4.90 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | 0.229 | 9 | 1 | 23 | |
| Iron | mg | 1.91 | 0.108 | 9 | 0.54 | 8.66 | |
| Magnesium | mg | 24 | 0.661 | 9 | 7 | 109 | |
| Phosphorus | mg | 212 | | 1 | 60 | 962 | |
| Potassium | mg | 348 | 11.065 | 9 | 99 | 1579 | |
| Sodium | mg | 74 | 7.922 | 9 | 21 | 336 | |
| Zinc | mg | 3.55 | 0.253 | 8 | 1.01 | 16.10 | |
| Copper | mg | 0.078 | 0.005 | 8 | 0.022 | 0.354 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | ：g | 17.1 | | 0 | 4.8 | 77.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | 0.006 | 11 | 0.028 | 0.454 | |
| Riboflavin | mg | 0.180 | 0.012 | 7 | 0.051 | 0.816 | |
| Niacin | mg | 4.350 | 0.285 | 11 | 1.233 | 19.732 | |
| Pantothenic acid | mg | 0.360 | | 1 | 0.102 | 1.633 | |
| Vitamin B-6 | mg | 0.440 | | 1 | 0.125 | 1.996 | |
| Folate | ：g | 7 | 0.756 | 11 | 2 | 32 | |
| Vitamin B-12 | ：g | 2.42 | 0.410 | 11 | 0.69 | 10.98 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.990 | | 0 | 0.564 | 9.027 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 8 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 8 | 0.000 | 0.000 | |
| 14:0 | g | 0.150 | | 8 | 0.043 | 0.680 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.240 | | 8 | 0.352 | 5.625 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.600 | | 8 | 0.170 | 2.722 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.710 | | 0 | 0.768 | 12.293 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.270 | | 8 | 0.077 | 1.225 |
| 18:1 | g | 2.440 | | 8 | 0.692 | 11.068 |
| 20:1 | g | 0.000 | | 8 | 0.000 | 0.000 |
| 22.1 | g | | | | | |
| Polyunsaturated, total | g | 0.230 | | 0 | 0.065 | 1.043 |
| 18:2 | g | 0.180 | | 8 | 0.051 | 0.816 |
| 18:3 | g | 0.010 | | 8 | 0.003 | 0.045 |
| 18:4 | g | | | | | |
| 20:4 | g | 0.040 | | 8 | 0.011 | 0.181 |
| 20:5 | g | | | | | |
| 22:5 | g | | | | | |
| 22:6 | g | | | | | |
| Cholesterol | mg | 59 | 1.093 | 8 | 17 | 268 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.240 | | 0 | 0.068 | 1.089 |
| Threonine | g | 0.937 | | 0 | 0.266 | 4.250 |
| Isoleucine | g | 0.964 | | 0 | 0.273 | 4.373 |
| Leucine | g | 1.695 | | 0 | 0.481 | 7.689 |
| Lysine | g | 1.785 | | 0 | 0.506 | 8.097 |
| Methionine | g | 0.549 | | 0 | 0.156 | 2.490 |
| Cystine | g | 0.240 | | 0 | 0.068 | 1.089 |
| Phenylalanine | g | 0.837 | | 0 | 0.237 | 3.797 |
| Tyrosine | g | 0.721 | | 0 | 0.204 | 3.270 |
| Valine | g | 1.043 | | 0 | 0.296 | 4.731 |
| Arginine | g | 1.356 | | 0 | 0.384 | 6.151 |
| Histidine | g | 0.734 | | 0 | 0.208 | 3.329 |
| Alanine | g | 1.294 | | 0 | 0.367 | 5.870 |
| Aspartic acid | g | 1.960 | | 0 | 0.556 | 8.891 |
| Glutamic acid | g | 3.223 | | 0 | 0.914 | 14.620 |
| Glycine | g | 1.170 | | 0 | 0.332 | 5.307 |
| Proline | g | 0.947 | | 0 | 0.268 | 4.296 |
| Serine | g | 0.820 | | 0 | 0.232 | 3.720 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13028 Beef, brisket, flat half, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

**Refuse:** 31% Separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 225g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.90 | | 1 | 132.53 | 50.06 | |
| Energy | kcal | 222 | | 0 | 500 | 189 | |
| Energy | kj | 929 | | 0 | 2090 | 790 | |
| Protein (N x 5.95) | g | 31.52 | 0.467 | 9 | 70.92 | 26.79 | |
| Total lipid (fat) | g | 9.70 | | 1 | 21.82 | 8.24 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.10 | 0.067 | 9 | 2.48 | 0.94 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | 0.186 | 9 | 11 | 4 | |
| Iron | mg | 2.84 | 0.149 | 10 | 6.39 | 2.41 | |
| Magnesium | mg | 25 | 0.361 | 9 | 56 | 21 | |
| Phosphorus | mg | 257 | | 1 | 578 | 218 | |
| Potassium | mg | 298 | 6.045 | 9 | 671 | 253 | |
| Sodium | mg | 63 | 6.602 | 9 | 142 | 54 | |
| Zinc | mg | 6.36 | 0.499 | 8 | 14.31 | 5.41 | |
| Copper | mg | 0.124 | 0.005 | 8 | 0.279 | 0.105 | |
| Manganese | mg | 0.017 | | 1 | 0.038 | 0.014 | |
| Selenium | :g | 25.2 | | 0 | 56.7 | 21.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | 0.007 | 9 | 0.158 | 0.060 | |
| Riboflavin | mg | 0.220 | 0.010 | 9 | 0.495 | 0.187 | |
| Niacin | mg | 3.860 | 0.369 | 10 | 8.685 | 3.281 | |
| Pantothenic acid | mg | 0.370 | | 1 | 0.833 | 0.315 | |
| Vitamin B-6 | mg | 0.310 | | 1 | 0.698 | 0.264 | |
| Folate | :g | 8 | 1.259 | 9 | 18 | 7 | |
| Vitamin B-12 | :g | 2.63 | 0.453 | 10 | 5.92 | 2.24 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.170 | | 0 | 7.133 | 2.694 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 8 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 8 | 0.000 | 0.000 | |
| 14:0 | g | 0.240 | | 8 | 0.540 | 0.204 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.970 | | 8 | 4.433 | 1.674 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.960 | | 8 | 2.160 | 0.816 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.330 | | 0 | 9.742 | 3.681 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.430 | | 8 | 0.968 | 0.366 |
| 18:1 | g | 3.900 | | 8 | 8.775 | 3.315 |
| 20:1 | g | 0.000 | | 8 | 0.000 | 0.000 |
| 22.1 | g | | | | | |
| Polyunsaturated, total | g | 0.370 | | 0 | 0.833 | 0.315 |
| 18:2 | g | 0.280 | | 8 | 0.630 | 0.238 |
| 18:3 | g | 0.020 | | 8 | 0.045 | 0.017 |
| 18:4 | g | | | | | |
| 20:4 | g | 0.060 | | 8 | 0.135 | 0.051 |
| 20:5 | g | | | | | |
| 22:5 | g | | | | | |
| 22:6 | g | | | | | |
| Cholesterol | mg | 95 | 2.511 | 7 | 214 | 81 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.353 | | 0 | 0.794 | 0.300 |
| Threonine | g | 1.377 | | 0 | 3.098 | 1.170 |
| Isoleucine | g | 1.417 | | 0 | 3.188 | 1.204 |
| Leucine | g | 2.491 | | 0 | 5.605 | 2.117 |
| Lysine | g | 2.622 | | 0 | 5.899 | 2.229 |
| Methionine | g | 0.807 | | 0 | 1.816 | 0.686 |
| Cystine | g | 0.353 | | 0 | 0.794 | 0.300 |
| Phenylalanine | g | 1.230 | | 0 | 2.768 | 1.045 |
| Tyrosine | g | 1.059 | | 0 | 2.383 | 0.900 |
| Valine | g | 1.533 | | 0 | 3.449 | 1.303 |
| Arginine | g | 1.992 | | 0 | 4.482 | 1.693 |
| Histidine | g | 1.079 | | 0 | 2.428 | 0.917 |
| Alanine | g | 1.901 | | 0 | 4.277 | 1.616 |
| Aspartic acid | g | 2.880 | | 0 | 6.480 | 2.448 |
| Glutamic acid | g | 4.735 | | 0 | 10.654 | 4.025 |
| Glycine | g | 1.720 | | 0 | 3.870 | 1.462 |
| Proline | g | 1.392 | | 0 | 3.132 | 1.183 |
| Serine | g | 1.205 | | 0 | 2.711 | 1.024 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13029 Beef, brisket, point half, separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 53.50 | | 0 | 15.17 | 242.68 | |
| Energy | kcal | 331 | | 0 | 94 | 1501 | |
| Energy | kj | 1385 | | 0 | 393 | 6282 | |
| Protein (N x 5.95) | g | 16.12 | | 0 | 4.57 | 73.12 | |
| Total lipid (fat) | g | 29.09 | | 0 | 8.25 | 131.95 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.74 | | 0 | 0.21 | 3.36 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 2 | 32 | |
| Iron | mg | 1.54 | | 0 | 0.44 | 6.99 | |
| Magnesium | mg | 16 | | 0 | 5 | 73 | |
| Phosphorus | mg | 150 | | 0 | 43 | 680 | |
| Potassium | mg | 231 | | 0 | 65 | 1048 | |
| Sodium | mg | 65 | | 0 | 18 | 295 | |
| Zinc | mg | 3.71 | | 0 | 1.05 | 16.83 | |
| Copper | mg | 0.065 | | 0 | 0.018 | 0.295 | |
| Manganese | mg | 0.011 | | 0 | 0.003 | 0.050 | |
| Selenium | :g | 15.1 | | 0 | 4.3 | 68.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.020 | 0.318 | |
| Riboflavin | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| Niacin | mg | 2.840 | | 0 | 0.805 | 12.882 | |
| Pantothenic acid | mg | 0.270 | | 0 | 0.077 | 1.225 | |
| Vitamin B-6 | mg | 0.330 | | 0 | 0.094 | 1.497 | |
| Folate | :g | 6 | | 0 | 2 | 27 | |
| Vitamin B-12 | :g | 2.11 | | 0 | 0.60 | 9.57 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 11.840 | | 0 | 3.357 | 53.706 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.110 | | 0 | 0.031 | 0.499 | |
| 12:0 | g | 0.080 | | 0 | 0.023 | 0.363 | |
| 14:0 | g | 0.980 | | 0 | 0.278 | 4.445 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 7.200 | | 0 | 2.041 | 32.659 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.480 | | 0 | 0.987 | 15.785 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 13.010 | 0 | 3.688 | 59.013 |
| 14:1 | g | | | | |
| 16:1 | g | 1.570 | 0 | 0.445 | 7.122 |
| 18:1 | g | 11.400 | 0 | 3.232 | 51.710 |
| 20:1 | g | 0.040 | 0 | 0.011 | 0.181 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 1.000 | 0 | 0.284 | 4.536 |
| 18:2 | g | 0.610 | 0 | 0.173 | 2.767 |
| 18:3 | g | 0.370 | 0 | 0.105 | 1.678 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 76 | 0 | 22 | 345 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.181 | 0 | 0.051 | 0.821 |
| Threonine | g | 0.704 | 0 | 0.200 | 3.193 |
| Isoleucine | g | 0.725 | 0 | 0.206 | 3.289 |
| Leucine | g | 1.274 | 0 | 0.361 | 5.779 |
| Lysine | g | 1.341 | 0 | 0.380 | 6.083 |
| Methionine | g | 0.413 | 0 | 0.117 | 1.873 |
| Cystine | g | 0.181 | 0 | 0.051 | 0.821 |
| Phenylalanine | g | 0.629 | 0 | 0.178 | 2.853 |
| Tyrosine | g | 0.542 | 0 | 0.154 | 2.459 |
| Valine | g | 0.784 | 0 | 0.222 | 3.556 |
| Arginine | g | 1.019 | 0 | 0.289 | 4.622 |
| Histidine | g | 0.552 | 0 | 0.156 | 2.504 |
| Alanine | g | 0.972 | 0 | 0.276 | 4.409 |
| Aspartic acid | g | 1.473 | 0 | 0.418 | 6.682 |
| Glutamic acid | g | 2.422 | 0 | 0.687 | 10.986 |
| Glycine | g | 0.879 | 0 | 0.249 | 3.987 |
| Proline | g | 0.712 | 0 | 0.202 | 3.230 |
| Serine | g | 0.616 | 0 | 0.175 | 2.794 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13030 Beef, brisket, point half, separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 328g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 43.41 | | 0 | 142.38 | 36.90 | |
| Energy | kcal | 404 | | 0 | 1325 | 343 | |
| Energy | kj | 1690 | | 0 | 5543 | 1437 | |
| Protein (N x 5.95) | g | 22.13 | | 0 | 72.59 | 18.81 | |
| Total lipid (fat) | g | 34.27 | | 0 | 112.41 | 29.13 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.80 | | 0 | 2.62 | 0.68 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 30 | 8 | |
| Iron | mg | 2.20 | | 0 | 7.22 | 1.87 | |
| Magnesium | mg | 17 | | 0 | 56 | 14 | |
| Phosphorus | mg | 175 | | 0 | 574 | 149 | |
| Potassium | mg | 221 | | 0 | 725 | 188 | |
| Sodium | mg | 65 | | 0 | 213 | 55 | |
| Zinc | mg | 5.35 | | 0 | 17.55 | 4.55 | |
| Copper | mg | 0.091 | | 0 | 0.298 | 0.077 | |
| Manganese | mg | 0.014 | | 0 | 0.046 | 0.012 | |
| Selenium | :g | 21.5 | | 0 | 70.5 | 18.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.060 | | 0 | 0.197 | 0.051 | |
| Riboflavin | mg | 0.180 | | 0 | 0.590 | 0.153 | |
| Niacin | mg | 2.880 | | 0 | 9.446 | 2.448 | |
| Pantothenic acid | mg | 0.280 | | 0 | 0.918 | 0.238 | |
| Vitamin B-6 | mg | 0.230 | | 0 | 0.754 | 0.196 | |
| Folate | :g | 6 | | 0 | 20 | 5 | |
| Vitamin B-12 | :g | 2.25 | | 0 | 7.38 | 1.91 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 13.580 | | 0 | 44.542 | 11.543 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.100 | | 0 | 0.328 | 0.085 | |
| 12:0 | g | 0.090 | | 0 | 0.295 | 0.077 | |
| 14:0 | g | 1.140 | | 0 | 3.739 | 0.969 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 8.440 | | 0 | 27.683 | 7.174 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.810 | | 0 | 12.497 | 3.239 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 15.210 | 0 | 49.889 | 12.929 |
| 14:1 | g | | | | |
| 16:1 | g | 1.550 | 0 | 5.084 | 1.317 |
| 18:1 | g | 13.590 | 0 | 44.575 | 11.552 |
| 20:1 | g | 0.070 | 0 | 0.230 | 0.060 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 1.170 | 0 | 3.838 | 0.995 |
| 18:2 | g | 0.770 | 0 | 2.526 | 0.655 |
| 18:3 | g | 0.370 | 0 | 1.214 | 0.315 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.098 | 0.026 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 92 | 0 | 302 | 78 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.248 | 0 | 0.813 | 0.211 |
| Threonine | g | 0.967 | 0 | 3.172 | 0.822 |
| Isoleucine | g | 0.995 | 0 | 3.264 | 0.846 |
| Leucine | g | 1.749 | 0 | 5.737 | 1.487 |
| Lysine | g | 1.842 | 0 | 6.042 | 1.566 |
| Methionine | g | 0.567 | 0 | 1.860 | 0.482 |
| Cystine | g | 0.248 | 0 | 0.813 | 0.211 |
| Phenylalanine | g | 0.864 | 0 | 2.834 | 0.734 |
| Tyrosine | g | 0.744 | 0 | 2.440 | 0.632 |
| Valine | g | 1.077 | 0 | 3.533 | 0.915 |
| Arginine | g | 1.399 | 0 | 4.589 | 1.189 |
| Histidine | g | 0.758 | 0 | 2.486 | 0.644 |
| Alanine | g | 1.335 | 0 | 4.379 | 1.135 |
| Aspartic acid | g | 2.022 | 0 | 6.632 | 1.719 |
| Glutamic acid | g | 3.325 | 0 | 10.906 | 2.826 |
| Glycine | g | 1.208 | 0 | 3.962 | 1.027 |
| Proline | g | 0.977 | 0 | 3.205 | 0.830 |
| Serine | g | 0.846 | 0 | 2.775 | 0.719 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13031 Beef, brisket, point half, separable lean only, trimmed to 1/4" 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 69.90 | | 1 | 19.82 | 317.07 | |
| Energy | kcal | 162 | | 0 | 46 | 735 | |
| Energy | kj | 678 | | 0 | 192 | 3075 | |
| Protein (N x 5.95) | g | 20.01 | 0.445 | 10 | 5.67 | 90.77 | |
| Total lipid (fat) | g | 8.50 | | 1 | 2.41 | 38.56 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.96 | 0.023 | 11 | 0.27 | 4.35 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | 0.270 | 11 | 1 | 23 | |
| Iron | mg | 1.93 | 0.122 | 11 | 0.55 | 8.75 | |
| Magnesium | mg | 22 | 0.569 | 11 | 6 | 100 | |
| Phosphorus | mg | 191 | | 1 | 54 | 866 | |
| Potassium | mg | 313 | 7.891 | 11 | 89 | 1420 | |
| Sodium | mg | 83 | 7.707 | 11 | 24 | 376 | |
| Zinc | mg | 5.05 | 0.318 | 8 | 1.43 | 22.91 | |
| Copper | mg | 0.081 | 0.003 | 8 | 0.023 | 0.367 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | ：g | 15.7 | | 0 | 4.5 | 71.2 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | 0.009 | 10 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.170 | 0.013 | 9 | 0.048 | 0.771 | |
| Niacin | mg | 3.540 | 0.194 | 10 | 1.004 | 16.057 | |
| Pantothenic acid | mg | 0.340 | | 1 | 0.096 | 1.542 | |
| Vitamin B-6 | mg | 0.410 | | 1 | 0.116 | 1.860 | |
| Folate | ：g | 7 | 0.866 | 10 | 2 | 32 | |
| Vitamin B-12 | ：g | 2.43 | 0.326 | 10 | 0.69 | 11.02 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.170 | | 0 | 0.899 | 14.379 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 7 | 0.003 | 0.045 | |
| 12:0 | g | 0.010 | | 7 | 0.003 | 0.045 | |
| 14:0 | g | 0.280 | | 7 | 0.079 | 1.270 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.010 | | 7 | 0.570 | 9.117 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.860 | | 7 | 0.244 | 3.901 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.180 | | 0 | 1.185 | 18.960 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.430 | | 7 | 0.122 | 1.950 |
| 18:1 | g | 3.740 | | 7 | 1.060 | 16.965 |
| 20:1 | g | 0.010 | | 7 | 0.003 | 0.045 |
| 22.1 | g | | | | | |
| Polyunsaturated, total | g | 0.230 | | 0 | 0.065 | 1.043 |
| 18:2 | g | 0.180 | | 7 | 0.051 | 0.816 |
| 18:3 | g | 0.020 | | 7 | 0.006 | 0.091 |
| 18:4 | g | | | | | |
| 20:4 | g | 0.030 | | 7 | 0.009 | 0.136 |
| 20:5 | g | | | | | |
| 22:5 | g | | | | | |
| 22:6 | g | | | | | |
| Cholesterol | mg | 64 | 2.537 | 8 | 18 | 290 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.224 | | 0 | 0.064 | 1.016 |
| Threonine | g | 0.874 | | 0 | 0.248 | 3.964 |
| Isoleucine | g | 0.900 | | 0 | 0.255 | 4.082 |
| Leucine | g | 1.582 | | 0 | 0.448 | 7.176 |
| Lysine | g | 1.665 | | 0 | 0.472 | 7.552 |
| Methionine | g | 0.512 | | 0 | 0.145 | 2.322 |
| Cystine | g | 0.224 | | 0 | 0.064 | 1.016 |
| Phenylalanine | g | 0.781 | | 0 | 0.221 | 3.543 |
| Tyrosine | g | 0.672 | | 0 | 0.191 | 3.048 |
| Valine | g | 0.973 | | 0 | 0.276 | 4.414 |
| Arginine | g | 1.265 | | 0 | 0.359 | 5.738 |
| Histidine | g | 0.685 | | 0 | 0.194 | 3.107 |
| Alanine | g | 1.207 | | 0 | 0.342 | 5.475 |
| Aspartic acid | g | 1.828 | | 0 | 0.518 | 8.292 |
| Glutamic acid | g | 3.007 | | 0 | 0.852 | 13.640 |
| Glycine | g | 1.092 | | 0 | 0.310 | 4.953 |
| Proline | g | 0.884 | | 0 | 0.251 | 4.010 |
| Serine | g | 0.765 | | 0 | 0.217 | 3.470 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13032 Beef, brisket, point half, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

**Refuse:** 35% 1% connective tissue, 34% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 215g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 56.20 | | 1 | 120.83 | 47.77 | |
| Energy | kcal | 261 | | 0 | 561 | 222 | |
| Energy | kj | 1092 | | 0 | 2348 | 928 | |
| Protein (N x 5.95) | g | 28.05 | 0.482 | 11 | 60.31 | 23.84 | |
| Total lipid (fat) | g | 15.70 | | 1 | 33.76 | 13.35 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.98 | 0.069 | 10 | 2.11 | 0.83 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | 0.377 | 10 | 13 | 5 | |
| Iron | mg | 2.79 | 0.134 | 9 | 6.00 | 2.37 | |
| Magnesium | mg | 22 | 0.813 | 10 | 47 | 19 | |
| Phosphorus | mg | 226 | | 1 | 486 | 192 | |
| Potassium | mg | 273 | 8.141 | 10 | 587 | 232 | |
| Sodium | mg | 77 | 5.705 | 10 | 166 | 65 | |
| Zinc | mg | 7.39 | 0.326 | 8 | 15.89 | 6.28 | |
| Copper | mg | 0.115 | 0.006 | 8 | 0.247 | 0.098 | |
| Manganese | mg | 0.017 | | 1 | 0.037 | 0.014 | |
| Selenium | :g | 23.5 | | 0 | 50.5 | 20.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | 0.007 | 10 | 0.151 | 0.060 | |
| Riboflavin | mg | 0.230 | 0.014 | 9 | 0.495 | 0.196 | |
| Niacin | mg | 3.570 | 0.239 | 11 | 7.675 | 3.034 | |
| Pantothenic acid | mg | 0.340 | | 1 | 0.731 | 0.289 | |
| Vitamin B-6 | mg | 0.280 | | 1 | 0.602 | 0.238 | |
| Folate | :g | 8 | 1.193 | 11 | 17 | 7 | |
| Vitamin B-12 | :g | 2.58 | 0.424 | 11 | 5.55 | 2.19 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.890 | | 0 | 12.663 | 5.006 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 8 | 0.022 | 0.009 | |
| 12:0 | g | 0.010 | | 8 | 0.022 | 0.009 | |
| 14:0 | g | 0.510 | | 8 | 1.097 | 0.434 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.630 | | 8 | 7.804 | 3.086 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.720 | | 8 | 3.698 | 1.462 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.350 | | 0 | 15.803 | 6.247 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.730 | | 8 | 1.569 | 0.620 |
| 18:1 | g | 6.600 | | 8 | 14.190 | 5.610 |
| 20:1 | g | 0.020 | | 8 | 0.043 | 0.017 |
| 22.1 | g | | | | | |
| Polyunsaturated, total | g | 0.410 | | 0 | 0.882 | 0.349 |
| 18:2 | g | 0.340 | | 8 | 0.731 | 0.289 |
| 18:3 | g | 0.030 | | 8 | 0.065 | 0.026 |
| 18:4 | g | | | | | |
| 20:4 | g | 0.040 | | 8 | 0.086 | 0.034 |
| 20:5 | g | | | | | |
| 22:5 | g | | | | | |
| 22:6 | g | | | | | |
| Cholesterol | mg | 91 | 1.930 | 8 | 196 | 77 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.314 | | 0 | 0.675 | 0.267 |
| Threonine | g | 1.225 | | 0 | 2.634 | 1.041 |
| Isoleucine | g | 1.261 | | 0 | 2.711 | 1.072 |
| Leucine | g | 2.217 | | 0 | 4.767 | 1.884 |
| Lysine | g | 2.334 | | 0 | 5.018 | 1.984 |
| Methionine | g | 0.718 | | 0 | 1.544 | 0.610 |
| Cystine | g | 0.314 | | 0 | 0.675 | 0.267 |
| Phenylalanine | g | 1.095 | | 0 | 2.354 | 0.931 |
| Tyrosine | g | 0.942 | | 0 | 2.025 | 0.801 |
| Valine | g | 1.364 | | 0 | 2.933 | 1.159 |
| Arginine | g | 1.773 | | 0 | 3.812 | 1.507 |
| Histidine | g | 0.960 | | 0 | 2.064 | 0.816 |
| Alanine | g | 1.692 | | 0 | 3.638 | 1.438 |
| Aspartic acid | g | 2.563 | | 0 | 5.510 | 2.179 |
| Glutamic acid | g | 4.214 | | 0 | 9.060 | 3.582 |
| Glycine | g | 1.530 | | 0 | 3.289 | 1.301 |
| Proline | g | 1.239 | | 0 | 2.664 | 1.053 |
| Serine | g | 1.073 | | 0 | 2.307 | 0.912 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13033 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/4" fat, all grades, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 61.83 | | 0 | 17.53 | 280.46 | |
| Energy | kcal | 245 | | 0 | 69 | 1111 | |
| Energy | kj | 1025 | | 0 | 291 | 4649 | |
| Protein (N x 5.95) | g | 18.52 | | 0 | 5.25 | 84.01 | |
| Total lipid (fat) | g | 18.36 | | 0 | 5.21 | 83.28 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.89 | | 0 | 0.25 | 4.04 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 2 | 32 | |
| Iron | mg | 2.11 | | 0 | 0.60 | 9.57 | |
| Magnesium | mg | 20 | | 0 | 6 | 91 | |
| Phosphorus | mg | 174 | | 0 | 49 | 789 | |
| Potassium | mg | 308 | | 0 | 87 | 1397 | |
| Sodium | mg | 59 | | 0 | 17 | 268 | |
| Zinc | mg | 4.04 | | 0 | 1.15 | 18.33 | |
| Copper | mg | 0.081 | | 0 | 0.023 | 0.367 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.054 | |
| Selenium | :g | 16.0 | | 0 | 4.5 | 72.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.180 | | 0 | 0.051 | 0.816 | |
| Niacin | mg | 3.240 | | 0 | 0.919 | 14.697 | |
| Pantothenic acid | mg | 0.300 | | 0 | 0.085 | 1.361 | |
| Vitamin B-6 | mg | 0.380 | | 0 | 0.108 | 1.724 | |
| Folate | :g | 7 | | 0 | 2 | 32 | |
| Vitamin B-12 | :g | 3.06 | | 0 | 0.87 | 13.88 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.440 | | 0 | 2.109 | 33.748 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.070 | | 0 | 0.020 | 0.318 | |
| 12:0 | g | 0.040 | | 0 | 0.011 | 0.181 | |
| 14:0 | g | 0.590 | | 0 | 0.167 | 2.676 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.490 | | 0 | 1.273 | 20.367 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.260 | | 0 | 0.641 | 10.251 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.810 | 0 | 2.214 | 35.426 |
| 14:1 | g | | | | |
| 16:1 | g | 0.940 | 0 | 0.266 | 4.264 |
| 18:1 | g | 6.850 | 0 | 1.942 | 31.072 |
| 20:1 | g | 0.020 | 0 | 0.006 | 0.091 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.710 | 0 | 0.201 | 3.221 |
| 18:2 | g | 0.450 | 0 | 0.128 | 2.041 |
| 18:3 | g | 0.240 | 0 | 0.068 | 1.089 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 68 | 0 | 19 | 308 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.207 | 0 | 0.059 | 0.939 |
| Threonine | g | 0.809 | 0 | 0.229 | 3.670 |
| Isoleucine | g | 0.833 | 0 | 0.236 | 3.778 |
| Leucine | g | 1.464 | 0 | 0.415 | 6.641 |
| Lysine | g | 1.541 | 0 | 0.437 | 6.990 |
| Methionine | g | 0.474 | 0 | 0.134 | 2.150 |
| Cystine | g | 0.207 | 0 | 0.059 | 0.939 |
| Phenylalanine | g | 0.723 | 0 | 0.205 | 3.280 |
| Tyrosine | g | 0.622 | 0 | 0.176 | 2.821 |
| Valine | g | 0.901 | 0 | 0.255 | 4.087 |
| Arginine | g | 1.171 | 0 | 0.332 | 5.312 |
| Histidine | g | 0.634 | 0 | 0.180 | 2.876 |
| Alanine | g | 1.117 | 0 | 0.317 | 5.067 |
| Aspartic acid | g | 1.692 | 0 | 0.480 | 7.675 |
| Glutamic acid | g | 2.783 | 0 | 0.789 | 12.624 |
| Glycine | g | 1.011 | 0 | 0.287 | 4.586 |
| Proline | g | 0.818 | 0 | 0.232 | 3.710 |
| Serine | g | 0.708 | 0 | 0.201 | 3.211 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13034 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised

**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 | Samples | Measure 1* 257g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 47.99 | | 0 | 123.33 | 40.79 | |
| Energy | kcal | 332 | | 0 | 853 | 282 | |
| Energy | kj | 1389 | | 0 | 3570 | 1181 | |
| Protein (N x 5.95) | g | 27.43 | | 0 | 70.50 | 23.32 | |
| Total lipid (fat) | g | 23.81 | | 0 | 61.19 | 20.24 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.94 | | 0 | 2.42 | 0.80 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 26 | 9 | |
| Iron | mg | 3.11 | | 0 | 7.99 | 2.64 | |
| Magnesium | mg | 19 | | 0 | 49 | 16 | |
| Phosphorus | mg | 220 | | 0 | 565 | 187 | |
| Potassium | mg | 246 | | 0 | 632 | 209 | |
| Sodium | mg | 60 | | 0 | 154 | 51 | |
| Zinc | mg | 6.84 | | 0 | 17.58 | 5.81 | |
| Copper | mg | 0.134 | | 0 | 0.344 | 0.114 | |
| Manganese | mg | 0.016 | | 0 | 0.041 | 0.014 | |
| Selenium | :g | 24.2 | | 0 | 62.2 | 20.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.180 | 0.060 | |
| Riboflavin | mg | 0.240 | | 0 | 0.617 | 0.204 | |
| Niacin | mg | 3.180 | | 0 | 8.173 | 2.703 | |
| Pantothenic acid | mg | 0.330 | | 0 | 0.848 | 0.281 | |
| Vitamin B-6 | mg | 0.280 | | 0 | 0.720 | 0.238 | |
| Folate | :g | 9 | | 0 | 23 | 8 | |
| Vitamin B-12 | :g | 2.95 | | 0 | 7.58 | 2.51 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.220 | | 0 | 0.565 | 0.187 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.380 | | 0 | 24.107 | 7.973 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.070 | | 0 | 0.180 | 0.060 | |
| 12:0 | g | 0.070 | | 0 | 0.180 | 0.060 | |
| 14:0 | g | 0.750 | | 0 | 1.928 | 0.637 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.800 | | 0 | 14.906 | 4.930 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.700 | | 0 | 6.939 | 2.295 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 10.210 | 0 | 26.240 | 8.678 |
| 14:1 | g | | | | |
| 16:1 | g | 1.020 | 0 | 2.621 | 0.867 |
| 18:1 | g | 9.160 | 0 | 23.541 | 7.786 |
| 20:1 | g | 0.040 | 0 | 0.103 | 0.034 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.910 | 0 | 2.339 | 0.774 |
| 18:2 | g | 0.600 | 0 | 1.542 | 0.510 |
| 18:3 | g | 0.280 | 0 | 0.720 | 0.238 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.077 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 99 | 0 | 254 | 84 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.307 | 0 | 0.789 | 0.261 |
| Threonine | g | 1.198 | 0 | 3.079 | 1.018 |
| Isoleucine | g | 1.233 | 0 | 3.169 | 1.048 |
| Leucine | g | 2.168 | 0 | 5.572 | 1.843 |
| Lysine | g | 2.282 | 0 | 5.865 | 1.940 |
| Methionine | g | 0.702 | 0 | 1.804 | 0.597 |
| Cystine | g | 0.307 | 0 | 0.789 | 0.261 |
| Phenylalanine | g | 1.071 | 0 | 2.752 | 0.910 |
| Tyrosine | g | 0.922 | 0 | 2.370 | 0.784 |
| Valine | g | 1.334 | 0 | 3.428 | 1.134 |
| Arginine | g | 1.733 | 0 | 4.454 | 1.473 |
| Histidine | g | 0.939 | 0 | 2.413 | 0.798 |
| Alanine | g | 1.654 | 0 | 4.251 | 1.406 |
| Aspartic acid | g | 2.506 | 0 | 6.440 | 2.130 |
| Glutamic acid | g | 4.121 | 0 | 10.591 | 3.503 |
| Glycine | g | 1.496 | 0 | 3.845 | 1.272 |
| Proline | g | 1.211 | 0 | 3.112 | 1.029 |
| Serine | g | 1.049 | 0 | 2.696 | 0.892 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13035 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/4" fat, choice, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 61.07 | | 0 | 17.31 | 277.01 | |
| Energy | kcal | 255 | | 0 | 72 | 1157 | |
| Energy | kj | 1067 | | 0 | 302 | 4840 | |
| Protein (N x 5.95) | g | 18.39 | | 0 | 5.21 | 83.42 | |
| Total lipid (fat) | g | 19.57 | | 0 | 5.55 | 88.77 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.88 | | 0 | 0.25 | 3.99 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 2 | 32 | |
| Iron | mg | 2.09 | | 0 | 0.59 | 9.48 | |
| Magnesium | mg | 19 | | 0 | 5 | 86 | |
| Phosphorus | mg | 173 | | 0 | 49 | 785 | |
| Potassium | mg | 305 | | 0 | 86 | 1383 | |
| Sodium | mg | 59 | | 0 | 17 | 268 | |
| Zinc | mg | 4.00 | | 0 | 1.13 | 18.14 | |
| Copper | mg | 0.081 | | 0 | 0.023 | 0.367 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.054 | |
| Selenium | :g | 16.0 | | 0 | 4.5 | 72.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.180 | | 0 | 0.051 | 0.816 | |
| Niacin | mg | 3.220 | | 0 | 0.913 | 14.606 | |
| Pantothenic acid | mg | 0.300 | | 0 | 0.085 | 1.361 | |
| Vitamin B-6 | mg | 0.380 | | 0 | 0.108 | 1.724 | |
| Folate | :g | 7 | | 0 | 2 | 32 | |
| Vitamin B-12 | :g | 3.04 | | 0 | 0.86 | 13.79 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.920 | | 0 | 2.245 | 35.925 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.070 | | 0 | 0.020 | 0.318 | |
| 12:0 | g | 0.050 | | 0 | 0.014 | 0.227 | |
| 14:0 | g | 0.620 | | 0 | 0.176 | 2.812 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.780 | | 0 | 1.355 | 21.682 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.400 | | 0 | 0.680 | 10.886 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.310 | 0 | 2.356 | 37.694 |
| 14:1 | g | | | | |
| 16:1 | g | 1.000 | 0 | 0.284 | 4.536 |
| 18:1 | g | 7.290 | 0 | 2.067 | 33.067 |
| 20:1 | g | 0.020 | 0 | 0.006 | 0.091 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.760 | 0 | 0.215 | 3.447 |
| 18:2 | g | 0.490 | 0 | 0.139 | 2.223 |
| 18:3 | g | 0.250 | 0 | 0.071 | 1.134 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 69 | 0 | 20 | 313 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.206 | 0 | 0.058 | 0.934 |
| Threonine | g | 0.803 | 0 | 0.228 | 3.642 |
| Isoleucine | g | 0.827 | 0 | 0.234 | 3.751 |
| Leucine | g | 1.454 | 0 | 0.412 | 6.595 |
| Lysine | g | 1.530 | 0 | 0.434 | 6.940 |
| Methionine | g | 0.471 | 0 | 0.134 | 2.136 |
| Cystine | g | 0.206 | 0 | 0.058 | 0.934 |
| Phenylalanine | g | 0.718 | 0 | 0.204 | 3.257 |
| Tyrosine | g | 0.618 | 0 | 0.175 | 2.803 |
| Valine | g | 0.895 | 0 | 0.254 | 4.060 |
| Arginine | g | 1.162 | 0 | 0.329 | 5.271 |
| Histidine | g | 0.630 | 0 | 0.179 | 2.858 |
| Alanine | g | 1.109 | 0 | 0.314 | 5.030 |
| Aspartic acid | g | 1.680 | 0 | 0.476 | 7.620 |
| Glutamic acid | g | 2.763 | 0 | 0.783 | 12.533 |
| Glycine | g | 1.003 | 0 | 0.284 | 4.550 |
| Proline | g | 0.812 | 0 | 0.230 | 3.683 |
| Serine | g | 0.703 | 0 | 0.199 | 3.189 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13036 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

**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 | Samples | Measure 1* 257g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 46.85 | | 0 | 120.40 | 39.82 | |
| Energy | kcal | 348 | | 0 | 894 | 296 | |
| Energy | kj | 1456 | | 0 | 3742 | 1238 | |
| Protein (N x 5.95) | g | 26.98 | | 0 | 69.34 | 22.93 | |
| Total lipid (fat) | g | 25.78 | | 0 | 66.25 | 21.91 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.93 | | 0 | 2.39 | 0.79 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 26 | 9 | |
| Iron | mg | 3.05 | | 0 | 7.84 | 2.59 | |
| Magnesium | mg | 19 | | 0 | 49 | 16 | |
| Phosphorus | mg | 216 | | 0 | 555 | 184 | |
| Potassium | mg | 243 | | 0 | 625 | 207 | |
| Sodium | mg | 59 | | 0 | 152 | 50 | |
| Zinc | mg | 6.70 | | 0 | 17.22 | 5.70 | |
| Copper | mg | 0.132 | | 0 | 0.339 | 0.112 | |
| Manganese | mg | 0.016 | | 0 | 0.041 | 0.014 | |
| Selenium | :g | 24.2 | | 0 | 62.2 | 20.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.180 | 0.060 | |
| Riboflavin | mg | 0.240 | | 0 | 0.617 | 0.204 | |
| Niacin | mg | 3.130 | | 0 | 8.044 | 2.661 | |
| Pantothenic acid | mg | 0.320 | | 0 | 0.822 | 0.272 | |
| Vitamin B-6 | mg | 0.280 | | 0 | 0.720 | 0.238 | |
| Folate | :g | 9 | | 0 | 23 | 8 | |
| Vitamin B-12 | :g | 2.92 | | 0 | 7.50 | 2.48 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.230 | | 0 | 0.591 | 0.196 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 10.160 | | 0 | 26.111 | 8.636 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.070 | | 0 | 0.180 | 0.060 | |
| 12:0 | g | 0.070 | | 0 | 0.180 | 0.060 | |
| 14:0 | g | 0.810 | | 0 | 2.082 | 0.689 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.270 | | 0 | 16.114 | 5.329 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.930 | | 0 | 7.530 | 2.490 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 11.060 | 0 | 28.424 | 9.401 |
| 14:1 | g | | | | |
| 16:1 | g | 1.100 | 0 | 2.827 | 0.935 |
| 18:1 | g | 9.910 | 0 | 25.469 | 8.424 |
| 20:1 | g | 0.050 | 0 | 0.129 | 0.043 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.980 | 0 | 2.519 | 0.833 |
| 18:2 | g | 0.650 | 0 | 1.671 | 0.553 |
| 18:3 | g | 0.300 | 0 | 0.771 | 0.255 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.077 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 99 | 0 | 254 | 84 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.302 | 0 | 0.776 | 0.257 |
| Threonine | g | 1.178 | 0 | 3.027 | 1.001 |
| Isoleucine | g | 1.213 | 0 | 3.117 | 1.031 |
| Leucine | g | 2.132 | 0 | 5.479 | 1.812 |
| Lysine | g | 2.245 | 0 | 5.770 | 1.908 |
| Methionine | g | 0.691 | 0 | 1.776 | 0.587 |
| Cystine | g | 0.302 | 0 | 0.776 | 0.257 |
| Phenylalanine | g | 1.053 | 0 | 2.706 | 0.895 |
| Tyrosine | g | 0.906 | 0 | 2.328 | 0.770 |
| Valine | g | 1.312 | 0 | 3.372 | 1.115 |
| Arginine | g | 1.705 | 0 | 4.382 | 1.449 |
| Histidine | g | 0.924 | 0 | 2.375 | 0.785 |
| Alanine | g | 1.627 | 0 | 4.181 | 1.383 |
| Aspartic acid | g | 2.465 | 0 | 6.335 | 2.095 |
| Glutamic acid | g | 4.053 | 0 | 10.416 | 3.445 |
| Glycine | g | 1.472 | 0 | 3.783 | 1.251 |
| Proline | g | 1.191 | 0 | 3.061 | 1.012 |
| Serine | g | 1.032 | 0 | 2.652 | 0.877 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13037 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/4" fat, select, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 62.60 | | 0 | 17.75 | 283.95 | |
| Energy | kcal | 234 | | 0 | 66 | 1061 | |
| Energy | kj | 979 | | 0 | 278 | 4441 | |
| Protein (N x 5.95) | g | 18.65 | | 0 | 5.29 | 84.60 | |
| Total lipid (fat) | g | 17.06 | | 0 | 4.84 | 77.38 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.90 | | 0 | 0.26 | 4.08 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 2 | 32 | |
| Iron | mg | 2.13 | | 0 | 0.60 | 9.66 | |
| Magnesium | mg | 20 | | 0 | 6 | 91 | |
| Phosphorus | mg | 175 | | 0 | 50 | 794 | |
| Potassium | mg | 311 | | 0 | 88 | 1411 | |
| Sodium | mg | 59 | | 0 | 17 | 268 | |
| Zinc | mg | 4.08 | | 0 | 1.16 | 18.51 | |
| Copper | mg | 0.082 | | 0 | 0.023 | 0.372 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.054 | |
| Selenium | :g | 16.1 | | 0 | 4.6 | 73.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.180 | | 0 | 0.051 | 0.816 | |
| Niacin | mg | 3.270 | | 0 | 0.927 | 14.833 | |
| Pantothenic acid | mg | 0.310 | | 0 | 0.088 | 1.406 | |
| Vitamin B-6 | mg | 0.390 | | 0 | 0.111 | 1.769 | |
| Folate | :g | 7 | | 0 | 2 | 32 | |
| Vitamin B-12 | :g | 3.08 | | 0 | 0.87 | 13.97 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.930 | | 0 | 1.965 | 31.434 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.060 | | 0 | 0.017 | 0.272 | |
| 12:0 | g | 0.040 | | 0 | 0.011 | 0.181 | |
| 14:0 | g | 0.550 | | 0 | 0.156 | 2.495 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.180 | | 0 | 1.185 | 18.960 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.100 | | 0 | 0.595 | 9.526 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.280 | 0 | 2.064 | 33.022 |
| 14:1 | g | | | | |
| 16:1 | g | 0.880 | 0 | 0.249 | 3.992 |
| 18:1 | g | 6.370 | 0 | 1.806 | 28.894 |
| 20:1 | g | 0.020 | 0 | 0.006 | 0.091 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.660 | 0 | 0.187 | 2.994 |
| 18:2 | g | 0.410 | 0 | 0.116 | 1.860 |
| 18:3 | g | 0.230 | 0 | 0.065 | 1.043 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 68 | 0 | 19 | 308 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.209 | 0 | 0.059 | 0.948 |
| Threonine | g | 0.815 | 0 | 0.231 | 3.697 |
| Isoleucine | g | 0.839 | 0 | 0.238 | 3.806 |
| Leucine | g | 1.474 | 0 | 0.418 | 6.686 |
| Lysine | g | 1.552 | 0 | 0.440 | 7.040 |
| Methionine | g | 0.478 | 0 | 0.136 | 2.168 |
| Cystine | g | 0.209 | 0 | 0.059 | 0.948 |
| Phenylalanine | g | 0.728 | 0 | 0.206 | 3.302 |
| Tyrosine | g | 0.627 | 0 | 0.178 | 2.844 |
| Valine | g | 0.907 | 0 | 0.257 | 4.114 |
| Arginine | g | 1.179 | 0 | 0.334 | 5.348 |
| Histidine | g | 0.639 | 0 | 0.181 | 2.899 |
| Alanine | g | 1.125 | 0 | 0.319 | 5.103 |
| Aspartic acid | g | 1.704 | 0 | 0.483 | 7.729 |
| Glutamic acid | g | 2.802 | 0 | 0.794 | 12.710 |
| Glycine | g | 1.018 | 0 | 0.289 | 4.618 |
| Proline | g | 0.824 | 0 | 0.234 | 3.738 |
| Serine | g | 0.713 | 0 | 0.202 | 3.234 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13038 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/4" fat, select, cooked, braised

**Refuse:** 2% Bone

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 254g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 49.24 | | 0 | 125.07 | 41.85 | |
| Energy | kcal | 315 | | 0 | 800 | 268 | |
| Energy | kj | 1318 | | 0 | 3348 | 1120 | |
| Protein (N x 5.95) | g | 27.87 | | 0 | 70.79 | 23.69 | |
| Total lipid (fat) | g | 21.72 | | 0 | 55.17 | 18.46 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.96 | | 0 | 2.44 | 0.82 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 25 | 9 | |
| Iron | mg | 3.16 | | 0 | 8.03 | 2.69 | |
| Magnesium | mg | 20 | | 0 | 51 | 17 | |
| Phosphorus | mg | 224 | | 0 | 569 | 190 | |
| Potassium | mg | 250 | | 0 | 635 | 213 | |
| Sodium | mg | 60 | | 0 | 152 | 51 | |
| Zinc | mg | 6.99 | | 0 | 17.75 | 5.94 | |
| Copper | mg | 0.137 | | 0 | 0.348 | 0.116 | |
| Manganese | mg | 0.016 | | 0 | 0.041 | 0.014 | |
| Selenium | :g | 24.3 | | 0 | 61.7 | 20.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.178 | 0.060 | |
| Riboflavin | mg | 0.240 | | 0 | 0.610 | 0.204 | |
| Niacin | mg | 3.220 | | 0 | 8.179 | 2.737 | |
| Pantothenic acid | mg | 0.330 | | 0 | 0.838 | 0.281 | |
| Vitamin B-6 | mg | 0.290 | | 0 | 0.737 | 0.247 | |
| Folate | :g | 9 | | 0 | 23 | 8 | |
| Vitamin B-12 | :g | 2.99 | | 0 | 7.59 | 2.54 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.210 | | 0 | 0.533 | 0.179 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 8.570 | | 0 | 21.768 | 7.285 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.060 | | 0 | 0.152 | 0.051 | |
| 12:0 | g | 0.060 | | 0 | 0.152 | 0.051 | |
| 14:0 | g | 0.680 | | 0 | 1.727 | 0.578 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.290 | | 0 | 13.437 | 4.497 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.460 | | 0 | 6.248 | 2.091 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.320 | 0 | 23.673 | 7.922 |
| 14:1 | g | | | | |
| 16:1 | g | 0.930 | 0 | 2.362 | 0.791 |
| 18:1 | g | 8.350 | 0 | 21.209 | 7.098 |
| 20:1 | g | 0.040 | 0 | 0.102 | 0.034 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.830 | 0 | 2.108 | 0.706 |
| 18:2 | g | 0.540 | 0 | 1.372 | 0.459 |
| 18:3 | g | 0.260 | 0 | 0.660 | 0.221 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.076 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 100 | 0 | 254 | 85 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.312 | 0 | 0.792 | 0.265 |
| Threonine | g | 1.218 | 0 | 3.094 | 1.035 |
| Isoleucine | g | 1.253 | 0 | 3.183 | 1.065 |
| Leucine | g | 2.203 | 0 | 5.596 | 1.873 |
| Lysine | g | 2.319 | 0 | 5.890 | 1.971 |
| Methionine | g | 0.714 | 0 | 1.814 | 0.607 |
| Cystine | g | 0.312 | 0 | 0.792 | 0.265 |
| Phenylalanine | g | 1.088 | 0 | 2.764 | 0.925 |
| Tyrosine | g | 0.937 | 0 | 2.380 | 0.796 |
| Valine | g | 1.356 | 0 | 3.444 | 1.153 |
| Arginine | g | 1.762 | 0 | 4.475 | 1.498 |
| Histidine | g | 0.954 | 0 | 2.423 | 0.811 |
| Alanine | g | 1.681 | 0 | 4.270 | 1.429 |
| Aspartic acid | g | 2.547 | 0 | 6.469 | 2.165 |
| Glutamic acid | g | 4.188 | 0 | 10.638 | 3.560 |
| Glycine | g | 1.521 | 0 | 3.863 | 1.293 |
| Proline | g | 1.231 | 0 | 3.127 | 1.046 |
| Serine | g | 1.066 | 0 | 2.708 | 0.906 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13041 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, all grades, raw

**Refuse:** 33% Bone 15%, separable fat 18%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 72.90 | | 1 | 20.67 | 330.67 | |
| Energy | kcal | 130 | | 0 | 37 | 590 | |
| Energy | kj | 544 | | 0 | 154 | 2468 | |
| Protein (N x 5.95) | g | 21.26 | 0.247 | 24 | 6.03 | 96.44 | |
| Total lipid (fat) | g | 4.40 | | 1 | 1.25 | 19.96 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.05 | 0.017 | 19 | 0.30 | 4.76 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | 0.552 | 10 | 2 | 27 | |
| Iron | mg | 2.47 | 0.065 | 47 | 0.70 | 11.20 | |
| Magnesium | mg | 24 | 0.445 | 19 | 7 | 109 | |
| Phosphorus | mg | 202 | 6.002 | 9 | 57 | 916 | |
| Potassium | mg | 372 | 4.447 | 71 | 105 | 1687 | |
| Sodium | mg | 67 | 3.255 | 35 | 19 | 304 | |
| Zinc | mg | 4.85 | 0.152 | 18 | 1.37 | 22.00 | |
| Copper | mg | 0.094 | 0.004 | 17 | 0.027 | 0.426 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 16.6 | 0.977 | 31 | 4.7 | 75.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.130 | 0.007 | 23 | 0.037 | 0.590 | |
| Riboflavin | mg | 0.210 | 0.007 | 22 | 0.060 | 0.953 | |
| Niacin | mg | 3.730 | 0.243 | 23 | 1.057 | 16.919 | |
| Pantothenic acid | mg | 0.350 | 0.027 | 4 | 0.099 | 1.588 | |
| Vitamin B-6 | mg | 0.440 | 0.027 | 4 | 0.125 | 1.996 | |
| Folate | :g | 8 | 1.244 | 14 | 2 | 36 | |
| Vitamin B-12 | :g | 3.48 | 0.298 | 23 | 0.99 | 15.79 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.590 | | 0 | 0.451 | 7.212 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 59 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 59 | 0.000 | 0.000 | |
| 14:0 | g | 0.110 | | 59 | 0.031 | 0.499 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.970 | | 59 | 0.275 | 4.400 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.520 | | 59 | 0.147 | 2.359 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.660 | | 0 | 0.471 | 7.530 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.160 | | 59 | 0.045 | 0.726 |
| 18:1 | g | 1.500 | | 59 | 0.425 | 6.804 |
| 20:1 | g | 0.000 | | 59 | 0.000 | 0.000 |
| 22.1 | g | | | | | |
| Polyunsaturated, total | g | 0.220 | | 0 | 0.062 | 0.998 |
| 18:2 | g | 0.180 | | 59 | 0.051 | 0.816 |
| 18:3 | g | 0.020 | | 59 | 0.006 | 0.091 |
| 18:4 | g | | | | | |
| 20:4 | g | 0.030 | | 59 | 0.009 | 0.136 |
| 20:5 | g | | | | | |
| 22:5 | g | | | | | |
| 22:6 | g | | | | | |
| Cholesterol | mg | 60 | 1.522 | 18 | 17 | 272 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.238 | | 0 | 0.067 | 1.080 |
| Threonine | g | 0.929 | | 0 | 0.263 | 4.214 |
| Isoleucine | g | 0.956 | | 0 | 0.271 | 4.336 |
| Leucine | g | 1.681 | | 0 | 0.477 | 7.625 |
| Lysine | g | 1.769 | | 0 | 0.502 | 8.024 |
| Methionine | g | 0.544 | | 0 | 0.154 | 2.468 |
| Cystine | g | 0.238 | | 0 | 0.067 | 1.080 |
| Phenylalanine | g | 0.830 | | 0 | 0.235 | 3.765 |
| Tyrosine | g | 0.714 | | 0 | 0.202 | 3.239 |
| Valine | g | 1.034 | | 0 | 0.293 | 4.690 |
| Arginine | g | 1.344 | | 0 | 0.381 | 6.096 |
| Histidine | g | 0.728 | | 0 | 0.206 | 3.302 |
| Alanine | g | 1.283 | | 0 | 0.364 | 5.820 |
| Aspartic acid | g | 1.943 | | 0 | 0.551 | 8.813 |
| Glutamic acid | g | 3.194 | | 0 | 0.905 | 14.488 |
| Glycine | g | 1.160 | | 0 | 0.329 | 5.262 |
| Proline | g | 0.939 | | 0 | 0.266 | 4.259 |
| Serine | g | 0.813 | | 0 | 0.230 | 3.688 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13042 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

**Refuse:** 39% 19% bone, 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 | Samples | Measure 1* 194g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 57.80 | | 1 | 112.13 | 49.13 | |
| Energy | kcal | 216 | | 0 | 419 | 184 | |
| Energy | kj | 904 | | 0 | 1754 | 768 | |
| Protein (N x 5.95) | g | 33.02 | 0.480 | 16 | 64.06 | 28.07 | |
| Total lipid (fat) | g | 8.30 | | 1 | 16.10 | 7.06 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.11 | 0.031 | 15 | 2.15 | 0.94 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | 0.726 | 9 | 17 | 8 | |
| Iron | mg | 3.79 | 0.181 | 9 | 7.35 | 3.22 | |
| Magnesium | mg | 24 | 0.511 | 9 | 47 | 20 | |
| Phosphorus | mg | 268 | | 1 | 520 | 228 | |
| Potassium | mg | 289 | 4.146 | 9 | 561 | 246 | |
| Sodium | mg | 66 | 6.606 | 9 | 128 | 56 | |
| Zinc | mg | 8.66 | 0.349 | 8 | 16.80 | 7.36 | |
| Copper | mg | 0.164 | 0.013 | 8 | 0.318 | 0.139 | |
| Manganese | mg | 0.019 | | 1 | 0.037 | 0.016 | |
| Selenium | :g | 26.7 | 2.200 | 7 | 51.8 | 22.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | 0.004 | 14 | 0.155 | 0.068 | |
| Riboflavin | mg | 0.290 | 0.014 | 12 | 0.563 | 0.247 | |
| Niacin | mg | 3.720 | 0.327 | 14 | 7.217 | 3.162 | |
| Pantothenic acid | mg | 0.380 | 0.033 | 4 | 0.737 | 0.323 | |
| Vitamin B-6 | mg | 0.330 | 0.017 | 4 | 0.640 | 0.281 | |
| Folate | :g | 11 | 2.071 | 14 | 21 | 9 | |
| Vitamin B-12 | :g | 3.40 | 0.500 | 15 | 6.60 | 2.89 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.272 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.010 | | 0 | 5.839 | 2.559 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 9 | 0.000 | 0.000 | |
| 12:0 | g | 0.010 | | 9 | 0.019 | 0.009 | |
| 14:0 | g | 0.220 | | 9 | 0.427 | 0.187 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.810 | | 9 | 3.511 | 1.539 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.980 | | 9 | 1.901 | 0.833 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.470 | | 0 | 6.732 | 2.950 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.310 | | 9 | 0.601 | 0.264 |
| 18:1 | g | 3.160 | | 9 | 6.130 | 2.686 |
| 20:1 | g | 0.000 | | 9 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.320 | | 0 | 0.621 | 0.272 |
| 18:2 | g | 0.260 | | 9 | 0.504 | 0.221 |
| 18:3 | g | 0.020 | | 9 | 0.039 | 0.017 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | | 9 | 0.078 | 0.034 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 101 | 1.572 | 8 | 196 | 86 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.370 | | 0 | 0.718 | 0.315 |
| Threonine | g | 1.442 | | 0 | 2.797 | 1.226 |
| Isoleucine | g | 1.485 | | 0 | 2.881 | 1.262 |
| Leucine | g | 2.610 | | 0 | 5.063 | 2.219 |
| Lysine | g | 2.747 | | 0 | 5.329 | 2.335 |
| Methionine | g | 0.845 | | 0 | 1.639 | 0.718 |
| Cystine | g | 0.370 | | 0 | 0.718 | 0.315 |
| Phenylalanine | g | 1.289 | | 0 | 2.501 | 1.096 |
| Tyrosine | g | 1.109 | | 0 | 2.151 | 0.943 |
| Valine | g | 1.606 | | 0 | 3.116 | 1.365 |
| Arginine | g | 2.087 | | 0 | 4.049 | 1.774 |
| Histidine | g | 1.131 | | 0 | 2.194 | 0.961 |
| Alanine | g | 1.992 | | 0 | 3.864 | 1.693 |
| Aspartic acid | g | 3.017 | | 0 | 5.853 | 2.564 |
| Glutamic acid | g | 4.961 | | 0 | 9.624 | 4.217 |
| Glycine | g | 1.802 | | 0 | 3.496 | 1.532 |
| Proline | g | 1.458 | | 0 | 2.829 | 1.239 |
| Serine | g | 1.263 | | 0 | 2.450 | 1.074 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13043 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, choice, raw

**Refuse:** 34% Bone 15%, separable fat 19%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 72.60 | | 1 | 20.58 | 329.31 | |
| Energy | kcal | 137 | | 0 | 39 | 621 | |
| Energy | kj | 573 | | 0 | 162 | 2599 | |
| Protein (N x 5.95) | g | 21.26 | | 1 | 6.03 | 96.44 | |
| Total lipid (fat) | g | 5.10 | | 1 | 1.45 | 23.13 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.05 | | 1 | 0.30 | 4.76 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 1 | 2 | 27 | |
| Iron | mg | 2.47 | | 1 | 0.70 | 11.20 | |
| Magnesium | mg | 24 | | 1 | 7 | 109 | |
| Phosphorus | mg | 202 | | 1 | 57 | 916 | |
| Potassium | mg | 372 | | 1 | 105 | 1687 | |
| Sodium | mg | 67 | | 1 | 19 | 304 | |
| Zinc | mg | 4.85 | | 1 | 1.37 | 22.00 | |
| Copper | mg | 0.094 | | 1 | 0.027 | 0.426 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 16.6 | | 0 | 4.7 | 75.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.130 | | 1 | 0.037 | 0.590 | |
| Riboflavin | mg | 0.210 | | 1 | 0.060 | 0.953 | |
| Niacin | mg | 3.730 | | 1 | 1.057 | 16.919 | |
| Pantothenic acid | mg | 0.350 | | 1 | 0.099 | 1.588 | |
| Vitamin B-6 | mg | 0.440 | | 1 | 0.125 | 1.996 | |
| Folate | :g | 8 | | 1 | 2 | 36 | |
| Vitamin B-12 | :g | 3.48 | | 1 | 0.99 | 15.79 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.840 | | 0 | 0.522 | 8.346 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 59 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 59 | 0.000 | 0.000 | |
| 14:0 | g | 0.120 | | 59 | 0.034 | 0.544 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.120 | | 59 | 0.318 | 5.080 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.600 | | 59 | 0.170 | 2.722 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.930 | 0 | 0.547 | 8.754 |
| 14:1 | g | | | | |
| 16:1 | g | 0.190 | 59 | 0.054 | 0.862 |
| 18:1 | g | 1.740 | 59 | 0.493 | 7.893 |
| 20:1 | g | 0.000 | 59 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.260 | 0 | 0.074 | 1.179 |
| 18:2 | g | 0.210 | 59 | 0.060 | 0.953 |
| 18:3 | g | 0.020 | 59 | 0.006 | 0.091 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 59 | 0.009 | 0.136 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 60 | 1 | 17 | 272 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.238 | 0 | 0.067 | 1.080 |
| Threonine | g | 0.929 | 0 | 0.263 | 4.214 |
| Isoleucine | g | 0.956 | 0 | 0.271 | 4.336 |
| Leucine | g | 1.681 | 0 | 0.477 | 7.625 |
| Lysine | g | 1.769 | 0 | 0.502 | 8.024 |
| Methionine | g | 0.544 | 0 | 0.154 | 2.468 |
| Cystine | g | 0.238 | 0 | 0.067 | 1.080 |
| Phenylalanine | g | 0.830 | 0 | 0.235 | 3.765 |
| Tyrosine | g | 0.714 | 0 | 0.202 | 3.239 |
| Valine | g | 1.034 | 0 | 0.293 | 4.690 |
| Arginine | g | 1.344 | 0 | 0.381 | 6.096 |
| Histidine | g | 0.728 | 0 | 0.206 | 3.302 |
| Alanine | g | 1.283 | 0 | 0.364 | 5.820 |
| Aspartic acid | g | 1.943 | 0 | 0.551 | 8.813 |
| Glutamic acid | g | 3.194 | 0 | 0.905 | 14.488 |
| Glycine | g | 1.160 | 0 | 0.329 | 5.262 |
| Proline | g | 0.939 | 0 | 0.266 | 4.259 |
| Serine | g | 0.813 | 0 | 0.230 | 3.688 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13044 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

**Refuse:** 41% 19% 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 | Samples | Measure 1* 187g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 57.30 | | 0 | 107.15 | 48.70 | |
| Energy | kcal | 225 | | 0 | 421 | 191 | |
| Energy | kj | 941 | | 0 | 1760 | 800 | |
| Protein (N x 5.95) | g | 33.02 | | 0 | 61.75 | 28.07 | |
| Total lipid (fat) | g | 9.30 | | 0 | 17.39 | 7.91 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.11 | | 0 | 2.08 | 0.94 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 17 | 8 | |
| Iron | mg | 3.79 | | 0 | 7.09 | 3.22 | |
| Magnesium | mg | 24 | | 0 | 45 | 20 | |
| Phosphorus | mg | 268 | | 0 | 501 | 228 | |
| Potassium | mg | 289 | | 0 | 540 | 246 | |
| Sodium | mg | 66 | | 0 | 123 | 56 | |
| Zinc | mg | 8.66 | | 0 | 16.19 | 7.36 | |
| Copper | mg | 0.164 | | 0 | 0.307 | 0.139 | |
| Manganese | mg | 0.019 | | 0 | 0.036 | 0.016 | |
| Selenium | :g | 26.7 | | 0 | 49.9 | 22.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.150 | 0.068 | |
| Riboflavin | mg | 0.290 | | 0 | 0.542 | 0.247 | |
| Niacin | mg | 3.720 | | 0 | 6.956 | 3.162 | |
| Pantothenic acid | mg | 0.380 | | 0 | 0.711 | 0.323 | |
| Vitamin B-6 | mg | 0.330 | | 0 | 0.617 | 0.281 | |
| Folate | :g | 11 | | 0 | 21 | 9 | |
| Vitamin B-12 | :g | 3.40 | | 0 | 6.36 | 2.89 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.262 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.370 | | 0 | 6.302 | 2.865 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.010 | | 0 | 0.019 | 0.009 | |
| 14:0 | g | 0.240 | | 0 | 0.449 | 0.204 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.020 | | 0 | 3.777 | 1.717 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.100 | | 0 | 2.057 | 0.935 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.890 | 0 | 7.274 | 3.307 |
| 14:1 | g | | | | |
| 16:1 | g | 0.340 | 0 | 0.636 | 0.289 |
| 18:1 | g | 3.540 | 0 | 6.620 | 3.009 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.360 | 0 | 0.673 | 0.306 |
| 18:2 | g | 0.290 | 0 | 0.542 | 0.247 |
| 18:3 | g | 0.030 | 0 | 0.056 | 0.026 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 0 | 0.094 | 0.043 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 101 | 0 | 189 | 86 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.370 | 0 | 0.692 | 0.315 |
| Threonine | g | 1.442 | 0 | 2.697 | 1.226 |
| Isoleucine | g | 1.485 | 0 | 2.777 | 1.262 |
| Leucine | g | 2.610 | 0 | 4.881 | 2.219 |
| Lysine | g | 2.747 | 0 | 5.137 | 2.335 |
| Methionine | g | 0.845 | 0 | 1.580 | 0.718 |
| Cystine | g | 0.370 | 0 | 0.692 | 0.315 |
| Phenylalanine | g | 1.289 | 0 | 2.410 | 1.096 |
| Tyrosine | g | 1.109 | 0 | 2.074 | 0.943 |
| Valine | g | 1.606 | 0 | 3.003 | 1.365 |
| Arginine | g | 2.087 | 0 | 3.903 | 1.774 |
| Histidine | g | 1.131 | 0 | 2.115 | 0.961 |
| Alanine | g | 1.992 | 0 | 3.725 | 1.693 |
| Aspartic acid | g | 3.017 | 0 | 5.642 | 2.564 |
| Glutamic acid | g | 4.961 | 0 | 9.277 | 4.217 |
| Glycine | g | 1.802 | 0 | 3.370 | 1.532 |
| Proline | g | 1.458 | 0 | 2.726 | 1.239 |
| Serine | g | 1.263 | 0 | 2.362 | 1.074 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13045 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, select, raw

**Refuse:** 32% Bone 16%, separable fat 16%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 73.20 | | 1 | 20.75 | 332.04 | |
| Energy | kcal | 123 | | 0 | 35 | 558 | |
| Energy | kj | 515 | | 0 | 146 | 2336 | |
| Protein (N x 5.95) | g | 21.26 | | 1 | 6.03 | 96.44 | |
| Total lipid (fat) | g | 3.60 | | 1 | 1.02 | 16.33 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.05 | | 1 | 0.30 | 4.76 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 1 | 2 | 27 | |
| Iron | mg | 2.47 | | 1 | 0.70 | 11.20 | |
| Magnesium | mg | 24 | | 1 | 7 | 109 | |
| Phosphorus | mg | 202 | | 1 | 57 | 916 | |
| Potassium | mg | 372 | | 1 | 105 | 1687 | |
| Sodium | mg | 67 | | 1 | 19 | 304 | |
| Zinc | mg | 4.85 | | 1 | 1.37 | 22.00 | |
| Copper | mg | 0.094 | | 1 | 0.027 | 0.426 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 16.6 | | 0 | 4.7 | 75.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.130 | | 1 | 0.037 | 0.590 | |
| Riboflavin | mg | 0.210 | | 1 | 0.060 | 0.953 | |
| Niacin | mg | 3.730 | | 1 | 1.057 | 16.919 | |
| Pantothenic acid | mg | 0.350 | | 1 | 0.099 | 1.588 | |
| Vitamin B-6 | mg | 0.440 | | 1 | 0.125 | 1.996 | |
| Folate | :g | 8 | | 1 | 2 | 36 | |
| Vitamin B-12 | :g | 3.48 | | 1 | 0.99 | 15.79 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.300 | | 0 | 0.369 | 5.897 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 59 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 59 | 0.000 | 0.000 | |
| 14:0 | g | 0.090 | | 59 | 0.026 | 0.408 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.790 | | 59 | 0.224 | 3.583 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.420 | | 59 | 0.119 | 1.905 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.360 | 0 | 0.386 | 6.169 |
| 14:1 | g | | | | |
| 16:1 | g | 0.130 | 59 | 0.037 | 0.590 |
| 18:1 | g | 1.230 | 59 | 0.349 | 5.579 |
| 20:1 | g | 0.000 | 59 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.180 | 0 | 0.051 | 0.816 |
| 18:2 | g | 0.150 | 59 | 0.043 | 0.680 |
| 18:3 | g | 0.010 | 59 | 0.003 | 0.045 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 59 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 60 | 1 | 17 | 272 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.238 | 0 | 0.067 | 1.080 |
| Threonine | g | 0.929 | 0 | 0.263 | 4.214 |
| Isoleucine | g | 0.956 | 0 | 0.271 | 4.336 |
| Leucine | g | 1.681 | 0 | 0.477 | 7.625 |
| Lysine | g | 1.769 | 0 | 0.502 | 8.024 |
| Methionine | g | 0.544 | 0 | 0.154 | 2.468 |
| Cystine | g | 0.238 | 0 | 0.067 | 1.080 |
| Phenylalanine | g | 0.830 | 0 | 0.235 | 3.765 |
| Tyrosine | g | 0.714 | 0 | 0.202 | 3.239 |
| Valine | g | 1.034 | 0 | 0.293 | 4.690 |
| Arginine | g | 1.344 | 0 | 0.381 | 6.096 |
| Histidine | g | 0.728 | 0 | 0.206 | 3.302 |
| Alanine | g | 1.283 | 0 | 0.364 | 5.820 |
| Aspartic acid | g | 1.943 | 0 | 0.551 | 8.813 |
| Glutamic acid | g | 3.194 | 0 | 0.905 | 14.488 |
| Glycine | g | 1.160 | 0 | 0.329 | 5.262 |
| Proline | g | 0.939 | 0 | 0.266 | 4.259 |
| Serine | g | 0.813 | 0 | 0.230 | 3.688 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13046 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, select, cooked, braised

**Refuse:** 38% 20% bone, 18% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 197g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.40 | | 0 | 115.05 | 49.64 | |
| Energy | kcal | 206 | | 0 | 406 | 175 | |
| Energy | kj | 862 | | 0 | 1698 | 733 | |
| Protein (N x 5.95) | g | 33.02 | | 0 | 65.05 | 28.07 | |
| Total lipid (fat) | g | 7.20 | | 0 | 14.18 | 6.12 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.11 | | 0 | 2.19 | 0.94 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 18 | 8 | |
| Iron | mg | 3.79 | | 0 | 7.47 | 3.22 | |
| Magnesium | mg | 24 | | 0 | 47 | 20 | |
| Phosphorus | mg | 268 | | 0 | 528 | 228 | |
| Potassium | mg | 289 | | 0 | 569 | 246 | |
| Sodium | mg | 66 | | 0 | 130 | 56 | |
| Zinc | mg | 8.66 | | 0 | 17.06 | 7.36 | |
| Copper | mg | 0.164 | | 0 | 0.323 | 0.139 | |
| Manganese | mg | 0.019 | | 0 | 0.037 | 0.016 | |
| Selenium | :g | 26.7 | | 0 | 52.6 | 22.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.158 | 0.068 | |
| Riboflavin | mg | 0.290 | | 0 | 0.571 | 0.247 | |
| Niacin | mg | 3.720 | | 0 | 7.328 | 3.162 | |
| Pantothenic acid | mg | 0.380 | | 0 | 0.749 | 0.323 | |
| Vitamin B-6 | mg | 0.330 | | 0 | 0.650 | 0.281 | |
| Folate | :g | 11 | | 0 | 22 | 9 | |
| Vitamin B-12 | :g | 3.40 | | 0 | 6.70 | 2.89 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.276 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.610 | | 0 | 5.142 | 2.219 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 14:0 | g | 0.190 | | 0 | 0.374 | 0.161 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.570 | | 0 | 3.093 | 1.335 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.850 | | 0 | 1.674 | 0.723 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.010 | 0 | 5.930 | 2.559 |
| 14:1 | g | | | | |
| 16:1 | g | 0.270 | 0 | 0.532 | 0.230 |
| 18:1 | g | 2.740 | 0 | 5.398 | 2.329 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.280 | 0 | 0.552 | 0.238 |
| 18:2 | g | 0.220 | 0 | 0.433 | 0.187 |
| 18:3 | g | 0.020 | 0 | 0.039 | 0.017 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.079 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 101 | 0 | 199 | 86 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.370 | 0 | 0.729 | 0.315 |
| Threonine | g | 1.442 | 0 | 2.841 | 1.226 |
| Isoleucine | g | 1.485 | 0 | 2.925 | 1.262 |
| Leucine | g | 2.610 | 0 | 5.142 | 2.219 |
| Lysine | g | 2.747 | 0 | 5.412 | 2.335 |
| Methionine | g | 0.845 | 0 | 1.665 | 0.718 |
| Cystine | g | 0.370 | 0 | 0.729 | 0.315 |
| Phenylalanine | g | 1.289 | 0 | 2.539 | 1.096 |
| Tyrosine | g | 1.109 | 0 | 2.185 | 0.943 |
| Valine | g | 1.606 | 0 | 3.164 | 1.365 |
| Arginine | g | 2.087 | 0 | 4.111 | 1.774 |
| Histidine | g | 1.131 | 0 | 2.228 | 0.961 |
| Alanine | g | 1.992 | 0 | 3.924 | 1.693 |
| Aspartic acid | g | 3.017 | 0 | 5.943 | 2.564 |
| Glutamic acid | g | 4.961 | 0 | 9.773 | 4.217 |
| Glycine | g | 1.802 | 0 | 3.550 | 1.532 |
| Proline | g | 1.458 | 0 | 2.872 | 1.239 |
| Serine | g | 1.263 | 0 | 2.488 | 1.074 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13049 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 60.68 | | 0 | 17.20 | 275.24 | |
| Energy | kcal | 254 | | 0 | 72 | 1152 | |
| Energy | kj | 1063 | | 0 | 301 | 4822 | |
| Protein (N x 5.95) | g | 17.04 | | 0 | 4.83 | 77.29 | |
| Total lipid (fat) | g | 20.10 | | 0 | 5.70 | 91.17 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.82 | | 0 | 0.23 | 3.72 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 3 | 45 | |
| Iron | mg | 2.02 | | 0 | 0.57 | 9.16 | |
| Magnesium | mg | 17 | | 0 | 5 | 77 | |
| Phosphorus | mg | 161 | | 0 | 46 | 730 | |
| Potassium | mg | 268 | | 0 | 76 | 1216 | |
| Sodium | mg | 67 | | 0 | 19 | 304 | |
| Zinc | mg | 4.93 | | 0 | 1.40 | 22.36 | |
| Copper | mg | 0.072 | | 0 | 0.020 | 0.327 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.054 | |
| Selenium | :g | 16.0 | | 0 | 4.5 | 72.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.170 | | 0 | 0.048 | 0.771 | |
| Niacin | mg | 2.170 | | 0 | 0.615 | 9.843 | |
| Pantothenic acid | mg | 0.290 | | 0 | 0.082 | 1.315 | |
| Vitamin B-6 | mg | 0.350 | | 0 | 0.099 | 1.588 | |
| Folate | :g | 5 | | 0 | 1 | 23 | |
| Vitamin B-12 | :g | 3.37 | | 0 | 0.96 | 15.29 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 8.110 | | 0 | 2.299 | 36.787 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.060 | | 0 | 0.017 | 0.272 | |
| 12:0 | g | 0.050 | | 0 | 0.014 | 0.227 | |
| 14:0 | g | 0.640 | | 0 | 0.181 | 2.903 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.870 | | 0 | 1.381 | 22.090 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.490 | | 0 | 0.706 | 11.295 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.820 | 0 | 2.500 | 40.008 |
| 14:1 | g | | | | |
| 16:1 | g | 0.990 | 0 | 0.281 | 4.491 |
| 18:1 | g | 7.800 | 0 | 2.211 | 35.381 |
| 20:1 | g | 0.030 | 0 | 0.009 | 0.136 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.730 | 0 | 0.207 | 3.311 |
| 18:2 | g | 0.480 | 0 | 0.136 | 2.177 |
| 18:3 | g | 0.230 | 0 | 0.065 | 1.043 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 72 | 0 | 20 | 327 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.191 | 0 | 0.054 | 0.866 |
| Threonine | g | 0.744 | 0 | 0.211 | 3.375 |
| Isoleucine | g | 0.766 | 0 | 0.217 | 3.475 |
| Leucine | g | 1.347 | 0 | 0.382 | 6.110 |
| Lysine | g | 1.418 | 0 | 0.402 | 6.432 |
| Methionine | g | 0.436 | 0 | 0.124 | 1.978 |
| Cystine | g | 0.191 | 0 | 0.054 | 0.866 |
| Phenylalanine | g | 0.665 | 0 | 0.189 | 3.016 |
| Tyrosine | g | 0.573 | 0 | 0.162 | 2.599 |
| Valine | g | 0.829 | 0 | 0.235 | 3.760 |
| Arginine | g | 1.077 | 0 | 0.305 | 4.885 |
| Histidine | g | 0.584 | 0 | 0.166 | 2.649 |
| Alanine | g | 1.028 | 0 | 0.291 | 4.663 |
| Aspartic acid | g | 1.557 | 0 | 0.441 | 7.063 |
| Glutamic acid | g | 2.560 | 0 | 0.726 | 11.612 |
| Glycine | g | 0.930 | 0 | 0.264 | 4.218 |
| Proline | g | 0.753 | 0 | 0.213 | 3.416 |
| Serine | g | 0.652 | 0 | 0.185 | 2.957 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13050 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised

**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 | Samples | Measure 1* 248g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 47.30 | | 0 | 117.30 | 40.20 | |
| Energy | kcal | 345 | | 0 | 856 | 293 | |
| Energy | kj | 1443 | | 0 | 3579 | 1227 | |
| Protein (N x 5.95) | g | 26.57 | | 0 | 65.89 | 22.58 | |
| Total lipid (fat) | g | 25.69 | | 0 | 63.71 | 21.84 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.87 | | 0 | 2.16 | 0.74 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 32 | 11 | |
| Iron | mg | 3.10 | | 0 | 7.69 | 2.63 | |
| Magnesium | mg | 19 | | 0 | 47 | 16 | |
| Phosphorus | mg | 200 | | 0 | 496 | 170 | |
| Potassium | mg | 231 | | 0 | 573 | 196 | |
| Sodium | mg | 64 | | 0 | 159 | 54 | |
| Zinc | mg | 8.32 | | 0 | 20.63 | 7.07 | |
| Copper | mg | 0.125 | | 0 | 0.310 | 0.106 | |
| Manganese | mg | 0.016 | | 0 | 0.040 | 0.014 | |
| Selenium | :g | 24.2 | | 0 | 60.0 | 20.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.174 | 0.060 | |
| Riboflavin | mg | 0.240 | | 0 | 0.595 | 0.204 | |
| Niacin | mg | 2.420 | | 0 | 6.002 | 2.057 | |
| Pantothenic acid | mg | 0.310 | | 0 | 0.769 | 0.264 | |
| Vitamin B-6 | mg | 0.260 | | 0 | 0.645 | 0.221 | |
| Folate | :g | 5 | | 0 | 12 | 4 | |
| Vitamin B-12 | :g | 2.28 | | 0 | 5.65 | 1.94 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.200 | | 0 | 0.496 | 0.170 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 10.230 | | 0 | 25.370 | 8.696 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.070 | | 0 | 0.174 | 0.060 | |
| 12:0 | g | 0.060 | | 0 | 0.149 | 0.051 | |
| 14:0 | g | 0.820 | | 0 | 2.034 | 0.697 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.230 | | 0 | 15.450 | 5.296 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.060 | | 0 | 7.589 | 2.601 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 11.100 | 0 | 27.528 | 9.435 |
| 14:1 | g | | | | |
| 16:1 | g | 1.050 | 0 | 2.604 | 0.893 |
| 18:1 | g | 10.010 | 0 | 24.825 | 8.508 |
| 20:1 | g | 0.040 | 0 | 0.099 | 0.034 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.920 | 0 | 2.282 | 0.782 |
| 18:2 | g | 0.630 | 0 | 1.562 | 0.536 |
| 18:3 | g | 0.260 | 0 | 0.645 | 0.221 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.074 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 104 | 0 | 258 | 88 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.298 | 0 | 0.739 | 0.253 |
| Threonine | g | 1.161 | 0 | 2.879 | 0.987 |
| Isoleucine | g | 1.195 | 0 | 2.964 | 1.016 |
| Leucine | g | 2.100 | 0 | 5.208 | 1.785 |
| Lysine | g | 2.211 | 0 | 5.483 | 1.879 |
| Methionine | g | 0.680 | 0 | 1.686 | 0.578 |
| Cystine | g | 0.298 | 0 | 0.739 | 0.253 |
| Phenylalanine | g | 1.037 | 0 | 2.572 | 0.881 |
| Tyrosine | g | 0.893 | 0 | 2.215 | 0.759 |
| Valine | g | 1.292 | 0 | 3.204 | 1.098 |
| Arginine | g | 1.679 | 0 | 4.164 | 1.427 |
| Histidine | g | 0.910 | 0 | 2.257 | 0.774 |
| Alanine | g | 1.603 | 0 | 3.975 | 1.363 |
| Aspartic acid | g | 2.428 | 0 | 6.021 | 2.064 |
| Glutamic acid | g | 3.992 | 0 | 9.900 | 3.393 |
| Glycine | g | 1.450 | 0 | 3.596 | 1.232 |
| Proline | g | 1.173 | 0 | 2.909 | 0.997 |
| Serine | g | 1.016 | 0 | 2.520 | 0.864 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13051 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, choice, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.20 | | 0 | 16.78 | 268.53 | |
| Energy | kcal | 272 | | 0 | 77 | 1234 | |
| Energy | kj | 1138 | | 0 | 323 | 5162 | |
| Protein (N x 5.95) | g | 16.82 | | 0 | 4.77 | 76.30 | |
| Total lipid (fat) | g | 22.23 | | 0 | 6.30 | 100.84 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.80 | | 0 | 0.23 | 3.63 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 3 | 45 | |
| Iron | mg | 1.99 | | 0 | 0.56 | 9.03 | |
| Magnesium | mg | 16 | | 0 | 5 | 73 | |
| Phosphorus | mg | 158 | | 0 | 45 | 717 | |
| Potassium | mg | 263 | | 0 | 75 | 1193 | |
| Sodium | mg | 66 | | 0 | 19 | 299 | |
| Zinc | mg | 4.83 | | 0 | 1.37 | 21.91 | |
| Copper | mg | 0.071 | | 0 | 0.020 | 0.322 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.054 | |
| Selenium | ：g | 16.0 | | 0 | 4.5 | 72.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.160 | | 0 | 0.045 | 0.726 | |
| Niacin | mg | 2.150 | | 0 | 0.610 | 9.752 | |
| Pantothenic acid | mg | 0.280 | | 0 | 0.079 | 1.270 | |
| Vitamin B-6 | mg | 0.350 | | 0 | 0.099 | 1.588 | |
| Folate | ：g | 5 | | 0 | 1 | 23 | |
| Vitamin B-12 | ：g | 3.32 | | 0 | 0.94 | 15.06 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.189 | | 0 | 0.054 | 0.857 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 8.970 | | 0 | 2.543 | 40.688 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.070 | | 0 | 0.020 | 0.318 | |
| 12:0 | g | 0.050 | | 0 | 0.014 | 0.227 | |
| 14:0 | g | 0.710 | | 0 | 0.201 | 3.221 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.380 | | 0 | 1.525 | 24.404 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.760 | | 0 | 0.782 | 12.519 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.750 | 0 | 2.764 | 44.226 |
| 14:1 | g | | | | |
| 16:1 | g | 1.100 | 0 | 0.312 | 4.990 |
| 18:1 | g | 8.630 | 0 | 2.447 | 39.146 |
| 20:1 | g | 0.030 | 0 | 0.009 | 0.136 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.810 | 0 | 0.230 | 3.674 |
| 18:2 | g | 0.530 | 0 | 0.150 | 2.404 |
| 18:3 | g | 0.250 | 0 | 0.071 | 1.134 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 72 | 0 | 20 | 327 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.188 | 0 | 0.053 | 0.853 |
| Threonine | g | 0.735 | 0 | 0.208 | 3.334 |
| Isoleucine | g | 0.756 | 0 | 0.214 | 3.429 |
| Leucine | g | 1.330 | 0 | 0.377 | 6.033 |
| Lysine | g | 1.400 | 0 | 0.397 | 6.350 |
| Methionine | g | 0.431 | 0 | 0.122 | 1.955 |
| Cystine | g | 0.188 | 0 | 0.053 | 0.853 |
| Phenylalanine | g | 0.657 | 0 | 0.186 | 2.980 |
| Tyrosine | g | 0.565 | 0 | 0.160 | 2.563 |
| Valine | g | 0.818 | 0 | 0.232 | 3.710 |
| Arginine | g | 1.063 | 0 | 0.301 | 4.822 |
| Histidine | g | 0.576 | 0 | 0.163 | 2.613 |
| Alanine | g | 1.015 | 0 | 0.288 | 4.604 |
| Aspartic acid | g | 1.537 | 0 | 0.436 | 6.972 |
| Glutamic acid | g | 2.527 | 0 | 0.716 | 11.462 |
| Glycine | g | 0.918 | 0 | 0.260 | 4.164 |
| Proline | g | 0.743 | 0 | 0.211 | 3.370 |
| Serine | g | 0.643 | 0 | 0.182 | 2.917 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13052 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

**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 | Samples | Measure 1* 248g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 45.96 | | 0 | 113.98 | 39.07 | |
| Energy | kcal | 363 | | 0 | 900 | 309 | |
| Energy | kj | 1519 | | 0 | 3767 | 1291 | |
| Protein (N x 5.95) | g | 26.16 | | 0 | 64.88 | 22.24 | |
| Total lipid (fat) | g | 27.82 | | 0 | 68.99 | 23.65 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.86 | | 0 | 2.13 | 0.73 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 32 | 11 | |
| Iron | mg | 3.05 | | 0 | 7.56 | 2.59 | |
| Magnesium | mg | 19 | | 0 | 47 | 16 | |
| Phosphorus | mg | 197 | | 0 | 489 | 167 | |
| Potassium | mg | 228 | | 0 | 565 | 194 | |
| Sodium | mg | 64 | | 0 | 159 | 54 | |
| Zinc | mg | 8.14 | | 0 | 20.19 | 6.92 | |
| Copper | mg | 0.123 | | 0 | 0.305 | 0.105 | |
| Manganese | mg | 0.015 | | 0 | 0.037 | 0.013 | |
| Selenium | :g | 24.2 | | 0 | 60.0 | 20.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.174 | 0.060 | |
| Riboflavin | mg | 0.240 | | 0 | 0.595 | 0.204 | |
| Niacin | mg | 2.400 | | 0 | 5.952 | 2.040 | |
| Pantothenic acid | mg | 0.300 | | 0 | 0.744 | 0.255 | |
| Vitamin B-6 | mg | 0.250 | | 0 | 0.620 | 0.213 | |
| Folate | :g | 5 | | 0 | 12 | 4 | |
| Vitamin B-12 | :g | 2.27 | | 0 | 5.63 | 1.93 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.230 | | 0 | 0.570 | 0.196 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 11.080 | | 0 | 27.478 | 9.418 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.070 | | 0 | 0.174 | 0.060 | |
| 12:0 | g | 0.070 | | 0 | 0.174 | 0.060 | |
| 14:0 | g | 0.890 | | 0 | 2.207 | 0.757 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.750 | | 0 | 16.740 | 5.737 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.310 | | 0 | 8.209 | 2.814 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 12.030 | 0 | 29.834 | 10.226 |
| 14:1 | g | | | | |
| 16:1 | g | 1.130 | 0 | 2.802 | 0.961 |
| 18:1 | g | 10.840 | 0 | 26.883 | 9.214 |
| 20:1 | g | 0.050 | 0 | 0.124 | 0.043 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.000 | 0 | 2.480 | 0.850 |
| 18:2 | g | 0.680 | 0 | 1.686 | 0.578 |
| 18:3 | g | 0.280 | 0 | 0.694 | 0.238 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.099 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 103 | 0 | 255 | 88 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.293 | 0 | 0.727 | 0.249 |
| Threonine | g | 1.143 | 0 | 2.835 | 0.972 |
| Isoleucine | g | 1.176 | 0 | 2.916 | 1.000 |
| Leucine | g | 2.068 | 0 | 5.129 | 1.758 |
| Lysine | g | 2.177 | 0 | 5.399 | 1.850 |
| Methionine | g | 0.670 | 0 | 1.662 | 0.570 |
| Cystine | g | 0.293 | 0 | 0.727 | 0.249 |
| Phenylalanine | g | 1.021 | 0 | 2.532 | 0.868 |
| Tyrosine | g | 0.879 | 0 | 2.180 | 0.747 |
| Valine | g | 1.273 | 0 | 3.157 | 1.082 |
| Arginine | g | 1.654 | 0 | 4.102 | 1.406 |
| Histidine | g | 0.896 | 0 | 2.222 | 0.762 |
| Alanine | g | 1.578 | 0 | 3.913 | 1.341 |
| Aspartic acid | g | 2.390 | 0 | 5.927 | 2.031 |
| Glutamic acid | g | 3.931 | 0 | 9.749 | 3.341 |
| Glycine | g | 1.427 | 0 | 3.539 | 1.213 |
| Proline | g | 1.155 | 0 | 2.864 | 0.982 |
| Serine | g | 1.000 | 0 | 2.480 | 0.850 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13053 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, select, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 62.35 | | 0 | 17.68 | 282.82 | |
| Energy | kcal | 235 | | 0 | 67 | 1066 | |
| Energy | kj | 983 | | 0 | 279 | 4459 | |
| Protein (N x 5.95) | g | 17.26 | | 0 | 4.89 | 78.29 | |
| Total lipid (fat) | g | 17.93 | | 0 | 5.08 | 81.33 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.83 | | 0 | 0.24 | 3.76 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 3 | 45 | |
| Iron | mg | 2.05 | | 0 | 0.58 | 9.30 | |
| Magnesium | mg | 17 | | 0 | 5 | 77 | |
| Phosphorus | mg | 163 | | 0 | 46 | 739 | |
| Potassium | mg | 273 | | 0 | 77 | 1238 | |
| Sodium | mg | 68 | | 0 | 19 | 308 | |
| Zinc | mg | 5.03 | | 0 | 1.43 | 22.82 | |
| Copper | mg | 0.073 | | 0 | 0.021 | 0.331 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | ：g | 16.0 | | 0 | 4.5 | 72.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.028 | 0.454 | |
| Riboflavin | mg | 0.170 | | 0 | 0.048 | 0.771 | |
| Niacin | mg | 2.190 | | 0 | 0.621 | 9.934 | |
| Pantothenic acid | mg | 0.290 | | 0 | 0.082 | 1.315 | |
| Vitamin B-6 | mg | 0.360 | | 0 | 0.102 | 1.633 | |
| Folate | ：g | 5 | | 0 | 1 | 23 | |
| Vitamin B-12 | ：g | 3.42 | | 0 | 0.97 | 15.51 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.240 | | 0 | 2.053 | 32.841 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.060 | | 0 | 0.017 | 0.272 | |
| 12:0 | g | 0.040 | | 0 | 0.011 | 0.181 | |
| 14:0 | g | 0.570 | | 0 | 0.162 | 2.586 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.340 | | 0 | 1.230 | 19.686 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.230 | | 0 | 0.632 | 10.115 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.860 | 0 | 2.228 | 35.653 |
| 14:1 | g | | | | |
| 16:1 | g | 0.890 | 0 | 0.252 | 4.037 |
| 18:1 | g | 6.950 | 0 | 1.970 | 31.525 |
| 20:1 | g | 0.030 | 0 | 0.009 | 0.136 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.650 | 0 | 0.184 | 2.948 |
| 18:2 | g | 0.430 | 0 | 0.122 | 1.950 |
| 18:3 | g | 0.200 | 0 | 0.057 | 0.907 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 71 | 0 | 20 | 322 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.193 | 0 | 0.055 | 0.875 |
| Threonine | g | 0.754 | 0 | 0.214 | 3.420 |
| Isoleucine | g | 0.776 | 0 | 0.220 | 3.520 |
| Leucine | g | 1.364 | 0 | 0.387 | 6.187 |
| Lysine | g | 1.436 | 0 | 0.407 | 6.514 |
| Methionine | g | 0.442 | 0 | 0.125 | 2.005 |
| Cystine | g | 0.193 | 0 | 0.055 | 0.875 |
| Phenylalanine | g | 0.674 | 0 | 0.191 | 3.057 |
| Tyrosine | g | 0.580 | 0 | 0.164 | 2.631 |
| Valine | g | 0.840 | 0 | 0.238 | 3.810 |
| Arginine | g | 1.091 | 0 | 0.309 | 4.949 |
| Histidine | g | 0.591 | 0 | 0.168 | 2.681 |
| Alanine | g | 1.041 | 0 | 0.295 | 4.722 |
| Aspartic acid | g | 1.577 | 0 | 0.447 | 7.153 |
| Glutamic acid | g | 2.594 | 0 | 0.735 | 11.766 |
| Glycine | g | 0.942 | 0 | 0.267 | 4.273 |
| Proline | g | 0.762 | 0 | 0.216 | 3.456 |
| Serine | g | 0.660 | 0 | 0.187 | 2.994 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13054 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, select, cooked, braised

**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 | Samples | Measure 1* 248g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 48.76 | | 0 | 120.92 | 41.45 | |
| Energy | kcal | 326 | | 0 | 808 | 277 | |
| Energy | kj | 1364 | | 0 | 3383 | 1159 | |
| Protein (N x 5.95) | g | 26.98 | | 0 | 66.91 | 22.93 | |
| Total lipid (fat) | g | 23.35 | | 0 | 57.91 | 19.85 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.88 | | 0 | 2.18 | 0.75 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 32 | 11 | |
| Iron | mg | 3.16 | | 0 | 7.84 | 2.69 | |
| Magnesium | mg | 20 | | 0 | 50 | 17 | |
| Phosphorus | mg | 203 | | 0 | 503 | 173 | |
| Potassium | mg | 234 | | 0 | 580 | 199 | |
| Sodium | mg | 65 | | 0 | 161 | 55 | |
| Zinc | mg | 8.50 | | 0 | 21.08 | 7.22 | |
| Copper | mg | 0.127 | | 0 | 0.315 | 0.108 | |
| Manganese | mg | 0.016 | | 0 | 0.040 | 0.014 | |
| Selenium | :g | 24.3 | | 0 | 60.3 | 20.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.174 | 0.060 | |
| Riboflavin | mg | 0.250 | | 0 | 0.620 | 0.213 | |
| Niacin | mg | 2.440 | | 0 | 6.051 | 2.074 | |
| Pantothenic acid | mg | 0.310 | | 0 | 0.769 | 0.264 | |
| Vitamin B-6 | mg | 0.260 | | 0 | 0.645 | 0.221 | |
| Folate | :g | 5 | | 0 | 12 | 4 | |
| Vitamin B-12 | :g | 2.30 | | 0 | 5.70 | 1.95 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.230 | | 0 | 0.570 | 0.196 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.300 | | 0 | 23.064 | 7.905 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.060 | | 0 | 0.149 | 0.051 | |
| 12:0 | g | 0.060 | | 0 | 0.149 | 0.051 | |
| 14:0 | g | 0.740 | | 0 | 1.835 | 0.629 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.660 | | 0 | 14.037 | 4.811 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.780 | | 0 | 6.894 | 2.363 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 10.090 | 0 | 25.023 | 8.576 |
| 14:1 | g | | | | |
| 16:1 | g | 0.950 | 0 | 2.356 | 0.808 |
| 18:1 | g | 9.100 | 0 | 22.568 | 7.735 |
| 20:1 | g | 0.040 | 0 | 0.099 | 0.034 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.840 | 0 | 2.083 | 0.714 |
| 18:2 | g | 0.570 | 0 | 1.414 | 0.484 |
| 18:3 | g | 0.230 | 0 | 0.570 | 0.196 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.074 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 104 | 0 | 258 | 88 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.302 | 0 | 0.749 | 0.257 |
| Threonine | g | 1.178 | 0 | 2.921 | 1.001 |
| Isoleucine | g | 1.213 | 0 | 3.008 | 1.031 |
| Leucine | g | 2.132 | 0 | 5.287 | 1.812 |
| Lysine | g | 2.245 | 0 | 5.568 | 1.908 |
| Methionine | g | 0.691 | 0 | 1.714 | 0.587 |
| Cystine | g | 0.302 | 0 | 0.749 | 0.257 |
| Phenylalanine | g | 1.053 | 0 | 2.611 | 0.895 |
| Tyrosine | g | 0.907 | 0 | 2.249 | 0.771 |
| Valine | g | 1.312 | 0 | 3.254 | 1.115 |
| Arginine | g | 1.705 | 0 | 4.228 | 1.449 |
| Histidine | g | 0.924 | 0 | 2.292 | 0.785 |
| Alanine | g | 1.627 | 0 | 4.035 | 1.383 |
| Aspartic acid | g | 2.465 | 0 | 6.113 | 2.095 |
| Glutamic acid | g | 4.053 | 0 | 10.051 | 3.445 |
| Glycine | g | 1.472 | 0 | 3.651 | 1.251 |
| Proline | g | 1.191 | 0 | 2.954 | 1.012 |
| Serine | g | 1.032 | 0 | 2.559 | 0.877 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13057 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, raw

**Refuse:** 35% Bone 19%, separable fat 16%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 70.80 | | 1 | 20.07 | 321.15 | |
| Energy | kcal | 149 | | 0 | 42 | 676 | |
| Energy | kj | 623 | | 0 | 177 | 2826 | |
| Protein (N x 5.95) | g | 19.25 | 0.217 | 39 | 5.46 | 87.32 | |
| Total lipid (fat) | g | 7.40 | | 1 | 2.10 | 33.57 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.95 | 0.020 | 26 | 0.27 | 4.31 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | 0.707 | 10 | 3 | 45 | |
| Iron | mg | 2.34 | 0.043 | 38 | 0.66 | 10.61 | |
| Magnesium | mg | 20 | 0.270 | 38 | 6 | 91 | |
| Phosphorus | mg | 184 | 3.304 | 28 | 52 | 835 | |
| Potassium | mg | 319 | 5.627 | 38 | 90 | 1447 | |
| Sodium | mg | 77 | 1.877 | 38 | 22 | 349 | |
| Zinc | mg | 5.91 | 0.129 | 36 | 1.68 | 26.81 | |
| Copper | mg | 0.082 | 0.002 | 36 | 0.023 | 0.372 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 16.6 | 0.977 | 31 | 4.7 | 75.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | 0.004 | 39 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.190 | 0.005 | 37 | 0.054 | 0.862 | |
| Niacin | mg | 2.360 | 0.113 | 39 | 0.669 | 10.705 | |
| Pantothenic acid | mg | 0.320 | | 1 | 0.091 | 1.452 | |
| Vitamin B-6 | mg | 0.400 | | 1 | 0.113 | 1.814 | |
| Folate | :g | 6 | 1.104 | 11 | 2 | 27 | |
| Vitamin B-12 | :g | 3.85 | 0.198 | 38 | 1.09 | 17.46 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.780 | | 0 | 0.788 | 12.610 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 36 | 0.000 | 0.000 | |
| 12:0 | g | 0.010 | | 36 | 0.003 | 0.045 | |
| 14:0 | g | 0.200 | | 36 | 0.057 | 0.907 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.650 | | 36 | 0.468 | 7.484 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.920 | | 36 | 0.261 | 4.173 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.290 | | 0 | 0.933 | 14.923 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.270 | | 36 | 0.077 | 1.225 |
| 18:1 | g | 3.010 | | 36 | 0.853 | 13.653 |
| 20:1 | g | 0.010 | | 36 | 0.003 | 0.045 |
| 22.1 | g | | | | | |
| Polyunsaturated, total | g | 0.280 | | 0 | 0.079 | 1.270 |
| 18:2 | g | 0.230 | | 36 | 0.065 | 1.043 |
| 18:3 | g | 0.020 | | 36 | 0.006 | 0.091 |
| 18:4 | g | | | | | |
| 20:4 | g | 0.030 | | 36 | 0.009 | 0.136 |
| 20:5 | g | | | | | |
| 22:5 | g | | | | | |
| 22:6 | g | | | | | |
| Cholesterol | mg | 65 | 0.789 | 34 | 18 | 295 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.216 | | 0 | 0.061 | 0.980 |
| Threonine | g | 0.841 | | 0 | 0.238 | 3.815 |
| Isoleucine | g | 0.865 | | 0 | 0.245 | 3.924 |
| Leucine | g | 1.522 | | 0 | 0.431 | 6.904 |
| Lysine | g | 1.602 | | 0 | 0.454 | 7.267 |
| Methionine | g | 0.493 | | 0 | 0.140 | 2.236 |
| Cystine | g | 0.216 | | 0 | 0.061 | 0.980 |
| Phenylalanine | g | 0.752 | | 0 | 0.213 | 3.411 |
| Tyrosine | g | 0.647 | | 0 | 0.183 | 2.935 |
| Valine | g | 0.936 | | 0 | 0.265 | 4.246 |
| Arginine | g | 1.217 | | 0 | 0.345 | 5.520 |
| Histidine | g | 0.659 | | 0 | 0.187 | 2.989 |
| Alanine | g | 1.161 | | 0 | 0.329 | 5.266 |
| Aspartic acid | g | 1.759 | | 0 | 0.499 | 7.979 |
| Glutamic acid | g | 2.892 | | 0 | 0.820 | 13.118 |
| Glycine | g | 1.050 | | 0 | 0.298 | 4.763 |
| Proline | g | 0.850 | | 0 | 0.241 | 3.856 |
| Serine | g | 0.736 | | 0 | 0.209 | 3.338 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13058 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

**Refuse:** 4% 23% bone, 17% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 193g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 55.40 | | 1 | 106.92 | 47.09 | |
| Energy | kcal | 251 | | 0 | 484 | 213 | |
| Energy | kj | 1050 | | 0 | 2027 | 893 | |
| Protein (N x 5.95) | g | 31.06 | 0.772 | 11 | 59.95 | 26.40 | |
| Total lipid (fat) | g | 13.10 | | 1 | 25.28 | 11.13 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.99 | 0.031 | 11 | 1.91 | 0.84 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | 1.258 | 11 | 25 | 11 | |
| Iron | mg | 3.68 | 0.200 | 10 | 7.10 | 3.13 | |
| Magnesium | mg | 23 | 0.834 | 11 | 44 | 20 | |
| Phosphorus | mg | 235 | | 1 | 454 | 200 | |
| Potassium | mg | 263 | 8.280 | 11 | 508 | 224 | |
| Sodium | mg | 71 | 6.704 | 11 | 137 | 60 | |
| Zinc | mg | 10.27 | 0.753 | 7 | 19.82 | 8.73 | |
| Copper | mg | 0.148 | 0.011 | 8 | 0.286 | 0.126 | |
| Manganese | mg | 0.018 | | 1 | 0.035 | 0.015 | |
| Selenium | :g | 26.7 | 2.200 | 7 | 51.5 | 22.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | 0.007 | 11 | 0.154 | 0.068 | |
| Riboflavin | mg | 0.280 | 0.020 | 9 | 0.540 | 0.238 | |
| Niacin | mg | 2.670 | 0.359 | 11 | 5.153 | 2.269 | |
| Pantothenic acid | mg | 0.350 | | 1 | 0.676 | 0.298 | |
| Vitamin B-6 | mg | 0.290 | | 1 | 0.560 | 0.247 | |
| Folate | :g | 6 | 1.142 | 11 | 12 | 5 | |
| Vitamin B-12 | :g | 2.47 | 0.321 | 11 | 4.77 | 2.10 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.270 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.080 | | 0 | 9.804 | 4.318 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 8 | 0.019 | 0.009 | |
| 12:0 | g | 0.010 | | 8 | 0.019 | 0.009 | |
| 14:0 | g | 0.390 | | 8 | 0.753 | 0.331 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.970 | | 8 | 5.732 | 2.525 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.710 | | 8 | 3.300 | 1.454 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.650 | | 0 | 10.905 | 4.803 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.450 | | 8 | 0.869 | 0.383 |
| 18:1 | g | 5.180 | | 8 | 9.997 | 4.403 |
| 20:1 | g | 0.010 | | 8 | 0.019 | 0.009 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.430 | | 0 | 0.830 | 0.366 |
| 18:2 | g | 0.350 | | 8 | 0.676 | 0.298 |
| 18:3 | g | 0.030 | | 8 | 0.058 | 0.026 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | | 8 | 0.077 | 0.034 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 106 | 1.958 | 8 | 205 | 90 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.348 | | 0 | 0.672 | 0.296 |
| Threonine | g | 1.357 | | 0 | 2.619 | 1.153 |
| Isoleucine | g | 1.397 | | 0 | 2.696 | 1.187 |
| Leucine | g | 2.455 | | 0 | 4.738 | 2.087 |
| Lysine | g | 2.584 | | 0 | 4.987 | 2.196 |
| Methionine | g | 0.795 | | 0 | 1.534 | 0.676 |
| Cystine | g | 0.348 | | 0 | 0.672 | 0.296 |
| Phenylalanine | g | 1.213 | | 0 | 2.341 | 1.031 |
| Tyrosine | g | 1.044 | | 0 | 2.015 | 0.887 |
| Valine | g | 1.511 | | 0 | 2.916 | 1.284 |
| Arginine | g | 1.963 | | 0 | 3.789 | 1.669 |
| Histidine | g | 1.064 | | 0 | 2.054 | 0.904 |
| Alanine | g | 1.874 | | 0 | 3.617 | 1.593 |
| Aspartic acid | g | 2.838 | | 0 | 5.477 | 2.412 |
| Glutamic acid | g | 4.667 | | 0 | 9.007 | 3.967 |
| Glycine | g | 1.695 | | 0 | 3.271 | 1.441 |
| Proline | g | 1.372 | | 0 | 2.648 | 1.166 |
| Serine | g | 1.188 | | 0 | 2.293 | 1.010 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13059 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, choice, raw

**Refuse:** 37% Bone 19%, separable fat 18%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 70.20 | | 1 | 19.90 | 318.43 | |
| Energy | kcal | 159 | | 0 | 45 | 721 | |
| Energy | kj | 665 | | 0 | 189 | 3016 | |
| Protein (N x 5.95) | g | 19.25 | | 1 | 5.46 | 87.32 | |
| Total lipid (fat) | g | 8.50 | | 1 | 2.41 | 38.56 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.95 | | 1 | 0.27 | 4.31 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 1 | 3 | 45 | |
| Iron | mg | 2.34 | | 1 | 0.66 | 10.61 | |
| Magnesium | mg | 20 | | 1 | 6 | 91 | |
| Phosphorus | mg | 184 | | 1 | 52 | 835 | |
| Potassium | mg | 319 | | 1 | 90 | 1447 | |
| Sodium | mg | 77 | | 1 | 22 | 349 | |
| Zinc | mg | 5.91 | | 1 | 1.68 | 26.81 | |
| Copper | mg | 0.082 | | 1 | 0.023 | 0.372 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 16.6 | | 0 | 4.7 | 75.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 1 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.190 | | 1 | 0.054 | 0.862 | |
| Niacin | mg | 2.360 | | 1 | 0.669 | 10.705 | |
| Pantothenic acid | mg | 0.320 | | 1 | 0.091 | 1.452 | |
| Vitamin B-6 | mg | 0.400 | | 1 | 0.113 | 1.814 | |
| Folate | :g | 6 | | 1 | 2 | 27 | |
| Vitamin B-12 | :g | 3.85 | | 1 | 1.09 | 17.46 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.190 | | 0 | 0.904 | 14.470 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 36 | 0.000 | 0.000 | |
| 12:0 | g | 0.010 | | 36 | 0.003 | 0.045 | |
| 14:0 | g | 0.230 | | 36 | 0.065 | 1.043 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.900 | | 36 | 0.539 | 8.618 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.050 | | 36 | 0.298 | 4.763 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.780 | 0 | 1.072 | 17.146 |
| 14:1 | g | | | | |
| 16:1 | g | 0.310 | 36 | 0.088 | 1.406 |
| 18:1 | g | 3.460 | 36 | 0.981 | 15.695 |
| 20:1 | g | 0.010 | 36 | 0.003 | 0.045 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.320 | 0 | 0.091 | 1.452 |
| 18:2 | g | 0.260 | 36 | 0.074 | 1.179 |
| 18:3 | g | 0.020 | 36 | 0.006 | 0.091 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 36 | 0.011 | 0.181 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 65 | 1 | 18 | 295 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.216 | 0 | 0.061 | 0.980 |
| Threonine | g | 0.841 | 0 | 0.238 | 3.815 |
| Isoleucine | g | 0.865 | 0 | 0.245 | 3.924 |
| Leucine | g | 1.522 | 0 | 0.431 | 6.904 |
| Lysine | g | 1.602 | 0 | 0.454 | 7.267 |
| Methionine | g | 0.493 | 0 | 0.140 | 2.236 |
| Cystine | g | 0.216 | 0 | 0.061 | 0.980 |
| Phenylalanine | g | 0.752 | 0 | 0.213 | 3.411 |
| Tyrosine | g | 0.647 | 0 | 0.183 | 2.935 |
| Valine | g | 0.936 | 0 | 0.265 | 4.246 |
| Arginine | g | 1.217 | 0 | 0.345 | 5.520 |
| Histidine | g | 0.659 | 0 | 0.187 | 2.989 |
| Alanine | g | 1.161 | 0 | 0.329 | 5.266 |
| Aspartic acid | g | 1.759 | 0 | 0.499 | 7.979 |
| Glutamic acid | g | 2.892 | 0 | 0.820 | 13.118 |
| Glycine | g | 1.050 | 0 | 0.298 | 4.763 |
| Proline | g | 0.850 | 0 | 0.241 | 3.856 |
| Serine | g | 0.736 | 0 | 0.209 | 3.338 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13060 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

**Refuse:** 42% 23% bone, 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 | Samples | Measure 1* 187g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 54.60 | | 0 | 102.10 | 46.41 | |
| Energy | kcal | 263 | | 0 | 492 | 224 | |
| Energy | kj | 1100 | | 0 | 2057 | 935 | |
| Protein (N x 5.95) | g | 31.06 | | 0 | 58.08 | 26.40 | |
| Total lipid (fat) | g | 14.40 | | 0 | 26.93 | 12.24 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.99 | | 0 | 1.85 | 0.84 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 24 | 11 | |
| Iron | mg | 3.68 | | 0 | 6.88 | 3.13 | |
| Magnesium | mg | 23 | | 0 | 43 | 20 | |
| Phosphorus | mg | 235 | | 0 | 439 | 200 | |
| Potassium | mg | 263 | | 0 | 492 | 224 | |
| Sodium | mg | 71 | | 0 | 133 | 60 | |
| Zinc | mg | 10.27 | | 0 | 19.20 | 8.73 | |
| Copper | mg | 0.148 | | 0 | 0.277 | 0.126 | |
| Manganese | mg | 0.018 | | 0 | 0.034 | 0.015 | |
| Selenium | :g | 26.7 | | 0 | 49.9 | 22.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.150 | 0.068 | |
| Riboflavin | mg | 0.280 | | 0 | 0.524 | 0.238 | |
| Niacin | mg | 2.670 | | 0 | 4.993 | 2.269 | |
| Pantothenic acid | mg | 0.350 | | 0 | 0.655 | 0.298 | |
| Vitamin B-6 | mg | 0.290 | | 0 | 0.542 | 0.247 | |
| Folate | :g | 6 | | 0 | 11 | 5 | |
| Vitamin B-12 | :g | 2.47 | | 0 | 4.62 | 2.10 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.262 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.580 | | 0 | 10.435 | 4.743 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.019 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.019 | 0.009 | |
| 14:0 | g | 0.420 | | 0 | 0.785 | 0.357 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.260 | | 0 | 6.096 | 2.771 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.880 | | 0 | 3.516 | 1.598 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.210 | 0 | 11.613 | 5.279 |
| 14:1 | g | | | | |
| 16:1 | g | 0.500 | 0 | 0.935 | 0.425 |
| 18:1 | g | 5.700 | 0 | 10.659 | 4.845 |
| 20:1 | g | 0.010 | 0 | 0.019 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.470 | 0 | 0.879 | 0.400 |
| 18:2 | g | 0.390 | 0 | 0.729 | 0.331 |
| 18:3 | g | 0.040 | 0 | 0.075 | 0.034 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 0 | 0.094 | 0.043 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 106 | 0 | 198 | 90 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.348 | 0 | 0.651 | 0.296 |
| Threonine | g | 1.357 | 0 | 2.538 | 1.153 |
| Isoleucine | g | 1.397 | 0 | 2.612 | 1.187 |
| Leucine | g | 2.455 | 0 | 4.591 | 2.087 |
| Lysine | g | 2.584 | 0 | 4.832 | 2.196 |
| Methionine | g | 0.795 | 0 | 1.487 | 0.676 |
| Cystine | g | 0.348 | 0 | 0.651 | 0.296 |
| Phenylalanine | g | 1.213 | 0 | 2.268 | 1.031 |
| Tyrosine | g | 1.044 | 0 | 1.952 | 0.887 |
| Valine | g | 1.511 | 0 | 2.826 | 1.284 |
| Arginine | g | 1.963 | 0 | 3.671 | 1.669 |
| Histidine | g | 1.064 | 0 | 1.990 | 0.904 |
| Alanine | g | 1.874 | 0 | 3.504 | 1.593 |
| Aspartic acid | g | 2.838 | 0 | 5.307 | 2.412 |
| Glutamic acid | g | 4.667 | 0 | 8.727 | 3.967 |
| Glycine | g | 1.695 | 0 | 3.170 | 1.441 |
| Proline | g | 1.372 | 0 | 2.566 | 1.166 |
| Serine | g | 1.188 | 0 | 2.222 | 1.010 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13061 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, select, raw

**Refuse:** 34% Bone 19%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 71.60 | | 1 | 20.30 | 324.78 | |
| Energy | kcal | 139 | | 0 | 39 | 631 | |
| Energy | kj | 582 | | 0 | 165 | 2640 | |
| Protein (N x 5.95) | g | 19.25 | | 1 | 5.46 | 87.32 | |
| Total lipid (fat) | g | 6.30 | | 1 | 1.79 | 28.58 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.95 | | 1 | 0.27 | 4.31 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 1 | 3 | 45 | |
| Iron | mg | 2.34 | | 1 | 0.66 | 10.61 | |
| Magnesium | mg | 20 | | 1 | 6 | 91 | |
| Phosphorus | mg | 184 | | 1 | 52 | 835 | |
| Potassium | mg | 319 | | 1 | 90 | 1447 | |
| Sodium | mg | 77 | | 1 | 22 | 349 | |
| Zinc | mg | 5.91 | | 1 | 1.68 | 26.81 | |
| Copper | mg | 0.082 | | 1 | 0.023 | 0.372 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 16.6 | | 0 | 4.7 | 75.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 1 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.190 | | 1 | 0.054 | 0.862 | |
| Niacin | mg | 2.360 | | 1 | 0.669 | 10.705 | |
| Pantothenic acid | mg | 0.320 | | 1 | 0.091 | 1.452 | |
| Vitamin B-6 | mg | 0.400 | | 1 | 0.113 | 1.814 | |
| Folate | :g | 6 | | 1 | 2 | 27 | |
| Vitamin B-12 | :g | 3.85 | | 1 | 1.09 | 17.46 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.370 | | 0 | 0.672 | 10.750 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 36 | 0.000 | 0.000 | |
| 12:0 | g | 0.010 | | 36 | 0.003 | 0.045 | |
| 14:0 | g | 0.170 | | 36 | 0.048 | 0.771 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.410 | | 36 | 0.400 | 6.396 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.780 | | 36 | 0.221 | 3.538 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.800 | 0 | 0.794 | 12.701 |
| 14:1 | g | | | | |
| 16:1 | g | 0.230 | 36 | 0.065 | 1.043 |
| 18:1 | g | 2.560 | 36 | 0.726 | 11.612 |
| 20:1 | g | 0.010 | 36 | 0.003 | 0.045 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.240 | 0 | 0.068 | 1.089 |
| 18:2 | g | 0.190 | 36 | 0.054 | 0.862 |
| 18:3 | g | 0.010 | 36 | 0.003 | 0.045 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 36 | 0.009 | 0.136 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 65 | 1 | 18 | 295 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.216 | 0 | 0.061 | 0.980 |
| Threonine | g | 0.841 | 0 | 0.238 | 3.815 |
| Isoleucine | g | 0.865 | 0 | 0.245 | 3.924 |
| Leucine | g | 1.522 | 0 | 0.431 | 6.904 |
| Lysine | g | 1.602 | 0 | 0.454 | 7.267 |
| Methionine | g | 0.493 | 0 | 0.140 | 2.236 |
| Cystine | g | 0.216 | 0 | 0.061 | 0.980 |
| Phenylalanine | g | 0.752 | 0 | 0.213 | 3.411 |
| Tyrosine | g | 0.647 | 0 | 0.183 | 2.935 |
| Valine | g | 0.936 | 0 | 0.265 | 4.246 |
| Arginine | g | 1.217 | 0 | 0.345 | 5.520 |
| Histidine | g | 0.659 | 0 | 0.187 | 2.989 |
| Alanine | g | 1.161 | 0 | 0.329 | 5.266 |
| Aspartic acid | g | 1.759 | 0 | 0.499 | 7.979 |
| Glutamic acid | g | 2.892 | 0 | 0.820 | 13.118 |
| Glycine | g | 1.050 | 0 | 0.298 | 4.763 |
| Proline | g | 0.850 | 0 | 0.241 | 3.856 |
| Serine | g | 0.736 | 0 | 0.209 | 3.338 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13062 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, select, cooked, braised

**Refuse:** 38% 23% bone, 15% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 200g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 56.30 | | 0 | 112.60 | 47.85 | |
| Energy | kcal | 237 | | 0 | 474 | 201 | |
| Energy | kj | 992 | | 0 | 1984 | 843 | |
| Protein (N x 5.95) | g | 31.06 | | 0 | 62.12 | 26.40 | |
| Total lipid (fat) | g | 11.60 | | 0 | 23.20 | 9.86 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.99 | | 0 | 1.98 | 0.84 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 26 | 11 | |
| Iron | mg | 3.68 | | 0 | 7.36 | 3.13 | |
| Magnesium | mg | 23 | | 0 | 46 | 20 | |
| Phosphorus | mg | 235 | | 0 | 470 | 200 | |
| Potassium | mg | 263 | | 0 | 526 | 224 | |
| Sodium | mg | 71 | | 0 | 142 | 60 | |
| Zinc | mg | 10.27 | | 0 | 20.54 | 8.73 | |
| Copper | mg | 0.148 | | 0 | 0.296 | 0.126 | |
| Manganese | mg | 0.018 | | 0 | 0.036 | 0.015 | |
| Selenium | :g | 26.7 | | 0 | 53.4 | 22.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.160 | 0.068 | |
| Riboflavin | mg | 0.280 | | 0 | 0.560 | 0.238 | |
| Niacin | mg | 2.670 | | 0 | 5.340 | 2.269 | |
| Pantothenic acid | mg | 0.350 | | 0 | 0.700 | 0.298 | |
| Vitamin B-6 | mg | 0.290 | | 0 | 0.580 | 0.247 | |
| Folate | :g | 6 | | 0 | 12 | 5 | |
| Vitamin B-12 | :g | 2.47 | | 0 | 4.94 | 2.10 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.280 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.500 | | 0 | 9.000 | 3.825 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 14:0 | g | 0.340 | | 0 | 0.680 | 0.289 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.630 | | 0 | 5.260 | 2.236 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.510 | | 0 | 3.020 | 1.283 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.000 | 0 | 10.000 | 4.250 |
| 14:1 | g | | | | |
| 16:1 | g | 0.400 | 0 | 0.800 | 0.340 |
| 18:1 | g | 4.590 | 0 | 9.180 | 3.902 |
| 20:1 | g | 0.010 | 0 | 0.020 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.380 | 0 | 0.760 | 0.323 |
| 18:2 | g | 0.310 | 0 | 0.620 | 0.264 |
| 18:3 | g | 0.030 | 0 | 0.060 | 0.026 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.080 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 106 | 0 | 212 | 90 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.348 | 0 | 0.696 | 0.296 |
| Threonine | g | 1.357 | 0 | 2.714 | 1.153 |
| Isoleucine | g | 1.397 | 0 | 2.794 | 1.187 |
| Leucine | g | 2.455 | 0 | 4.910 | 2.087 |
| Lysine | g | 2.584 | 0 | 5.168 | 2.196 |
| Methionine | g | 0.795 | 0 | 1.590 | 0.676 |
| Cystine | g | 0.348 | 0 | 0.696 | 0.296 |
| Phenylalanine | g | 1.213 | 0 | 2.426 | 1.031 |
| Tyrosine | g | 1.044 | 0 | 2.088 | 0.887 |
| Valine | g | 1.511 | 0 | 3.022 | 1.284 |
| Arginine | g | 1.963 | 0 | 3.926 | 1.669 |
| Histidine | g | 1.064 | 0 | 2.128 | 0.904 |
| Alanine | g | 1.874 | 0 | 3.748 | 1.593 |
| Aspartic acid | g | 2.838 | 0 | 5.676 | 2.412 |
| Glutamic acid | g | 4.667 | 0 | 9.334 | 3.967 |
| Glycine | g | 1.695 | 0 | 3.390 | 1.441 |
| Proline | g | 1.372 | 0 | 2.744 | 1.166 |
| Serine | g | 1.188 | 0 | 2.376 | 1.010 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13065 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, raw

**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 | Samples | Measure 1* 28g | Measure 2* 113g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 68.61 | | 0 | 19.45 | 77.53 | |
| Energy | kcal | 180 | | 0 | 51 | 203 | |
| Energy | kj | 753 | | 0 | 213 | 851 | |
| Protein (N x 5.95) | g | 19.70 | | 0 | 5.58 | 22.26 | |
| Total lipid (fat) | g | 10.62 | | 0 | 3.01 | 12.00 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.47 | | 0 | 0.42 | 1.66 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 0 | 1 | 6 | |
| Iron | mg | 1.97 | | 0 | 0.56 | 2.23 | |
| Magnesium | mg | 20 | | 0 | 6 | 23 | |
| Phosphorus | mg | 191 | | 0 | 54 | 216 | |
| Potassium | mg | 350 | | 0 | 99 | 396 | |
| Sodium | mg | 71 | | 0 | 20 | 80 | |
| Zinc | mg | 3.47 | | 0 | 0.98 | 3.92 | |
| Copper | mg | 0.072 | | 0 | 0.020 | 0.081 | |
| Manganese | mg | 0.014 | | 0 | 0.004 | 0.016 | |
| Selenium | ：g | 17.9 | | 0 | 5.1 | 20.2 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.031 | 0.124 | |
| Riboflavin | mg | 0.150 | | 0 | 0.043 | 0.170 | |
| Niacin | mg | 4.550 | | 0 | 1.290 | 5.141 | |
| Pantothenic acid | mg | 0.320 | | 0 | 0.091 | 0.362 | |
| Vitamin B-6 | mg | 0.420 | | 0 | 0.119 | 0.475 | |
| Folate | ：g | 7 | | 0 | 2 | 8 | |
| Vitamin B-12 | ：g | 2.97 | | 0 | 0.84 | 3.36 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.144 | | 0 | 0.041 | 0.163 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.520 | | 0 | 1.281 | 5.108 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.006 | 0.023 | |
| 12:0 | g | 0.020 | | 0 | 0.006 | 0.023 | |
| 14:0 | g | 0.320 | | 0 | 0.091 | 0.362 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.780 | | 0 | 0.788 | 3.141 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.270 | | 0 | 0.360 | 1.435 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.390 | 0 | 1.245 | 4.961 |
| 14:1 | g | | | | |
| 16:1 | g | 0.440 | 0 | 0.125 | 0.497 |
| 18:1 | g | 3.880 | 0 | 1.100 | 4.384 |
| 20:1 | g | 0.010 | 0 | 0.003 | 0.011 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.410 | 0 | 0.116 | 0.463 |
| 18:2 | g | 0.250 | 0 | 0.071 | 0.282 |
| 18:3 | g | 0.120 | 0 | 0.034 | 0.136 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.011 | 0.045 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 52 | 0 | 15 | 59 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.221 | 0 | 0.063 | 0.250 |
| Threonine | g | 0.861 | 0 | 0.244 | 0.973 |
| Isoleucine | g | 0.886 | 0 | 0.251 | 1.001 |
| Leucine | g | 1.557 | 0 | 0.441 | 1.759 |
| Lysine | g | 1.639 | 0 | 0.465 | 1.852 |
| Methionine | g | 0.504 | 0 | 0.143 | 0.570 |
| Cystine | g | 0.221 | 0 | 0.063 | 0.250 |
| Phenylalanine | g | 0.769 | 0 | 0.218 | 0.869 |
| Tyrosine | g | 0.662 | 0 | 0.188 | 0.748 |
| Valine | g | 0.958 | 0 | 0.272 | 1.083 |
| Arginine | g | 1.245 | 0 | 0.353 | 1.407 |
| Histidine | g | 0.675 | 0 | 0.191 | 0.763 |
| Alanine | g | 1.188 | 0 | 0.337 | 1.342 |
| Aspartic acid | g | 1.800 | 0 | 0.510 | 2.034 |
| Glutamic acid | g | 2.960 | 0 | 0.839 | 3.345 |
| Glycine | g | 1.075 | 0 | 0.305 | 1.215 |
| Proline | g | 0.870 | 0 | 0.247 | 0.983 |
| Serine | g | 0.753 | 0 | 0.213 | 0.851 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

## NDB No. 13066 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

**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 | Samples | Measure 1* 262g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 54.95 | | 0 | 143.97 | 46.71 | |
| Energy | kcal | 263 | | 0 | 689 | 224 | |
| Energy | kj | 1100 | | 0 | 2882 | 935 | |
| Protein (N x 5.95) | g | 26.98 | | 0 | 70.69 | 22.93 | |
| Total lipid (fat) | g | 16.44 | | 0 | 43.07 | 13.97 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 2.04 | | 0 | 5.34 | 1.73 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 16 | 5 | |
| Iron | mg | 3.33 | | 0 | 8.72 | 2.83 | |
| Magnesium | mg | 23 | | 0 | 60 | 20 | |
| Phosphorus | mg | 256 | | 0 | 671 | 218 | |
| Potassium | mg | 337 | | 0 | 883 | 286 | |
| Sodium | mg | 70 | | 0 | 183 | 60 | |
| Zinc | mg | 5.77 | | 0 | 15.12 | 4.90 | |
| Copper | mg | 0.119 | | 0 | 0.312 | 0.101 | |
| Manganese | mg | 0.018 | | 0 | 0.047 | 0.015 | |
| Selenium | :g | 30.4 | | 0 | 79.6 | 25.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.140 | | 0 | 0.367 | 0.119 | |
| Riboflavin | mg | 0.180 | | 0 | 0.472 | 0.153 | |
| Niacin | mg | 4.420 | | 0 | 11.580 | 3.757 | |
| Pantothenic acid | mg | 0.370 | | 0 | 0.969 | 0.315 | |
| Vitamin B-6 | mg | 0.350 | | 0 | 0.917 | 0.298 | |
| Folate | :g | 9 | | 0 | 24 | 8 | |
| Vitamin B-12 | :g | 3.30 | | 0 | 8.65 | 2.81 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.920 | | 0 | 18.130 | 5.882 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.052 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.052 | 0.017 | |
| 14:0 | g | 0.540 | | 0 | 1.415 | 0.459 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.080 | | 0 | 10.690 | 3.468 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.080 | | 0 | 5.450 | 1.768 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.940 | 0 | 18.183 | 5.899 |
| 14:1 | g | | | | |
| 16:1 | g | 0.640 | 0 | 1.677 | 0.544 |
| 18:1 | g | 6.180 | 0 | 16.192 | 5.253 |
| 20:1 | g | 0.020 | 0 | 0.052 | 0.017 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.530 | 0 | 1.389 | 0.451 |
| 18:2 | g | 0.360 | 0 | 0.943 | 0.306 |
| 18:3 | g | 0.150 | 0 | 0.393 | 0.128 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.020 | 0 | 0.052 | 0.017 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 72 | 0 | 189 | 61 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.302 | 0 | 0.791 | 0.257 |
| Threonine | g | 1.178 | 0 | 3.086 | 1.001 |
| Isoleucine | g | 1.213 | 0 | 3.178 | 1.031 |
| Leucine | g | 2.132 | 0 | 5.586 | 1.812 |
| Lysine | g | 2.244 | 0 | 5.879 | 1.907 |
| Methionine | g | 0.691 | 0 | 1.810 | 0.587 |
| Cystine | g | 0.302 | 0 | 0.791 | 0.257 |
| Phenylalanine | g | 1.053 | 0 | 2.759 | 0.895 |
| Tyrosine | g | 0.906 | 0 | 2.374 | 0.770 |
| Valine | g | 1.312 | 0 | 3.437 | 1.115 |
| Arginine | g | 1.705 | 0 | 4.467 | 1.449 |
| Histidine | g | 0.924 | 0 | 2.421 | 0.785 |
| Alanine | g | 1.627 | 0 | 4.263 | 1.383 |
| Aspartic acid | g | 2.465 | 0 | 6.458 | 2.095 |
| Glutamic acid | g | 4.053 | 0 | 10.619 | 3.445 |
| Glycine | g | 1.472 | 0 | 3.857 | 1.251 |
| Proline | g | 1.191 | 0 | 3.120 | 1.012 |
| Serine | g | 1.032 | 0 | 2.704 | 0.877 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13067 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

**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 | Samples | Measure 1* 333g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.63 | | 0 | 198.57 | 50.69 | |
| Energy | kcal | 226 | | 0 | 753 | 192 | |
| Energy | kj | 946 | | 0 | 3150 | 804 | |
| Protein (N x 5.95) | g | 26.42 | | 0 | 87.98 | 22.46 | |
| Total lipid (fat) | g | 12.53 | | 0 | 41.72 | 10.65 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.98 | | 0 | 6.59 | 1.68 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 23 | 6 | |
| Iron | mg | 2.51 | | 0 | 8.36 | 2.13 | |
| Magnesium | mg | 23 | | 0 | 77 | 20 | |
| Phosphorus | mg | 230 | | 0 | 766 | 196 | |
| Potassium | mg | 402 | | 0 | 1339 | 342 | |
| Sodium | mg | 81 | | 0 | 270 | 69 | |
| Zinc | mg | 4.66 | | 0 | 15.52 | 3.96 | |
| Copper | mg | 0.097 | | 0 | 0.323 | 0.082 | |
| Manganese | mg | 0.016 | | 0 | 0.053 | 0.014 | |
| Selenium | ：g | 23.9 | | 0 | 79.6 | 20.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.333 | 0.085 | |
| Riboflavin | mg | 0.180 | | 0 | 0.599 | 0.153 | |
| Niacin | mg | 4.900 | | 0 | 16.317 | 4.165 | |
| Pantothenic acid | mg | 0.350 | | 0 | 1.165 | 0.298 | |
| Vitamin B-6 | mg | 0.340 | | 0 | 1.132 | 0.289 | |
| Folate | ：g | 8 | | 0 | 27 | 7 | |
| Vitamin B-12 | ：g | 3.19 | | 0 | 10.62 | 2.71 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.320 | | 0 | 17.716 | 4.522 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.067 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.067 | 0.017 | |
| 14:0 | g | 0.370 | | 0 | 1.232 | 0.315 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.310 | | 0 | 11.022 | 2.814 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.450 | | 0 | 4.829 | 1.232 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.130 | 0 | 17.083 | 4.361 |
| 14:1 | g | | | | |
| 16:1 | g | 0.460 | 0 | 1.532 | 0.391 |
| 18:1 | g | 4.570 | 0 | 15.218 | 3.885 |
| 20:1 | g | 0.020 | 0 | 0.067 | 0.017 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.490 | 0 | 1.632 | 0.417 |
| 18:2 | g | 0.300 | 0 | 0.999 | 0.255 |
| 18:3 | g | 0.140 | 0 | 0.466 | 0.119 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 0 | 0.167 | 0.043 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 68 | 0 | 226 | 58 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.296 | 0 | 0.986 | 0.252 |
| Threonine | g | 1.154 | 0 | 3.843 | 0.981 |
| Isoleucine | g | 1.188 | 0 | 3.956 | 1.010 |
| Leucine | g | 2.088 | 0 | 6.953 | 1.775 |
| Lysine | g | 2.198 | 0 | 7.319 | 1.868 |
| Methionine | g | 0.676 | 0 | 2.251 | 0.575 |
| Cystine | g | 0.296 | 0 | 0.986 | 0.252 |
| Phenylalanine | g | 1.031 | 0 | 3.433 | 0.876 |
| Tyrosine | g | 0.888 | 0 | 2.957 | 0.755 |
| Valine | g | 1.285 | 0 | 4.279 | 1.092 |
| Arginine | g | 1.670 | 0 | 5.561 | 1.420 |
| Histidine | g | 0.905 | 0 | 3.014 | 0.769 |
| Alanine | g | 1.593 | 0 | 5.305 | 1.354 |
| Aspartic acid | g | 2.413 | 0 | 8.035 | 2.051 |
| Glutamic acid | g | 3.969 | 0 | 13.217 | 3.374 |
| Glycine | g | 1.441 | 0 | 4.799 | 1.225 |
| Proline | g | 1.167 | 0 | 3.886 | 0.992 |
| Serine | g | 1.010 | 0 | 3.363 | 0.859 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13068 Beef, flank, separable lean only, trimmed to 0" fat, choice, raw

**Refuse:** 7% Connective tissue 2%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 71.15 | 1.054 | 17 | 20.17 | 322.74 | |
| Energy | kcal | 154 | | 0 | 44 | 699 | |
| Energy | kj | 644 | | 0 | 183 | 2921 | |
| Protein (N x 5.95) | g | 20.31 | 0.415 | 17 | 5.76 | 92.13 | |
| Total lipid (fat) | g | 7.44 | 0.502 | 22 | 2.11 | 33.75 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.53 | 0.223 | 7 | 0.43 | 6.94 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 1 | 1 | 23 | |
| Iron | mg | 2.03 | | 1 | 0.58 | 9.21 | |
| Magnesium | mg | 21 | | 1 | 6 | 95 | |
| Phosphorus | mg | 197 | | 1 | 56 | 894 | |
| Potassium | mg | 365 | | 1 | 103 | 1656 | |
| Sodium | mg | 73 | | 1 | 21 | 331 | |
| Zinc | mg | 3.60 | | 1 | 1.02 | 16.33 | |
| Copper | mg | 0.074 | | 1 | 0.021 | 0.336 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 18.2 | | 0 | 5.2 | 82.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | 0.009 | 7 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.150 | 0.012 | 7 | 0.043 | 0.680 | |
| Niacin | mg | 4.720 | 0.259 | 7 | 1.338 | 21.410 | |
| Pantothenic acid | mg | 0.330 | | 1 | 0.094 | 1.497 | |
| Vitamin B-6 | mg | 0.430 | 0.052 | 7 | 0.122 | 1.950 | |
| Folate | :g | 7 | | 1 | 2 | 32 | |
| Vitamin B-12 | :g | 3.05 | | 1 | 0.86 | 13.83 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.210 | | 0 | 0.910 | 14.561 | |
| 4:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 1 | 0.003 | 0.045 | |
| 12:0 | g | 0.010 | | 1 | 0.003 | 0.045 | |
| 14:0 | g | 0.210 | | 1 | 0.060 | 0.953 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.990 | | 1 | 0.564 | 9.027 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.870 | | 1 | 0.247 | 3.946 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.990 | | 0 | 0.848 | 13.563 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.250 | | 1 | 0.071 | 1.134 |
| 18:1 | g | 2.670 | | 1 | 0.757 | 12.111 |
| 20:1 | g | 0.010 | | 1 | 0.003 | 0.045 |
| 22.1 | g | 0.000 | | 1 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.290 | | 0 | 0.082 | 1.315 |
| 18:2 | g | 0.180 | | 1 | 0.051 | 0.816 |
| 18:3 | g | 0.070 | | 1 | 0.020 | 0.318 |
| 18:4 | g | 0.000 | | 1 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | | 1 | 0.011 | 0.181 |
| 20:5 | g | 0.000 | | 1 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 1 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 1 | 0.000 | 0.000 |
| Cholesterol | mg | 50 | 4.906 | 7 | 14 | 227 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.227 | | 0 | 0.064 | 1.030 |
| Threonine | g | 0.887 | | 0 | 0.251 | 4.023 |
| Isoleucine | g | 0.913 | | 0 | 0.259 | 4.141 |
| Leucine | g | 1.605 | | 0 | 0.455 | 7.280 |
| Lysine | g | 1.689 | | 0 | 0.479 | 7.661 |
| Methionine | g | 0.520 | | 0 | 0.147 | 2.359 |
| Cystine | g | 0.227 | | 0 | 0.064 | 1.030 |
| Phenylalanine | g | 0.793 | | 0 | 0.225 | 3.597 |
| Tyrosine | g | 0.682 | | 0 | 0.193 | 3.094 |
| Valine | g | 0.988 | | 0 | 0.280 | 4.482 |
| Arginine | g | 1.283 | | 0 | 0.364 | 5.820 |
| Histidine | g | 0.695 | | 0 | 0.197 | 3.153 |
| Alanine | g | 1.225 | | 0 | 0.347 | 5.557 |
| Aspartic acid | g | 1.855 | | 0 | 0.526 | 8.414 |
| Glutamic acid | g | 3.051 | | 0 | 0.865 | 13.839 |
| Glycine | g | 1.108 | | 0 | 0.314 | 5.026 |
| Proline | g | 0.897 | | 0 | 0.254 | 4.069 |
| Serine | g | 0.776 | | 0 | 0.220 | 3.520 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13069 Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, braised

**Refuse:** 8% 2% connective tissue, 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 | Samples | Measure 1* 246g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 57.27 | 0.014 | 11 | 140.88 | 48.68 | |
| Energy | kcal | 237 | | 0 | 583 | 201 | |
| Energy | kj | 992 | | 0 | 2440 | 843 | |
| Protein (N x 5.95) | g | 28.02 | 0.588 | 11 | 68.93 | 23.82 | |
| Total lipid (fat) | g | 13.00 | 0.996 | 11 | 31.98 | 11.05 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 2.14 | 0.000 | 7 | 5.26 | 1.82 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 1 | 15 | 5 | |
| Iron | mg | 3.47 | | 1 | 8.54 | 2.95 | |
| Magnesium | mg | 24 | | 1 | 59 | 20 | |
| Phosphorus | mg | 267 | | 1 | 657 | 227 | |
| Potassium | mg | 351 | | 1 | 863 | 298 | |
| Sodium | mg | 72 | | 1 | 177 | 61 | |
| Zinc | mg | 6.05 | | 1 | 14.88 | 5.14 | |
| Copper | mg | 0.124 | | 1 | 0.305 | 0.105 | |
| Manganese | mg | 0.019 | | 1 | 0.047 | 0.016 | |
| Selenium | ΄g | 30.8 | | 0 | 75.8 | 26.2 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.140 | 0.060 | 7 | 0.344 | 0.119 | |
| Riboflavin | mg | 0.190 | 0.200 | 7 | 0.467 | 0.161 | |
| Niacin | mg | 4.600 | 0.212 | 7 | 11.316 | 3.910 | |
| Pantothenic acid | mg | 0.380 | | 1 | 0.935 | 0.323 | |
| Vitamin B-6 | mg | 0.360 | 0.049 | 7 | 0.886 | 0.306 | |
| Folate | ΄g | 9 | | 1 | 22 | 8 | |
| Vitamin B-12 | ΄g | 3.41 | | 1 | 8.39 | 2.90 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ΄g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.344 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.540 | | 0 | 13.628 | 4.709 | |
| 4:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 1 | 0.025 | 0.009 | |
| 12:0 | g | 0.010 | | 1 | 0.025 | 0.009 | |
| 14:0 | g | 0.420 | | 1 | 1.033 | 0.357 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.200 | | 1 | 7.872 | 2.720 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.710 | | 1 | 4.207 | 1.454 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.440 | | 0 | 13.382 | 4.624 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.480 | | 1 | 1.181 | 0.408 |
| 18:1 | g | 4.850 | | 1 | 11.931 | 4.122 |
| 20:1 | g | 0.010 | | 1 | 0.025 | 0.009 |
| 22.1 | g | 0.000 | | 1 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.390 | | 0 | 0.959 | 0.331 |
| 18:2 | g | 0.280 | | 1 | 0.689 | 0.238 |
| 18:3 | g | 0.090 | | 1 | 0.221 | 0.077 |
| 18:4 | g | 0.000 | | 1 | 0.000 | 0.000 |
| 20:4 | g | 0.020 | | 1 | 0.049 | 0.017 |
| 20:5 | g | 0.000 | | 1 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 1 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 1 | 0.000 | 0.000 |
| Cholesterol | mg | 71 | 8.185 | 6 | 175 | 60 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.314 | | 0 | 0.772 | 0.267 |
| Threonine | g | 1.224 | | 0 | 3.011 | 1.040 |
| Isoleucine | g | 1.260 | | 0 | 3.100 | 1.071 |
| Leucine | g | 2.215 | | 0 | 5.449 | 1.883 |
| Lysine | g | 2.331 | | 0 | 5.734 | 1.981 |
| Methionine | g | 0.717 | | 0 | 1.764 | 0.609 |
| Cystine | g | 0.314 | | 0 | 0.772 | 0.267 |
| Phenylalanine | g | 1.094 | | 0 | 2.691 | 0.930 |
| Tyrosine | g | 0.941 | | 0 | 2.315 | 0.800 |
| Valine | g | 1.363 | | 0 | 3.353 | 1.159 |
| Arginine | g | 1.771 | | 0 | 4.357 | 1.505 |
| Histidine | g | 0.959 | | 0 | 2.359 | 0.815 |
| Alanine | g | 1.690 | | 0 | 4.157 | 1.437 |
| Aspartic acid | g | 2.560 | | 0 | 6.298 | 2.176 |
| Glutamic acid | g | 4.210 | | 0 | 10.357 | 3.579 |
| Glycine | g | 1.529 | | 0 | 3.761 | 1.300 |
| Proline | g | 1.237 | | 0 | 3.043 | 1.051 |
| Serine | g | 1.071 | | 0 | 2.635 | 0.910 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13070 Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, broiled

**Refuse:** 6% 2% connective tissue, 4% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 320g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 61.34 | | 0 | 196.29 | 52.14 | |
| Energy | kcal | 207 | | 0 | 662 | 176 | |
| Energy | kj | 866 | | 0 | 2771 | 736 | |
| Protein (N x 5.95) | g | 27.07 | | 0 | 86.62 | 23.01 | |
| Total lipid (fat) | g | 10.12 | | 0 | 32.38 | 8.60 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 2.04 | | 0 | 6.53 | 1.73 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 22 | 6 | |
| Iron | mg | 2.57 | | 0 | 8.22 | 2.18 | |
| Magnesium | mg | 24 | | 0 | 77 | 20 | |
| Phosphorus | mg | 236 | | 0 | 755 | 201 | |
| Potassium | mg | 414 | | 0 | 1325 | 352 | |
| Sodium | mg | 83 | | 0 | 266 | 71 | |
| Zinc | mg | 4.80 | | 0 | 15.36 | 4.08 | |
| Copper | mg | 0.099 | | 0 | 0.317 | 0.084 | |
| Manganese | mg | 0.016 | | 0 | 0.051 | 0.014 | |
| Selenium | ：g | 24.2 | | 0 | 77.4 | 20.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.352 | 0.094 | |
| Riboflavin | mg | 0.190 | | 0 | 0.608 | 0.161 | |
| Niacin | mg | 5.030 | | 0 | 16.096 | 4.276 | |
| Pantothenic acid | mg | 0.360 | | 0 | 1.152 | 0.306 | |
| Vitamin B-6 | mg | 0.340 | | 0 | 1.088 | 0.289 | |
| Folate | ：g | 8 | | 0 | 26 | 7 | |
| Vitamin B-12 | ：g | 3.25 | | 0 | 10.40 | 2.76 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.360 | | 0 | 13.952 | 3.706 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.032 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.032 | 0.009 | |
| 14:0 | g | 0.290 | | 0 | 0.928 | 0.247 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.700 | | 0 | 8.640 | 2.295 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.190 | | 0 | 3.808 | 1.011 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.070 | 0 | 13.024 | 3.460 |
| 14:1 | g | | | | |
| 16:1 | g | 0.350 | 0 | 1.120 | 0.298 |
| 18:1 | g | 3.630 | 0 | 11.616 | 3.086 |
| 20:1 | g | 0.010 | 0 | 0.032 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.400 | 0 | 1.280 | 0.340 |
| 18:2 | g | 0.250 | 0 | 0.800 | 0.213 |
| 18:3 | g | 0.100 | 0 | 0.320 | 0.085 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 0 | 0.160 | 0.043 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 67 | 0 | 214 | 57 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.303 | 0 | 0.970 | 0.258 |
| Threonine | g | 1.183 | 0 | 3.786 | 1.006 |
| Isoleucine | g | 1.217 | 0 | 3.894 | 1.034 |
| Leucine | g | 2.140 | 0 | 6.848 | 1.819 |
| Lysine | g | 2.253 | 0 | 7.210 | 1.915 |
| Methionine | g | 0.693 | 0 | 2.218 | 0.589 |
| Cystine | g | 0.303 | 0 | 0.970 | 0.258 |
| Phenylalanine | g | 1.057 | 0 | 3.382 | 0.898 |
| Tyrosine | g | 0.910 | 0 | 2.912 | 0.774 |
| Valine | g | 1.317 | 0 | 4.214 | 1.119 |
| Arginine | g | 1.711 | 0 | 5.475 | 1.454 |
| Histidine | g | 0.927 | 0 | 2.966 | 0.788 |
| Alanine | g | 1.633 | 0 | 5.226 | 1.388 |
| Aspartic acid | g | 2.474 | 0 | 7.917 | 2.103 |
| Glutamic acid | g | 4.068 | 0 | 13.018 | 3.458 |
| Glycine | g | 1.477 | 0 | 4.726 | 1.255 |
| Proline | g | 1.196 | 0 | 3.827 | 1.017 |
| Serine | g | 1.035 | 0 | 3.312 | 0.880 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13071 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 54.54 | | 0 | 15.46 | 247.39 | |
| Energy | kcal | 313 | | 0 | 89 | 1420 | |
| Energy | kj | 1310 | | 0 | 371 | 5942 | |
| Protein (N x 5.95) | g | 16.37 | | 0 | 4.64 | 74.25 | |
| Total lipid (fat) | g | 26.98 | | 0 | 7.65 | 122.38 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.77 | | 0 | 0.22 | 3.49 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 3 | 41 | |
| Iron | mg | 1.72 | | 0 | 0.49 | 7.80 | |
| Magnesium | mg | 16 | | 0 | 5 | 73 | |
| Phosphorus | mg | 154 | | 0 | 44 | 699 | |
| Potassium | mg | 268 | | 0 | 76 | 1216 | |
| Sodium | mg | 54 | | 0 | 15 | 245 | |
| Zinc | mg | 3.67 | | 0 | 1.04 | 16.65 | |
| Copper | mg | 0.058 | | 0 | 0.016 | 0.263 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.054 | |
| Selenium | :g | 16.1 | | 0 | 4.6 | 73.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.023 | 0.363 | |
| Riboflavin | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| Niacin | mg | 2.780 | | 0 | 0.788 | 12.610 | |
| Pantothenic acid | mg | 0.310 | | 0 | 0.088 | 1.406 | |
| Vitamin B-6 | mg | 0.310 | | 0 | 0.088 | 1.406 | |
| Folate | :g | 5 | | 0 | 1 | 23 | |
| Vitamin B-12 | :g | 2.80 | | 0 | 0.79 | 12.70 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 11.130 | | 0 | 3.155 | 50.486 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.100 | | 0 | 0.028 | 0.454 | |
| 12:0 | g | 0.070 | | 0 | 0.020 | 0.318 | |
| 14:0 | g | 0.890 | | 0 | 0.252 | 4.037 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.690 | | 0 | 1.897 | 30.346 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.390 | | 0 | 0.961 | 15.377 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 11.630 | 0 | 3.297 | 52.754 |
| 14:1 | g | | | | |
| 16:1 | g | 1.380 | 0 | 0.391 | 6.260 |
| 18:1 | g | 10.210 | 0 | 2.895 | 46.313 |
| 20:1 | g | 0.040 | 0 | 0.011 | 0.181 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.970 | 0 | 0.275 | 4.400 |
| 18:2 | g | 0.620 | 0 | 0.176 | 2.812 |
| 18:3 | g | 0.330 | 0 | 0.094 | 1.497 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 71 | 0 | 20 | 322 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.183 | 0 | 0.052 | 0.830 |
| Threonine | g | 0.715 | 0 | 0.203 | 3.243 |
| Isoleucine | g | 0.736 | 0 | 0.209 | 3.338 |
| Leucine | g | 1.294 | 0 | 0.367 | 5.870 |
| Lysine | g | 1.362 | 0 | 0.386 | 6.178 |
| Methionine | g | 0.419 | 0 | 0.119 | 1.901 |
| Cystine | g | 0.183 | 0 | 0.052 | 0.830 |
| Phenylalanine | g | 0.639 | 0 | 0.181 | 2.899 |
| Tyrosine | g | 0.550 | 0 | 0.156 | 2.495 |
| Valine | g | 0.796 | 0 | 0.226 | 3.611 |
| Arginine | g | 1.034 | 0 | 0.293 | 4.690 |
| Histidine | g | 0.560 | 0 | 0.159 | 2.540 |
| Alanine | g | 0.987 | 0 | 0.280 | 4.477 |
| Aspartic acid | g | 1.495 | 0 | 0.424 | 6.781 |
| Glutamic acid | g | 2.459 | 0 | 0.697 | 11.154 |
| Glycine | g | 0.893 | 0 | 0.253 | 4.051 |
| Proline | g | 0.723 | 0 | 0.205 | 3.280 |
| Serine | g | 0.626 | 0 | 0.177 | 2.840 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13072 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 269g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 48.00 | | 0 | 129.12 | 40.80 | |
| Energy | kcal | 342 | | 0 | 920 | 291 | |
| Energy | kj | 1431 | | 0 | 3849 | 1216 | |
| Protein (N x 5.95) | g | 22.24 | | 0 | 59.83 | 18.90 | |
| Total lipid (fat) | g | 27.43 | | 0 | 73.79 | 23.32 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.03 | | 0 | 2.77 | 0.88 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 12 | | 0 | 32 | 10 | |
| Iron | mg | 2.17 | | 0 | 5.84 | 1.84 | |
| Magnesium | mg | 20 | | 0 | 54 | 17 | |
| Phosphorus | mg | 177 | | 0 | 476 | 150 | |
| Potassium | mg | 312 | | 0 | 839 | 265 | |
| Sodium | mg | 63 | | 0 | 169 | 54 | |
| Zinc | mg | 5.22 | | 0 | 14.04 | 4.44 | |
| Copper | mg | 0.081 | | 0 | 0.218 | 0.069 | |
| Manganese | mg | 0.013 | | 0 | 0.035 | 0.011 | |
| Selenium | :g | 21.4 | | 0 | 57.6 | 18.2 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.215 | 0.068 | |
| Riboflavin | mg | 0.170 | | 0 | 0.457 | 0.145 | |
| Niacin | mg | 3.250 | | 0 | 8.742 | 2.763 | |
| Pantothenic acid | mg | 0.320 | | 0 | 0.861 | 0.272 | |
| Vitamin B-6 | mg | 0.270 | | 0 | 0.726 | 0.230 | |
| Folate | :g | 6 | | 0 | 16 | 5 | |
| Vitamin B-12 | :g | 2.87 | | 0 | 7.72 | 2.44 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.236 | | 0 | 0.635 | 0.201 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 11.130 | | 0 | 29.940 | 9.461 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.080 | | 0 | 0.215 | 0.068 | |
| 12:0 | g | 0.080 | | 0 | 0.215 | 0.068 | |
| 14:0 | g | 0.890 | | 0 | 2.394 | 0.757 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.840 | | 0 | 18.400 | 5.814 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.240 | | 0 | 8.716 | 2.754 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 11.680 | 0 | 31.419 | 9.928 |
| 14:1 | g | | | | |
| 16:1 | g | 1.160 | 0 | 3.120 | 0.986 |
| 18:1 | g | 10.470 | 0 | 28.164 | 8.899 |
| 20:1 | g | 0.050 | 0 | 0.135 | 0.043 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.000 | 0 | 2.690 | 0.850 |
| 18:2 | g | 0.670 | 0 | 1.802 | 0.570 |
| 18:3 | g | 0.300 | 0 | 0.807 | 0.255 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.081 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 82 | 0 | 221 | 70 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.249 | 0 | 0.670 | 0.212 |
| Threonine | g | 0.971 | 0 | 2.612 | 0.825 |
| Isoleucine | g | 1.000 | 0 | 2.690 | 0.850 |
| Leucine | g | 1.758 | 0 | 4.729 | 1.494 |
| Lysine | g | 1.850 | 0 | 4.977 | 1.573 |
| Methionine | g | 0.569 | 0 | 1.531 | 0.484 |
| Cystine | g | 0.249 | 0 | 0.670 | 0.212 |
| Phenylalanine | g | 0.868 | 0 | 2.335 | 0.738 |
| Tyrosine | g | 0.747 | 0 | 2.009 | 0.635 |
| Valine | g | 1.082 | 0 | 2.911 | 0.920 |
| Arginine | g | 1.406 | 0 | 3.782 | 1.195 |
| Histidine | g | 0.761 | 0 | 2.047 | 0.647 |
| Alanine | g | 1.342 | 0 | 3.610 | 1.141 |
| Aspartic acid | g | 2.032 | 0 | 5.466 | 1.727 |
| Glutamic acid | g | 3.341 | 0 | 8.987 | 2.840 |
| Glycine | g | 1.213 | 0 | 3.263 | 1.031 |
| Proline | g | 0.982 | 0 | 2.642 | 0.835 |
| Serine | g | 0.850 | 0 | 2.287 | 0.723 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13073 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 290g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 47.49 | | 0 | 137.72 | 40.37 | |
| Energy | kcal | 358 | | 0 | 1038 | 304 | |
| Energy | kj | 1498 | | 0 | 4344 | 1273 | |
| Protein (N x 5.95) | g | 22.50 | | 0 | 65.25 | 19.13 | |
| Total lipid (fat) | g | 29.01 | | 0 | 84.13 | 24.66 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.98 | | 0 | 2.84 | 0.83 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | | 0 | 32 | 9 | |
| Iron | mg | 2.34 | | 0 | 6.79 | 1.99 | |
| Magnesium | mg | 20 | | 0 | 58 | 17 | |
| Phosphorus | mg | 175 | | 0 | 508 | 149 | |
| Potassium | mg | 301 | | 0 | 873 | 256 | |
| Sodium | mg | 63 | | 0 | 183 | 54 | |
| Zinc | mg | 5.35 | | 0 | 15.52 | 4.55 | |
| Copper | mg | 0.083 | | 0 | 0.241 | 0.071 | |
| Manganese | mg | 0.013 | | 0 | 0.038 | 0.011 | |
| Selenium | :g | 22.0 | | 0 | 63.8 | 18.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.203 | 0.060 | |
| Riboflavin | mg | 0.170 | | 0 | 0.493 | 0.145 | |
| Niacin | mg | 3.410 | | 0 | 9.889 | 2.899 | |
| Pantothenic acid | mg | 0.310 | | 0 | 0.899 | 0.264 | |
| Vitamin B-6 | mg | 0.230 | | 0 | 0.667 | 0.196 | |
| Folate | :g | 7 | | 0 | 20 | 6 | |
| Vitamin B-12 | :g | 2.54 | | 0 | 7.37 | 2.16 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 11.700 | | 0 | 33.930 | 9.945 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.090 | | 0 | 0.261 | 0.077 | |
| 12:0 | g | 0.080 | | 0 | 0.232 | 0.068 | |
| 14:0 | g | 0.940 | | 0 | 2.726 | 0.799 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 7.180 | | 0 | 20.822 | 6.103 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.410 | | 0 | 9.889 | 2.899 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 12.470 | 0 | 36.163 | 10.600 |
| 14:1 | g | | | | |
| 16:1 | g | 1.230 | 0 | 3.567 | 1.045 |
| 18:1 | g | 11.190 | 0 | 32.451 | 9.511 |
| 20:1 | g | 0.060 | 0 | 0.174 | 0.051 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 1.030 | 0 | 2.987 | 0.876 |
| 18:2 | g | 0.680 | 0 | 1.972 | 0.578 |
| 18:3 | g | 0.330 | 0 | 0.957 | 0.281 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.058 | 0.017 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 84 | 0 | 244 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.252 | 0 | 0.731 | 0.214 |
| Threonine | g | 0.983 | 0 | 2.851 | 0.836 |
| Isoleucine | g | 1.012 | 0 | 2.935 | 0.860 |
| Leucine | g | 1.778 | 0 | 5.156 | 1.511 |
| Lysine | g | 1.872 | 0 | 5.429 | 1.591 |
| Methionine | g | 0.576 | 0 | 1.670 | 0.490 |
| Cystine | g | 0.252 | 0 | 0.731 | 0.214 |
| Phenylalanine | g | 0.878 | 0 | 2.546 | 0.746 |
| Tyrosine | g | 0.756 | 0 | 2.192 | 0.643 |
| Valine | g | 1.094 | 0 | 3.173 | 0.930 |
| Arginine | g | 1.422 | 0 | 4.124 | 1.209 |
| Histidine | g | 0.770 | 0 | 2.233 | 0.655 |
| Alanine | g | 1.357 | 0 | 3.935 | 1.153 |
| Aspartic acid | g | 2.056 | 0 | 5.962 | 1.748 |
| Glutamic acid | g | 3.380 | 0 | 9.802 | 2.873 |
| Glycine | g | 1.228 | 0 | 3.561 | 1.044 |
| Proline | g | 0.994 | 0 | 2.883 | 0.845 |
| Serine | g | 0.860 | 0 | 2.494 | 0.731 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13074 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 52.73 | | 0 | 14.95 | 239.18 | |
| Energy | kcal | 333 | | 0 | 94 | 1510 | |
| Energy | kj | 1393 | | 0 | 395 | 6319 | |
| Protein (N x 5.95) | g | 16.06 | | 0 | 4.55 | 72.85 | |
| Total lipid (fat) | g | 29.37 | | 0 | 8.33 | 133.22 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.75 | | 0 | 0.21 | 3.40 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 3 | 41 | |
| Iron | mg | 1.69 | | 0 | 0.48 | 7.67 | |
| Magnesium | mg | 15 | | 0 | 4 | 68 | |
| Phosphorus | mg | 151 | | 0 | 43 | 685 | |
| Potassium | mg | 261 | | 0 | 74 | 1184 | |
| Sodium | mg | 53 | | 0 | 15 | 240 | |
| Zinc | mg | 3.57 | | 0 | 1.01 | 16.19 | |
| Copper | mg | 0.057 | | 0 | 0.016 | 0.259 | |
| Manganese | mg | 0.011 | | 0 | 0.003 | 0.050 | |
| Selenium | :g | 16.0 | | 0 | 4.5 | 72.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.023 | 0.363 | |
| Riboflavin | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| Niacin | mg | 2.730 | | 0 | 0.774 | 12.383 | |
| Pantothenic acid | mg | 0.300 | | 0 | 0.085 | 1.361 | |
| Vitamin B-6 | mg | 0.310 | | 0 | 0.088 | 1.406 | |
| Folate | :g | 5 | | 0 | 1 | 23 | |
| Vitamin B-12 | :g | 2.75 | | 0 | 0.78 | 12.47 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 12.110 | | 0 | 3.433 | 54.931 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.100 | | 0 | 0.028 | 0.454 | |
| 12:0 | g | 0.070 | | 0 | 0.020 | 0.318 | |
| 14:0 | g | 0.960 | | 0 | 0.272 | 4.355 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 7.280 | | 0 | 2.064 | 33.022 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.690 | | 0 | 1.046 | 16.738 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 12.660 | 0 | 3.589 | 57.426 |
| 14:1 | g | | | | |
| 16:1 | g | 1.500 | 0 | 0.425 | 6.804 |
| 18:1 | g | 11.120 | 0 | 3.153 | 50.440 |
| 20:1 | g | 0.040 | 0 | 0.011 | 0.181 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 1.060 | 0 | 0.301 | 4.808 |
| 18:2 | g | 0.670 | 0 | 0.190 | 3.039 |
| 18:3 | g | 0.360 | 0 | 0.102 | 1.633 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 72 | 0 | 20 | 327 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.180 | 0 | 0.051 | 0.816 |
| Threonine | g | 0.702 | 0 | 0.199 | 3.184 |
| Isoleucine | g | 0.722 | 0 | 0.205 | 3.275 |
| Leucine | g | 1.270 | 0 | 0.360 | 5.761 |
| Lysine | g | 1.336 | 0 | 0.379 | 6.060 |
| Methionine | g | 0.411 | 0 | 0.117 | 1.864 |
| Cystine | g | 0.180 | 0 | 0.051 | 0.816 |
| Phenylalanine | g | 0.627 | 0 | 0.178 | 2.844 |
| Tyrosine | g | 0.540 | 0 | 0.153 | 2.449 |
| Valine | g | 0.781 | 0 | 0.221 | 3.543 |
| Arginine | g | 1.015 | 0 | 0.288 | 4.604 |
| Histidine | g | 0.550 | 0 | 0.156 | 2.495 |
| Alanine | g | 0.969 | 0 | 0.275 | 4.395 |
| Aspartic acid | g | 1.468 | 0 | 0.416 | 6.659 |
| Glutamic acid | g | 2.413 | 0 | 0.684 | 10.945 |
| Glycine | g | 0.876 | 0 | 0.248 | 3.974 |
| Proline | g | 0.709 | 0 | 0.201 | 3.216 |
| Serine | g | 0.614 | 0 | 0.174 | 2.785 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13075 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 269g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 46.63 | | 0 | 125.43 | 39.64 | |
| Energy | kcal | 360 | | 0 | 968 | 306 | |
| Energy | kj | 1506 | | 0 | 4051 | 1280 | |
| Protein (N x 5.95) | g | 21.98 | | 0 | 59.13 | 18.68 | |
| Total lipid (fat) | g | 29.53 | | 0 | 79.44 | 25.10 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.01 | | 0 | 2.72 | 0.86 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 12 | | 0 | 32 | 10 | |
| Iron | mg | 2.15 | | 0 | 5.78 | 1.83 | |
| Magnesium | mg | 19 | | 0 | 51 | 16 | |
| Phosphorus | mg | 175 | | 0 | 471 | 149 | |
| Potassium | mg | 308 | | 0 | 829 | 262 | |
| Sodium | mg | 62 | | 0 | 167 | 53 | |
| Zinc | mg | 5.13 | | 0 | 13.80 | 4.36 | |
| Copper | mg | 0.080 | | 0 | 0.215 | 0.068 | |
| Manganese | mg | 0.013 | | 0 | 0.035 | 0.011 | |
| Selenium | :g | 21.4 | | 0 | 57.6 | 18.2 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.215 | 0.068 | |
| Riboflavin | mg | 0.170 | | 0 | 0.457 | 0.145 | |
| Niacin | mg | 3.210 | | 0 | 8.635 | 2.729 | |
| Pantothenic acid | mg | 0.320 | | 0 | 0.861 | 0.272 | |
| Vitamin B-6 | mg | 0.270 | | 0 | 0.726 | 0.230 | |
| Folate | :g | 6 | | 0 | 16 | 5 | |
| Vitamin B-12 | :g | 2.84 | | 0 | 7.64 | 2.41 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 11.980 | | 0 | 32.226 | 10.183 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.090 | | 0 | 0.242 | 0.077 | |
| 12:0 | g | 0.080 | | 0 | 0.215 | 0.068 | |
| 14:0 | g | 0.960 | | 0 | 2.582 | 0.816 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 7.350 | | 0 | 19.771 | 6.247 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.500 | | 0 | 9.415 | 2.975 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 12.570 | 0 | 33.813 | 10.684 |
| 14:1 | g | | | | |
| 16:1 | g | 1.250 | 0 | 3.362 | 1.063 |
| 18:1 | g | 11.260 | 0 | 30.289 | 9.571 |
| 20:1 | g | 0.050 | 0 | 0.135 | 0.043 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 1.080 | 0 | 2.905 | 0.918 |
| 18:2 | g | 0.720 | 0 | 1.937 | 0.612 |
| 18:3 | g | 0.320 | 0 | 0.861 | 0.272 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.081 | 0.026 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 82 | 0 | 221 | 70 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.246 | 0 | 0.662 | 0.209 |
| Threonine | g | 0.960 | 0 | 2.582 | 0.816 |
| Isoleucine | g | 0.988 | 0 | 2.658 | 0.840 |
| Leucine | g | 1.737 | 0 | 4.673 | 1.476 |
| Lysine | g | 1.828 | 0 | 4.917 | 1.554 |
| Methionine | g | 0.563 | 0 | 1.514 | 0.479 |
| Cystine | g | 0.246 | 0 | 0.662 | 0.209 |
| Phenylalanine | g | 0.858 | 0 | 2.308 | 0.729 |
| Tyrosine | g | 0.738 | 0 | 1.985 | 0.627 |
| Valine | g | 1.069 | 0 | 2.876 | 0.909 |
| Arginine | g | 1.389 | 0 | 3.736 | 1.181 |
| Histidine | g | 0.752 | 0 | 2.023 | 0.639 |
| Alanine | g | 1.326 | 0 | 3.567 | 1.127 |
| Aspartic acid | g | 2.008 | 0 | 5.402 | 1.707 |
| Glutamic acid | g | 3.302 | 0 | 8.882 | 2.807 |
| Glycine | g | 1.199 | 0 | 3.225 | 1.019 |
| Proline | g | 0.970 | 0 | 2.609 | 0.825 |
| Serine | g | 0.840 | 0 | 2.260 | 0.714 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13076 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 290g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 45.87 | | 0 | 133.02 | 38.99 | |
| Energy | kcal | 376 | | 0 | 1090 | 320 | |
| Energy | kj | 1573 | | 0 | 4562 | 1337 | |
| Protein (N x 5.95) | g | 22.17 | | 0 | 64.29 | 18.84 | |
| Total lipid (fat) | g | 31.23 | | 0 | 90.57 | 26.55 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.97 | | 0 | 2.81 | 0.82 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | | 0 | 32 | 9 | |
| Iron | mg | 2.31 | | 0 | 6.70 | 1.96 | |
| Magnesium | mg | 19 | | 0 | 55 | 16 | |
| Phosphorus | mg | 172 | | 0 | 499 | 146 | |
| Potassium | mg | 296 | | 0 | 858 | 252 | |
| Sodium | mg | 63 | | 0 | 183 | 54 | |
| Zinc | mg | 5.24 | | 0 | 15.20 | 4.45 | |
| Copper | mg | 0.082 | | 0 | 0.238 | 0.070 | |
| Manganese | mg | 0.013 | | 0 | 0.038 | 0.011 | |
| Selenium | :g | 22.0 | | 0 | 63.8 | 18.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.203 | 0.060 | |
| Riboflavin | mg | 0.170 | | 0 | 0.493 | 0.145 | |
| Niacin | mg | 3.360 | | 0 | 9.744 | 2.856 | |
| Pantothenic acid | mg | 0.310 | | 0 | 0.899 | 0.264 | |
| Vitamin B-6 | mg | 0.230 | | 0 | 0.667 | 0.196 | |
| Folate | :g | 7 | | 0 | 20 | 6 | |
| Vitamin B-12 | :g | 2.52 | | 0 | 7.31 | 2.14 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.236 | | 0 | 0.684 | 0.201 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 12.600 | | 0 | 36.540 | 10.710 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.090 | | 0 | 0.261 | 0.077 | |
| 12:0 | g | 0.080 | | 0 | 0.232 | 0.068 | |
| 14:0 | g | 1.020 | | 0 | 2.958 | 0.867 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 7.730 | | 0 | 22.417 | 6.571 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.670 | | 0 | 10.643 | 3.119 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 13.430 | 0 | 38.947 | 11.415 |
| 14:1 | g | | | | |
| 16:1 | g | 1.330 | 0 | 3.857 | 1.131 |
| 18:1 | g | 12.040 | 0 | 34.916 | 10.234 |
| 20:1 | g | 0.060 | 0 | 0.174 | 0.051 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.110 | 0 | 3.219 | 0.944 |
| 18:2 | g | 0.730 | 0 | 2.117 | 0.620 |
| 18:3 | g | 0.350 | 0 | 1.015 | 0.298 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.020 | 0 | 0.058 | 0.017 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 85 | 0 | 247 | 72 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.248 | 0 | 0.719 | 0.211 |
| Threonine | g | 0.968 | 0 | 2.807 | 0.823 |
| Isoleucine | g | 0.997 | 0 | 2.891 | 0.847 |
| Leucine | g | 1.752 | 0 | 5.081 | 1.489 |
| Lysine | g | 1.844 | 0 | 5.348 | 1.567 |
| Methionine | g | 0.567 | 0 | 1.644 | 0.482 |
| Cystine | g | 0.248 | 0 | 0.719 | 0.211 |
| Phenylalanine | g | 0.865 | 0 | 2.508 | 0.735 |
| Tyrosine | g | 0.745 | 0 | 2.161 | 0.633 |
| Valine | g | 1.078 | 0 | 3.126 | 0.916 |
| Arginine | g | 1.401 | 0 | 4.063 | 1.191 |
| Histidine | g | 0.759 | 0 | 2.201 | 0.645 |
| Alanine | g | 1.337 | 0 | 3.877 | 1.136 |
| Aspartic acid | g | 2.025 | 0 | 5.872 | 1.721 |
| Glutamic acid | g | 3.330 | 0 | 9.657 | 2.831 |
| Glycine | g | 1.209 | 0 | 3.506 | 1.028 |
| Proline | g | 0.979 | 0 | 2.839 | 0.832 |
| Serine | g | 0.848 | 0 | 2.459 | 0.721 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13077 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 56.02 | | 0 | 15.88 | 254.11 | |
| Energy | kcal | 297 | | 0 | 84 | 1347 | |
| Energy | kj | 1243 | | 0 | 352 | 5638 | |
| Protein (N x 5.95) | g | 16.55 | | 0 | 4.69 | 75.07 | |
| Total lipid (fat) | g | 25.06 | | 0 | 7.10 | 113.67 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.78 | | 0 | 0.22 | 3.54 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 3 | 41 | |
| Iron | mg | 1.75 | | 0 | 0.50 | 7.94 | |
| Magnesium | mg | 16 | | 0 | 5 | 73 | |
| Phosphorus | mg | 156 | | 0 | 44 | 708 | |
| Potassium | mg | 273 | | 0 | 77 | 1238 | |
| Sodium | mg | 55 | | 0 | 16 | 249 | |
| Zinc | mg | 3.73 | | 0 | 1.06 | 16.92 | |
| Copper | mg | 0.059 | | 0 | 0.017 | 0.268 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.054 | |
| Selenium | :g | 16.1 | | 0 | 4.6 | 73.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.023 | 0.363 | |
| Riboflavin | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| Niacin | mg | 2.810 | | 0 | 0.797 | 12.746 | |
| Pantothenic acid | mg | 0.310 | | 0 | 0.088 | 1.406 | |
| Vitamin B-6 | mg | 0.310 | | 0 | 0.088 | 1.406 | |
| Folate | :g | 5 | | 0 | 1 | 23 | |
| Vitamin B-12 | :g | 2.83 | | 0 | 0.80 | 12.84 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 10.340 | | 0 | 2.931 | 46.902 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.090 | | 0 | 0.026 | 0.408 | |
| 12:0 | g | 0.060 | | 0 | 0.017 | 0.272 | |
| 14:0 | g | 0.820 | | 0 | 0.232 | 3.720 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.210 | | 0 | 1.761 | 28.169 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.150 | | 0 | 0.893 | 14.288 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 10.810 | 0 | 3.065 | 49.034 |
| 14:1 | g | | | | |
| 16:1 | g | 1.280 | 0 | 0.363 | 5.806 |
| 18:1 | g | 9.490 | 0 | 2.690 | 43.047 |
| 20:1 | g | 0.040 | 0 | 0.011 | 0.181 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.900 | 0 | 0.255 | 4.082 |
| 18:2 | g | 0.570 | 0 | 0.162 | 2.586 |
| 18:3 | g | 0.310 | 0 | 0.088 | 1.406 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 70 | 0 | 20 | 318 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.185 | 0 | 0.052 | 0.839 |
| Threonine | g | 0.723 | 0 | 0.205 | 3.280 |
| Isoleucine | g | 0.744 | 0 | 0.211 | 3.375 |
| Leucine | g | 1.308 | 0 | 0.371 | 5.933 |
| Lysine | g | 1.377 | 0 | 0.390 | 6.246 |
| Methionine | g | 0.424 | 0 | 0.120 | 1.923 |
| Cystine | g | 0.185 | 0 | 0.052 | 0.839 |
| Phenylalanine | g | 0.646 | 0 | 0.183 | 2.930 |
| Tyrosine | g | 0.556 | 0 | 0.158 | 2.522 |
| Valine | g | 0.805 | 0 | 0.228 | 3.651 |
| Arginine | g | 1.046 | 0 | 0.297 | 4.745 |
| Histidine | g | 0.567 | 0 | 0.161 | 2.572 |
| Alanine | g | 0.998 | 0 | 0.283 | 4.527 |
| Aspartic acid | g | 1.512 | 0 | 0.429 | 6.858 |
| Glutamic acid | g | 2.487 | 0 | 0.705 | 11.281 |
| Glycine | g | 0.903 | 0 | 0.256 | 4.096 |
| Proline | g | 0.731 | 0 | 0.207 | 3.316 |
| Serine | g | 0.633 | 0 | 0.179 | 2.871 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13078 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 265g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 49.74 | | 0 | 131.81 | 42.28 | |
| Energy | kcal | 323 | | 0 | 856 | 275 | |
| Energy | kj | 1351 | | 0 | 3580 | 1148 | |
| Protein (N x 5.95) | g | 22.49 | | 0 | 59.60 | 19.12 | |
| Total lipid (fat) | g | 25.15 | | 0 | 66.65 | 21.38 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.04 | | 0 | 2.76 | 0.88 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | | 0 | 29 | 9 | |
| Iron | mg | 2.20 | | 0 | 5.83 | 1.87 | |
| Magnesium | mg | 20 | | 0 | 53 | 17 | |
| Phosphorus | mg | 179 | | 0 | 474 | 152 | |
| Potassium | mg | 316 | | 0 | 837 | 269 | |
| Sodium | mg | 63 | | 0 | 167 | 54 | |
| Zinc | mg | 5.30 | | 0 | 14.04 | 4.50 | |
| Copper | mg | 0.082 | | 0 | 0.217 | 0.070 | |
| Manganese | mg | 0.013 | | 0 | 0.034 | 0.011 | |
| Selenium | :g | 21.5 | | 0 | 57.0 | 18.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.212 | 0.068 | |
| Riboflavin | mg | 0.170 | | 0 | 0.451 | 0.145 | |
| Niacin | mg | 3.290 | | 0 | 8.719 | 2.797 | |
| Pantothenic acid | mg | 0.330 | | 0 | 0.875 | 0.281 | |
| Vitamin B-6 | mg | 0.270 | | 0 | 0.716 | 0.230 | |
| Folate | :g | 6 | | 0 | 16 | 5 | |
| Vitamin B-12 | :g | 2.90 | | 0 | 7.68 | 2.46 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 10.200 | | 0 | 27.030 | 8.670 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.070 | | 0 | 0.186 | 0.060 | |
| 12:0 | g | 0.070 | | 0 | 0.186 | 0.060 | |
| 14:0 | g | 0.820 | | 0 | 2.173 | 0.697 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.260 | | 0 | 16.589 | 5.321 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.970 | | 0 | 7.871 | 2.525 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 10.690 | 0 | 28.328 | 9.086 |
| 14:1 | g | | | | |
| 16:1 | g | 1.060 | 0 | 2.809 | 0.901 |
| 18:1 | g | 9.590 | 0 | 25.413 | 8.152 |
| 20:1 | g | 0.050 | 0 | 0.133 | 0.043 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.920 | 0 | 2.438 | 0.782 |
| 18:2 | g | 0.620 | 0 | 1.643 | 0.527 |
| 18:3 | g | 0.270 | 0 | 0.716 | 0.230 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.079 | 0.026 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 82 | 0 | 217 | 70 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.252 | 0 | 0.668 | 0.214 |
| Threonine | g | 0.982 | 0 | 2.602 | 0.835 |
| Isoleucine | g | 1.011 | 0 | 2.679 | 0.859 |
| Leucine | g | 1.778 | 0 | 4.712 | 1.511 |
| Lysine | g | 1.871 | 0 | 4.958 | 1.590 |
| Methionine | g | 0.576 | 0 | 1.526 | 0.490 |
| Cystine | g | 0.252 | 0 | 0.668 | 0.214 |
| Phenylalanine | g | 0.878 | 0 | 2.327 | 0.746 |
| Tyrosine | g | 0.756 | 0 | 2.003 | 0.643 |
| Valine | g | 1.094 | 0 | 2.899 | 0.930 |
| Arginine | g | 1.421 | 0 | 3.766 | 1.208 |
| Histidine | g | 0.770 | 0 | 2.041 | 0.655 |
| Alanine | g | 1.357 | 0 | 3.596 | 1.153 |
| Aspartic acid | g | 2.055 | 0 | 5.446 | 1.747 |
| Glutamic acid | g | 3.379 | 0 | 8.954 | 2.872 |
| Glycine | g | 1.227 | 0 | 3.252 | 1.043 |
| Proline | g | 0.993 | 0 | 2.631 | 0.844 |
| Serine | g | 0.860 | 0 | 2.279 | 0.731 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13079 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 290g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 49.32 | | 0 | 143.03 | 41.92 | |
| Energy | kcal | 336 | | 0 | 974 | 286 | |
| Energy | kj | 1406 | | 0 | 4077 | 1195 | |
| Protein (N x 5.95) | g | 22.86 | | 0 | 66.29 | 19.43 | |
| Total lipid (fat) | g | 26.47 | | 0 | 76.76 | 22.50 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.99 | | 0 | 2.87 | 0.84 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | | 0 | 32 | 9 | |
| Iron | mg | 2.38 | | 0 | 6.90 | 2.02 | |
| Magnesium | mg | 20 | | 0 | 58 | 17 | |
| Phosphorus | mg | 178 | | 0 | 516 | 151 | |
| Potassium | mg | 306 | | 0 | 887 | 260 | |
| Sodium | mg | 64 | | 0 | 186 | 54 | |
| Zinc | mg | 5.48 | | 0 | 15.89 | 4.66 | |
| Copper | mg | 0.084 | | 0 | 0.244 | 0.071 | |
| Manganese | mg | 0.014 | | 0 | 0.041 | 0.012 | |
| Selenium | :g | 22.1 | | 0 | 64.1 | 18.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.203 | 0.060 | |
| Riboflavin | mg | 0.180 | | 0 | 0.522 | 0.153 | |
| Niacin | mg | 3.470 | | 0 | 10.063 | 2.950 | |
| Pantothenic acid | mg | 0.320 | | 0 | 0.928 | 0.272 | |
| Vitamin B-6 | mg | 0.230 | | 0 | 0.667 | 0.196 | |
| Folate | :g | 7 | | 0 | 20 | 6 | |
| Vitamin B-12 | :g | 2.57 | | 0 | 7.45 | 2.18 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 10.660 | | 0 | 30.914 | 9.061 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.080 | | 0 | 0.232 | 0.068 | |
| 12:0 | g | 0.070 | | 0 | 0.203 | 0.060 | |
| 14:0 | g | 0.860 | | 0 | 2.494 | 0.731 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.550 | | 0 | 18.995 | 5.567 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.110 | | 0 | 9.019 | 2.643 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 11.380 | 0 | 33.002 | 9.673 |
| 14:1 | g | | | | |
| 16:1 | g | 1.110 | 0 | 3.219 | 0.944 |
| 18:1 | g | 10.210 | 0 | 29.609 | 8.678 |
| 20:1 | g | 0.050 | 0 | 0.145 | 0.043 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.940 | 0 | 2.726 | 0.799 |
| 18:2 | g | 0.630 | 0 | 1.827 | 0.536 |
| 18:3 | g | 0.300 | 0 | 0.870 | 0.255 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.058 | 0.017 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 84 | 0 | 244 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.256 | 0 | 0.742 | 0.218 |
| Threonine | g | 0.999 | 0 | 2.897 | 0.849 |
| Isoleucine | g | 1.028 | 0 | 2.981 | 0.874 |
| Leucine | g | 1.807 | 0 | 5.240 | 1.536 |
| Lysine | g | 1.902 | 0 | 5.516 | 1.617 |
| Methionine | g | 0.585 | 0 | 1.696 | 0.497 |
| Cystine | g | 0.256 | 0 | 0.742 | 0.218 |
| Phenylalanine | g | 0.893 | 0 | 2.590 | 0.759 |
| Tyrosine | g | 0.768 | 0 | 2.227 | 0.653 |
| Valine | g | 1.112 | 0 | 3.225 | 0.945 |
| Arginine | g | 1.445 | 0 | 4.191 | 1.228 |
| Histidine | g | 0.783 | 0 | 2.271 | 0.666 |
| Alanine | g | 1.379 | 0 | 3.999 | 1.172 |
| Aspartic acid | g | 2.089 | 0 | 6.058 | 1.776 |
| Glutamic acid | g | 3.435 | 0 | 9.961 | 2.920 |
| Glycine | g | 1.247 | 0 | 3.616 | 1.060 |
| Proline | g | 1.010 | 0 | 2.929 | 0.859 |
| Serine | g | 0.874 | 0 | 2.535 | 0.743 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13080 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, prime, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 50.55 | | 0 | 14.33 | 229.29 | |
| Energy | kcal | 364 | | 0 | 103 | 1651 | |
| Energy | kj | 1523 | | 0 | 432 | 6908 | |
| Protein (N x 5.95) | g | 15.91 | | 0 | 4.51 | 72.17 | |
| Total lipid (fat) | g | 32.86 | | 0 | 9.32 | 149.05 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.74 | | 0 | 0.21 | 3.36 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 3 | 41 | |
| Iron | mg | 1.67 | | 0 | 0.47 | 7.58 | |
| Magnesium | mg | 15 | | 0 | 4 | 68 | |
| Phosphorus | mg | 150 | | 0 | 43 | 680 | |
| Potassium | mg | 257 | | 0 | 73 | 1166 | |
| Sodium | mg | 53 | | 0 | 15 | 240 | |
| Zinc | mg | 3.52 | | 0 | 1.00 | 15.97 | |
| Copper | mg | 0.057 | | 0 | 0.016 | 0.259 | |
| Manganese | mg | 0.011 | | 0 | 0.003 | 0.050 | |
| Selenium | :g | 16.0 | | 0 | 4.5 | 72.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.023 | 0.363 | |
| Riboflavin | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| Niacin | mg | 2.700 | | 0 | 0.765 | 12.247 | |
| Pantothenic acid | mg | 0.300 | | 0 | 0.085 | 1.361 | |
| Vitamin B-6 | mg | 0.300 | | 0 | 0.085 | 1.361 | |
| Folate | :g | 5 | | 0 | 1 | 23 | |
| Vitamin B-12 | :g | 2.72 | | 0 | 0.77 | 12.34 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 13.720 | | 0 | 3.890 | 62.234 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.110 | | 0 | 0.031 | 0.499 | |
| 12:0 | g | 0.080 | | 0 | 0.023 | 0.363 | |
| 14:0 | g | 1.070 | | 0 | 0.303 | 4.854 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 8.120 | | 0 | 2.302 | 36.832 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 4.140 | | 0 | 1.174 | 18.779 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 14.290 | 0 | 4.051 | 64.819 |
| 14:1 | g | | | | |
| 16:1 | g | 1.640 | 0 | 0.465 | 7.439 |
| 18:1 | g | 12.430 | 0 | 3.524 | 56.382 |
| 20:1 | g | 0.050 | 0 | 0.014 | 0.227 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.200 | 0 | 0.340 | 5.443 |
| 18:2 | g | 0.770 | 0 | 0.218 | 3.493 |
| 18:3 | g | 0.390 | 0 | 0.111 | 1.769 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 73 | 0 | 21 | 331 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.178 | 0 | 0.050 | 0.807 |
| Threonine | g | 0.695 | 0 | 0.197 | 3.153 |
| Isoleucine | g | 0.715 | 0 | 0.203 | 3.243 |
| Leucine | g | 1.257 | 0 | 0.356 | 5.702 |
| Lysine | g | 1.323 | 0 | 0.375 | 6.001 |
| Methionine | g | 0.407 | 0 | 0.115 | 1.846 |
| Cystine | g | 0.178 | 0 | 0.050 | 0.807 |
| Phenylalanine | g | 0.621 | 0 | 0.176 | 2.817 |
| Tyrosine | g | 0.534 | 0 | 0.151 | 2.422 |
| Valine | g | 0.774 | 0 | 0.219 | 3.511 |
| Arginine | g | 1.005 | 0 | 0.285 | 4.559 |
| Histidine | g | 0.545 | 0 | 0.155 | 2.472 |
| Alanine | g | 0.959 | 0 | 0.272 | 4.350 |
| Aspartic acid | g | 1.453 | 0 | 0.412 | 6.591 |
| Glutamic acid | g | 2.390 | 0 | 0.678 | 10.841 |
| Glycine | g | 0.868 | 0 | 0.246 | 3.937 |
| Proline | g | 0.702 | 0 | 0.199 | 3.184 |
| Serine | g | 0.608 | 0 | 0.172 | 2.758 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13081 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, prime, cooked, broiled

**Refuse:** 2% Bone

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 276g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 44.33 | | 0 | 122.35 | 37.68 | |
| Energy | kcal | 392 | | 0 | 1082 | 333 | |
| Energy | kj | 1640 | | 0 | 4526 | 1394 | |
| Protein (N x 5.95) | g | 21.72 | | 0 | 59.95 | 18.46 | |
| Total lipid (fat) | g | 33.15 | | 0 | 91.49 | 28.18 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.95 | | 0 | 2.62 | 0.81 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | | 0 | 30 | 9 | |
| Iron | mg | 2.11 | | 0 | 5.82 | 1.79 | |
| Magnesium | mg | 20 | | 0 | 55 | 17 | |
| Phosphorus | mg | 167 | | 0 | 461 | 142 | |
| Potassium | mg | 306 | | 0 | 845 | 260 | |
| Sodium | mg | 62 | | 0 | 171 | 53 | |
| Zinc | mg | 5.11 | | 0 | 14.10 | 4.34 | |
| Copper | mg | 0.080 | | 0 | 0.221 | 0.068 | |
| Manganese | mg | 0.013 | | 0 | 0.036 | 0.011 | |
| Selenium | :g | 21.3 | | 0 | 58.8 | 18.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.221 | 0.068 | |
| Riboflavin | mg | 0.170 | | 0 | 0.469 | 0.145 | |
| Niacin | mg | 3.150 | | 0 | 8.694 | 2.678 | |
| Pantothenic acid | mg | 0.320 | | 0 | 0.883 | 0.272 | |
| Vitamin B-6 | mg | 0.290 | | 0 | 0.800 | 0.247 | |
| Folate | :g | 6 | | 0 | 17 | 5 | |
| Vitamin B-12 | :g | 2.82 | | 0 | 7.78 | 2.40 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 13.720 | | 0 | 37.867 | 11.662 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.080 | | 0 | 0.221 | 0.068 | |
| 12:0 | g | 0.080 | | 0 | 0.221 | 0.068 | |
| 14:0 | g | 1.080 | | 0 | 2.981 | 0.918 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 8.200 | | 0 | 22.632 | 6.970 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 4.010 | | 0 | 11.068 | 3.408 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 14.470 | 0 | 39.937 | 12.300 |
| 14:1 | g | | | | |
| 16:1 | g | 1.350 | 0 | 3.726 | 1.148 |
| 18:1 | g | 12.840 | 0 | 35.438 | 10.914 |
| 20:1 | g | 0.060 | 0 | 0.166 | 0.051 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.150 | 0 | 3.174 | 0.977 |
| 18:2 | g | 0.780 | 0 | 2.153 | 0.663 |
| 18:3 | g | 0.320 | 0 | 0.883 | 0.272 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.110 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 85 | 0 | 235 | 72 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.243 | 0 | 0.671 | 0.207 |
| Threonine | g | 0.949 | 0 | 2.619 | 0.807 |
| Isoleucine | g | 0.977 | 0 | 2.697 | 0.830 |
| Leucine | g | 1.717 | 0 | 4.739 | 1.459 |
| Lysine | g | 1.807 | 0 | 4.987 | 1.536 |
| Methionine | g | 0.556 | 0 | 1.535 | 0.473 |
| Cystine | g | 0.243 | 0 | 0.671 | 0.207 |
| Phenylalanine | g | 0.848 | 0 | 2.340 | 0.721 |
| Tyrosine | g | 0.730 | 0 | 2.015 | 0.620 |
| Valine | g | 1.056 | 0 | 2.915 | 0.898 |
| Arginine | g | 1.373 | 0 | 3.789 | 1.167 |
| Histidine | g | 0.744 | 0 | 2.053 | 0.632 |
| Alanine | g | 1.310 | 0 | 3.616 | 1.114 |
| Aspartic acid | g | 1.984 | 0 | 5.476 | 1.686 |
| Glutamic acid | g | 3.263 | 0 | 9.006 | 2.774 |
| Glycine | g | 1.185 | 0 | 3.271 | 1.007 |
| Proline | g | 0.959 | 0 | 2.647 | 0.815 |
| Serine | g | 0.831 | 0 | 2.294 | 0.706 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13082 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, prime, cooked, roasted

**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 | Samples | Measure 1* 279g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 42.64 | | 0 | 118.97 | 36.24 | |
| Energy | kcal | 409 | | 0 | 1141 | 348 | |
| Energy | kj | 1711 | | 0 | 4774 | 1454 | |
| Protein (N x 5.95) | g | 22.21 | | 0 | 61.97 | 18.88 | |
| Total lipid (fat) | g | 34.82 | | 0 | 97.15 | 29.60 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.89 | | 0 | 2.48 | 0.76 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | | 0 | 31 | 9 | |
| Iron | mg | 2.14 | | 0 | 5.97 | 1.82 | |
| Magnesium | mg | 19 | | 0 | 53 | 16 | |
| Phosphorus | mg | 172 | | 0 | 480 | 146 | |
| Potassium | mg | 299 | | 0 | 834 | 254 | |
| Sodium | mg | 64 | | 0 | 179 | 54 | |
| Zinc | mg | 5.27 | | 0 | 14.70 | 4.48 | |
| Copper | mg | 0.082 | | 0 | 0.229 | 0.070 | |
| Manganese | mg | 0.013 | | 0 | 0.036 | 0.011 | |
| Selenium | :g | 21.9 | | 0 | 61.1 | 18.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.195 | 0.060 | |
| Riboflavin | mg | 0.170 | | 0 | 0.474 | 0.145 | |
| Niacin | mg | 3.340 | | 0 | 9.319 | 2.839 | |
| Pantothenic acid | mg | 0.360 | | 0 | 1.004 | 0.306 | |
| Vitamin B-6 | mg | 0.260 | | 0 | 0.725 | 0.221 | |
| Folate | :g | 7 | | 0 | 20 | 6 | |
| Vitamin B-12 | :g | 2.53 | | 0 | 7.06 | 2.15 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 14.410 | | 0 | 40.204 | 12.248 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.090 | | 0 | 0.251 | 0.077 | |
| 12:0 | g | 0.080 | | 0 | 0.223 | 0.068 | |
| 14:0 | g | 1.140 | | 0 | 3.181 | 0.969 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 8.620 | | 0 | 24.050 | 7.327 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 4.190 | | 0 | 11.690 | 3.562 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 15.170 | 0 | 42.324 | 12.895 |
| 14:1 | g | | | | |
| 16:1 | g | 1.420 | 0 | 3.962 | 1.207 |
| 18:1 | g | 13.480 | 0 | 37.609 | 11.458 |
| 20:1 | g | 0.060 | 0 | 0.167 | 0.051 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.210 | 0 | 3.376 | 1.028 |
| 18:2 | g | 0.810 | 0 | 2.260 | 0.689 |
| 18:3 | g | 0.340 | 0 | 0.949 | 0.289 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.112 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 85 | 0 | 237 | 72 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.249 | 0 | 0.695 | 0.212 |
| Threonine | g | 0.970 | 0 | 2.706 | 0.825 |
| Isoleucine | g | 0.998 | 0 | 2.784 | 0.848 |
| Leucine | g | 1.755 | 0 | 4.896 | 1.492 |
| Lysine | g | 1.848 | 0 | 5.156 | 1.571 |
| Methionine | g | 0.568 | 0 | 1.585 | 0.483 |
| Cystine | g | 0.249 | 0 | 0.695 | 0.212 |
| Phenylalanine | g | 0.867 | 0 | 2.419 | 0.737 |
| Tyrosine | g | 0.746 | 0 | 2.081 | 0.634 |
| Valine | g | 1.080 | 0 | 3.013 | 0.918 |
| Arginine | g | 1.403 | 0 | 3.914 | 1.193 |
| Histidine | g | 0.760 | 0 | 2.120 | 0.646 |
| Alanine | g | 1.340 | 0 | 3.739 | 1.139 |
| Aspartic acid | g | 2.029 | 0 | 5.661 | 1.725 |
| Glutamic acid | g | 3.336 | 0 | 9.307 | 2.836 |
| Glycine | g | 1.212 | 0 | 3.381 | 1.030 |
| Proline | g | 0.981 | 0 | 2.737 | 0.834 |
| Serine | g | 0.849 | 0 | 2.369 | 0.722 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13083 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, raw

**Refuse:** 41% Bone 16%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 69.13 | | 0 | 19.60 | 313.57 | |
| Energy | kcal | 160 | | 0 | 45 | 726 | |
| Energy | kj | 669 | | 0 | 190 | 3035 | |
| Protein (N x 5.95) | g | 19.83 | | 0 | 5.62 | 89.95 | |
| Total lipid (fat) | g | 8.34 | | 0 | 2.36 | 37.83 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.98 | | 0 | 0.28 | 4.45 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 2 | 36 | |
| Iron | mg | 2.14 | | 0 | 0.61 | 9.71 | |
| Magnesium | mg | 21 | | 0 | 6 | 95 | |
| Phosphorus | mg | 191 | | 0 | 54 | 866 | |
| Potassium | mg | 353 | | 0 | 100 | 1601 | |
| Sodium | mg | 65 | | 0 | 18 | 295 | |
| Zinc | mg | 4.81 | | 0 | 1.36 | 21.82 | |
| Copper | mg | 0.069 | | 0 | 0.020 | 0.313 | |
| Manganese | mg | 0.014 | | 0 | 0.004 | 0.064 | |
| Selenium | :g | 17.1 | 1.411 | 19 | 4.8 | 77.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.160 | | 0 | 0.045 | 0.726 | |
| Niacin | mg | 3.350 | | 0 | 0.950 | 15.196 | |
| Pantothenic acid | mg | 0.380 | | 0 | 0.108 | 1.724 | |
| Vitamin B-6 | mg | 0.370 | | 0 | 0.105 | 1.678 | |
| Folate | :g | 6 | | 0 | 2 | 27 | |
| Vitamin B-12 | :g | 3.36 | | 0 | 0.95 | 15.24 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.350 | | 0 | 0.950 | 15.196 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 0 | 0.003 | 0.045 | |
| 12:0 | g | 0.010 | | 0 | 0.003 | 0.045 | |
| 14:0 | g | 0.250 | | 0 | 0.071 | 1.134 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.000 | | 0 | 0.567 | 9.072 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.090 | | 0 | 0.309 | 4.944 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.420 | 0 | 0.970 | 15.513 |
| 14:1 | g | | | | |
| 16:1 | g | 0.310 | 0 | 0.088 | 1.406 |
| 18:1 | g | 3.100 | 0 | 0.879 | 14.062 |
| 20:1 | g | 0.010 | 0 | 0.003 | 0.045 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.300 | 0 | 0.085 | 1.361 |
| 18:2 | g | 0.250 | 0 | 0.071 | 1.134 |
| 18:3 | g | 0.020 | 0 | 0.006 | 0.091 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 59 | 0 | 17 | 268 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.222 | 0 | 0.063 | 1.007 |
| Threonine | g | 0.866 | 0 | 0.246 | 3.928 |
| Isoleucine | g | 0.891 | 0 | 0.253 | 4.042 |
| Leucine | g | 1.567 | 0 | 0.444 | 7.108 |
| Lysine | g | 1.650 | 0 | 0.468 | 7.484 |
| Methionine | g | 0.508 | 0 | 0.144 | 2.304 |
| Cystine | g | 0.222 | 0 | 0.063 | 1.007 |
| Phenylalanine | g | 0.774 | 0 | 0.219 | 3.511 |
| Tyrosine | g | 0.666 | 0 | 0.189 | 3.021 |
| Valine | g | 0.964 | 0 | 0.273 | 4.373 |
| Arginine | g | 1.253 | 0 | 0.355 | 5.684 |
| Histidine | g | 0.679 | 0 | 0.192 | 3.080 |
| Alanine | g | 1.196 | 0 | 0.339 | 5.425 |
| Aspartic acid | g | 1.811 | 0 | 0.513 | 8.215 |
| Glutamic acid | g | 2.979 | 0 | 0.845 | 13.513 |
| Glycine | g | 1.082 | 0 | 0.307 | 4.908 |
| Proline | g | 0.876 | 0 | 0.248 | 3.974 |
| Serine | g | 0.758 | 0 | 0.215 | 3.438 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13084 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

**Refuse:** 42% 21% bone, 21% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 197g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.44 | | 0 | 115.13 | 49.67 | |
| Energy | kcal | 223 | | 0 | 439 | 190 | |
| Energy | kj | 933 | | 0 | 1838 | 793 | |
| Protein (N x 5.95) | g | 26.34 | | 0 | 51.89 | 22.39 | |
| Total lipid (fat) | g | 12.22 | | 0 | 24.07 | 10.39 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.23 | | 0 | 2.42 | 1.05 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | | 0 | 22 | 9 | |
| Iron | mg | 2.57 | | 0 | 5.06 | 2.18 | |
| Magnesium | mg | 25 | | 0 | 49 | 21 | |
| Phosphorus | mg | 213 | | 0 | 420 | 181 | |
| Potassium | mg | 381 | | 0 | 751 | 324 | |
| Sodium | mg | 71 | | 0 | 140 | 60 | |
| Zinc | mg | 6.57 | | 0 | 12.94 | 5.58 | |
| Copper | mg | 0.094 | | 0 | 0.185 | 0.080 | |
| Manganese | mg | 0.016 | | 0 | 0.032 | 0.014 | |
| Selenium | :g | 21.9 | | 0 | 43.1 | 18.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.177 | 0.077 | |
| Riboflavin | mg | 0.200 | | 0 | 0.394 | 0.170 | |
| Niacin | mg | 3.840 | | 0 | 7.565 | 3.264 | |
| Pantothenic acid | mg | 0.380 | | 0 | 0.749 | 0.323 | |
| Vitamin B-6 | mg | 0.320 | | 0 | 0.630 | 0.272 | |
| Folate | :g | 7 | | 0 | 14 | 6 | |
| Vitamin B-12 | :g | 3.32 | | 0 | 6.54 | 2.82 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.970 | | 0 | 9.791 | 4.224 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 14:0 | g | 0.380 | | 0 | 0.749 | 0.323 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.960 | | 0 | 5.831 | 2.516 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.610 | | 0 | 3.172 | 1.369 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.030 | 0 | 9.909 | 4.276 |
| 14:1 | g | | | | |
| 16:1 | g | 0.460 | 0 | 0.906 | 0.391 |
| 18:1 | g | 4.550 | 0 | 8.963 | 3.868 |
| 20:1 | g | 0.010 | 0 | 0.020 | 0.009 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.420 | 0 | 0.827 | 0.357 |
| 18:2 | g | 0.330 | 0 | 0.650 | 0.281 |
| 18:3 | g | 0.040 | 0 | 0.079 | 0.034 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.079 | 0.034 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 77 | 0 | 152 | 65 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.295 | 0 | 0.581 | 0.251 |
| Threonine | g | 1.151 | 0 | 2.267 | 0.978 |
| Isoleucine | g | 1.184 | 0 | 2.332 | 1.006 |
| Leucine | g | 2.082 | 0 | 4.102 | 1.770 |
| Lysine | g | 2.192 | 0 | 4.318 | 1.863 |
| Methionine | g | 0.674 | 0 | 1.328 | 0.573 |
| Cystine | g | 0.295 | 0 | 0.581 | 0.251 |
| Phenylalanine | g | 1.028 | 0 | 2.025 | 0.874 |
| Tyrosine | g | 0.885 | 0 | 1.743 | 0.752 |
| Valine | g | 1.281 | 0 | 2.524 | 1.089 |
| Arginine | g | 1.665 | 0 | 3.280 | 1.415 |
| Histidine | g | 0.902 | 0 | 1.777 | 0.767 |
| Alanine | g | 1.589 | 0 | 3.130 | 1.351 |
| Aspartic acid | g | 2.407 | 0 | 4.742 | 2.046 |
| Glutamic acid | g | 3.958 | 0 | 7.797 | 3.364 |
| Glycine | g | 1.437 | 0 | 2.831 | 1.221 |
| Proline | g | 1.163 | 0 | 2.291 | 0.989 |
| Serine | g | 1.007 | 0 | 1.984 | 0.856 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13085 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

**Refuse:** 41% 17% bone, 24% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 206g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.05 | | 0 | 121.64 | 50.19 | |
| Energy | kcal | 229 | | 0 | 472 | 195 | |
| Energy | kj | 958 | | 0 | 1973 | 814 | |
| Protein (N x 5.95) | g | 27.25 | | 0 | 56.13 | 23.16 | |
| Total lipid (fat) | g | 12.50 | | 0 | 25.75 | 10.63 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.19 | | 0 | 2.45 | 1.01 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 21 | 9 | |
| Iron | mg | 2.86 | | 0 | 5.89 | 2.43 | |
| Magnesium | mg | 25 | | 0 | 52 | 21 | |
| Phosphorus | mg | 214 | | 0 | 441 | 182 | |
| Potassium | mg | 374 | | 0 | 770 | 318 | |
| Sodium | mg | 72 | | 0 | 148 | 61 | |
| Zinc | mg | 6.95 | | 0 | 14.32 | 5.91 | |
| Copper | mg | 0.099 | | 0 | 0.204 | 0.084 | |
| Manganese | mg | 0.016 | | 0 | 0.033 | 0.014 | |
| Selenium | :g | 22.8 | | 0 | 47.0 | 19.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.165 | 0.068 | |
| Riboflavin | mg | 0.210 | | 0 | 0.433 | 0.179 | |
| Niacin | mg | 4.160 | | 0 | 8.570 | 3.536 | |
| Pantothenic acid | mg | 0.380 | | 0 | 0.783 | 0.323 | |
| Vitamin B-6 | mg | 0.270 | | 0 | 0.556 | 0.230 | |
| Folate | :g | 8 | | 0 | 16 | 7 | |
| Vitamin B-12 | :g | 2.91 | | 0 | 5.99 | 2.47 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.980 | | 0 | 10.259 | 4.233 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 0 | 0.021 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.021 | 0.009 | |
| 14:0 | g | 0.380 | | 0 | 0.783 | 0.323 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.950 | | 0 | 6.077 | 2.508 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.630 | | 0 | 3.358 | 1.385 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.280 | 0 | 10.877 | 4.488 |
| 14:1 | g | | | | |
| 16:1 | g | 0.460 | 0 | 0.948 | 0.391 |
| 18:1 | g | 4.810 | 0 | 9.909 | 4.088 |
| 20:1 | g | 0.010 | 0 | 0.021 | 0.009 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.380 | 0 | 0.783 | 0.323 |
| 18:2 | g | 0.310 | 0 | 0.639 | 0.264 |
| 18:3 | g | 0.040 | 0 | 0.082 | 0.034 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.062 | 0.026 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 80 | 0 | 165 | 68 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.305 | 0 | 0.628 | 0.259 |
| Threonine | g | 1.190 | 0 | 2.451 | 1.011 |
| Isoleucine | g | 1.225 | 0 | 2.524 | 1.041 |
| Leucine | g | 2.154 | 0 | 4.437 | 1.831 |
| Lysine | g | 2.267 | 0 | 4.670 | 1.927 |
| Methionine | g | 0.698 | 0 | 1.438 | 0.593 |
| Cystine | g | 0.305 | 0 | 0.628 | 0.259 |
| Phenylalanine | g | 1.064 | 0 | 2.192 | 0.904 |
| Tyrosine | g | 0.916 | 0 | 1.887 | 0.779 |
| Valine | g | 1.325 | 0 | 2.729 | 1.126 |
| Arginine | g | 1.722 | 0 | 3.547 | 1.464 |
| Histidine | g | 0.933 | 0 | 1.922 | 0.793 |
| Alanine | g | 1.644 | 0 | 3.387 | 1.397 |
| Aspartic acid | g | 2.490 | 0 | 5.129 | 2.117 |
| Glutamic acid | g | 4.094 | 0 | 8.434 | 3.480 |
| Glycine | g | 1.487 | 0 | 3.063 | 1.264 |
| Proline | g | 1.203 | 0 | 2.478 | 1.023 |
| Serine | g | 1.042 | 0 | 2.147 | 0.886 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13086 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, choice, raw

**Refuse:** 43% Bone 16%, separable fat 27%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 68.34 | | 0 | 19.37 | 309.99 | |
| Energy | kcal | 170 | | 0 | 48 | 771 | |
| Energy | kj | 711 | | 0 | 202 | 3225 | |
| Protein (N x 5.95) | g | 19.83 | | 0 | 5.62 | 89.95 | |
| Total lipid (fat) | g | 9.43 | | 0 | 2.67 | 42.77 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.98 | | 0 | 0.28 | 4.45 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 2 | 36 | |
| Iron | mg | 2.14 | | 0 | 0.61 | 9.71 | |
| Magnesium | mg | 21 | | 0 | 6 | 95 | |
| Phosphorus | mg | 191 | | 0 | 54 | 866 | |
| Potassium | mg | 354 | | 0 | 100 | 1606 | |
| Sodium | mg | 65 | | 0 | 18 | 295 | |
| Zinc | mg | 4.80 | | 0 | 1.36 | 21.77 | |
| Copper | mg | 0.069 | | 0 | 0.020 | 0.313 | |
| Manganese | mg | 0.014 | | 0 | 0.004 | 0.064 | |
| Selenium | :g | 17.1 | | 0 | 4.8 | 77.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.160 | | 0 | 0.045 | 0.726 | |
| Niacin | mg | 3.360 | | 0 | 0.953 | 15.241 | |
| Pantothenic acid | mg | 0.380 | | 0 | 0.108 | 1.724 | |
| Vitamin B-6 | mg | 0.370 | | 0 | 0.105 | 1.678 | |
| Folate | :g | 6 | | 0 | 2 | 27 | |
| Vitamin B-12 | :g | 3.37 | | 0 | 0.96 | 15.29 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.780 | | 0 | 1.072 | 17.146 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 0 | 0.003 | 0.045 | |
| 12:0 | g | 0.010 | | 0 | 0.003 | 0.045 | |
| 14:0 | g | 0.280 | | 0 | 0.079 | 1.270 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.260 | | 0 | 0.641 | 10.251 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.230 | | 0 | 0.349 | 5.579 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.880 | 0 | 1.100 | 17.600 |
| 14:1 | g | | | | |
| 16:1 | g | 0.350 | 0 | 0.099 | 1.588 |
| 18:1 | g | 3.510 | 0 | 0.995 | 15.921 |
| 20:1 | g | 0.010 | 0 | 0.003 | 0.045 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.340 | 0 | 0.096 | 1.542 |
| 18:2 | g | 0.280 | 0 | 0.079 | 1.270 |
| 18:3 | g | 0.020 | 0 | 0.006 | 0.091 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 59 | 0 | 17 | 268 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.222 | 0 | 0.063 | 1.007 |
| Threonine | g | 0.866 | 0 | 0.246 | 3.928 |
| Isoleucine | g | 0.892 | 0 | 0.253 | 4.046 |
| Leucine | g | 1.568 | 0 | 0.445 | 7.112 |
| Lysine | g | 1.650 | 0 | 0.468 | 7.484 |
| Methionine | g | 0.508 | 0 | 0.144 | 2.304 |
| Cystine | g | 0.222 | 0 | 0.063 | 1.007 |
| Phenylalanine | g | 0.774 | 0 | 0.219 | 3.511 |
| Tyrosine | g | 0.666 | 0 | 0.189 | 3.021 |
| Valine | g | 0.965 | 0 | 0.274 | 4.377 |
| Arginine | g | 1.253 | 0 | 0.355 | 5.684 |
| Histidine | g | 0.679 | 0 | 0.192 | 3.080 |
| Alanine | g | 1.196 | 0 | 0.339 | 5.425 |
| Aspartic acid | g | 1.812 | 0 | 0.514 | 8.219 |
| Glutamic acid | g | 2.980 | 0 | 0.845 | 13.517 |
| Glycine | g | 1.082 | 0 | 0.307 | 4.908 |
| Proline | g | 0.876 | 0 | 0.248 | 3.974 |
| Serine | g | 0.758 | 0 | 0.215 | 3.438 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13087 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

**Refuse:** 43% 21% 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 | Samples | Measure 1* 194g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 57.44 | | 0 | 111.43 | 48.82 | |
| Energy | kcal | 237 | | 0 | 460 | 201 | |
| Energy | kj | 992 | | 0 | 1924 | 843 | |
| Protein (N x 5.95) | g | 26.34 | | 0 | 51.10 | 22.39 | |
| Total lipid (fat) | g | 13.81 | | 0 | 26.79 | 11.74 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.23 | | 0 | 2.39 | 1.05 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | | 0 | 21 | 9 | |
| Iron | mg | 2.57 | | 0 | 4.99 | 2.18 | |
| Magnesium | mg | 25 | | 0 | 49 | 21 | |
| Phosphorus | mg | 213 | | 0 | 413 | 181 | |
| Potassium | mg | 381 | | 0 | 739 | 324 | |
| Sodium | mg | 71 | | 0 | 138 | 60 | |
| Zinc | mg | 6.57 | | 0 | 12.75 | 5.58 | |
| Copper | mg | 0.094 | | 0 | 0.182 | 0.080 | |
| Manganese | mg | 0.016 | | 0 | 0.031 | 0.014 | |
| Selenium | :g | 21.9 | | 0 | 42.5 | 18.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.175 | 0.077 | |
| Riboflavin | mg | 0.200 | | 0 | 0.388 | 0.170 | |
| Niacin | mg | 3.840 | | 0 | 7.450 | 3.264 | |
| Pantothenic acid | mg | 0.380 | | 0 | 0.737 | 0.323 | |
| Vitamin B-6 | mg | 0.320 | | 0 | 0.621 | 0.272 | |
| Folate | :g | 7 | | 0 | 14 | 6 | |
| Vitamin B-12 | :g | 3.32 | | 0 | 6.44 | 2.82 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.620 | | 0 | 10.903 | 4.777 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.020 | | 0 | 0.039 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.039 | 0.017 | |
| 14:0 | g | 0.430 | | 0 | 0.834 | 0.366 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.340 | | 0 | 6.480 | 2.839 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.820 | | 0 | 3.531 | 1.547 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.680 | 0 | 11.019 | 4.828 |
| 14:1 | g | | | | |
| 16:1 | g | 0.530 | 0 | 1.028 | 0.451 |
| 18:1 | g | 5.150 | 0 | 9.991 | 4.378 |
| 20:1 | g | 0.010 | 0 | 0.019 | 0.009 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.470 | 0 | 0.912 | 0.400 |
| 18:2 | g | 0.380 | 0 | 0.737 | 0.323 |
| 18:3 | g | 0.050 | 0 | 0.097 | 0.043 |
| 18:4 | g | | | | |
| 20:4 | g | 0.050 | 0 | 0.097 | 0.043 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 77 | 0 | 149 | 65 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.295 | 0 | 0.572 | 0.251 |
| Threonine | g | 1.151 | 0 | 2.233 | 0.978 |
| Isoleucine | g | 1.184 | 0 | 2.297 | 1.006 |
| Leucine | g | 2.082 | 0 | 4.039 | 1.770 |
| Lysine | g | 2.192 | 0 | 4.252 | 1.863 |
| Methionine | g | 0.674 | 0 | 1.308 | 0.573 |
| Cystine | g | 0.295 | 0 | 0.572 | 0.251 |
| Phenylalanine | g | 1.028 | 0 | 1.994 | 0.874 |
| Tyrosine | g | 0.885 | 0 | 1.717 | 0.752 |
| Valine | g | 1.281 | 0 | 2.485 | 1.089 |
| Arginine | g | 1.665 | 0 | 3.230 | 1.415 |
| Histidine | g | 0.902 | 0 | 1.750 | 0.767 |
| Alanine | g | 1.589 | 0 | 3.083 | 1.351 |
| Aspartic acid | g | 2.407 | 0 | 4.670 | 2.046 |
| Glutamic acid | g | 3.958 | 0 | 7.679 | 3.364 |
| Glycine | g | 1.437 | 0 | 2.788 | 1.221 |
| Proline | g | 1.163 | 0 | 2.256 | 0.989 |
| Serine | g | 1.007 | 0 | 1.954 | 0.856 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13088 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

**Refuse:** 42% 17% bone, 25% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 203g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 57.87 | | 0 | 117.48 | 49.19 | |
| Energy | kcal | 243 | | 0 | 493 | 207 | |
| Energy | kj | 1017 | | 0 | 2065 | 864 | |
| Protein (N x 5.95) | g | 27.25 | | 0 | 55.32 | 23.16 | |
| Total lipid (fat) | g | 14.03 | | 0 | 28.48 | 11.93 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.19 | | 0 | 2.42 | 1.01 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 20 | 9 | |
| Iron | mg | 2.86 | | 0 | 5.81 | 2.43 | |
| Magnesium | mg | 25 | | 0 | 51 | 21 | |
| Phosphorus | mg | 214 | | 0 | 434 | 182 | |
| Potassium | mg | 374 | | 0 | 759 | 318 | |
| Sodium | mg | 72 | | 0 | 146 | 61 | |
| Zinc | mg | 6.95 | | 0 | 14.11 | 5.91 | |
| Copper | mg | 0.099 | | 0 | 0.201 | 0.084 | |
| Manganese | mg | 0.016 | | 0 | 0.032 | 0.014 | |
| Selenium | :g | 22.8 | | 0 | 46.3 | 19.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.162 | 0.068 | |
| Riboflavin | mg | 0.210 | | 0 | 0.426 | 0.179 | |
| Niacin | mg | 4.160 | | 0 | 8.445 | 3.536 | |
| Pantothenic acid | mg | 0.380 | | 0 | 0.771 | 0.323 | |
| Vitamin B-6 | mg | 0.270 | | 0 | 0.548 | 0.230 | |
| Folate | :g | 8 | | 0 | 16 | 7 | |
| Vitamin B-12 | :g | 2.91 | | 0 | 5.91 | 2.47 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.284 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.600 | | 0 | 11.368 | 4.760 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 14:0 | g | 0.430 | | 0 | 0.873 | 0.366 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.320 | | 0 | 6.740 | 2.822 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.830 | | 0 | 3.715 | 1.556 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.940 | 0 | 12.058 | 5.049 |
| 14:1 | g | | | | |
| 16:1 | g | 0.530 | 0 | 1.076 | 0.451 |
| 18:1 | g | 5.390 | 0 | 10.942 | 4.582 |
| 20:1 | g | 0.010 | 0 | 0.020 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.430 | 0 | 0.873 | 0.366 |
| 18:2 | g | 0.340 | 0 | 0.690 | 0.289 |
| 18:3 | g | 0.050 | 0 | 0.102 | 0.043 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.061 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 80 | 0 | 162 | 68 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.305 | 0 | 0.619 | 0.259 |
| Threonine | g | 1.190 | 0 | 2.416 | 1.011 |
| Isoleucine | g | 1.225 | 0 | 2.487 | 1.041 |
| Leucine | g | 2.154 | 0 | 4.373 | 1.831 |
| Lysine | g | 2.267 | 0 | 4.602 | 1.927 |
| Methionine | g | 0.698 | 0 | 1.417 | 0.593 |
| Cystine | g | 0.305 | 0 | 0.619 | 0.259 |
| Phenylalanine | g | 1.064 | 0 | 2.160 | 0.904 |
| Tyrosine | g | 0.916 | 0 | 1.859 | 0.779 |
| Valine | g | 1.325 | 0 | 2.690 | 1.126 |
| Arginine | g | 1.722 | 0 | 3.496 | 1.464 |
| Histidine | g | 0.933 | 0 | 1.894 | 0.793 |
| Alanine | g | 1.644 | 0 | 3.337 | 1.397 |
| Aspartic acid | g | 2.489 | 0 | 5.053 | 2.116 |
| Glutamic acid | g | 4.094 | 0 | 8.311 | 3.480 |
| Glycine | g | 1.487 | 0 | 3.019 | 1.264 |
| Proline | g | 1.203 | 0 | 2.442 | 1.023 |
| Serine | g | 1.042 | 0 | 2.115 | 0.886 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13089 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, select, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 70.91 | | 0 | 20.10 | 321.65 | |
| Energy | kcal | 148 | | 0 | 42 | 671 | |
| Energy | kj | 619 | | 0 | 175 | 2808 | |
| Protein (N x 5.95) | g | 19.83 | | 0 | 5.62 | 89.95 | |
| Total lipid (fat) | g | 7.03 | | 0 | 1.99 | 31.89 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.98 | | 0 | 0.28 | 4.45 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 2 | 36 | |
| Iron | mg | 2.14 | | 0 | 0.61 | 9.71 | |
| Magnesium | mg | 21 | | 0 | 6 | 95 | |
| Phosphorus | mg | 191 | | 0 | 54 | 866 | |
| Potassium | mg | 354 | | 0 | 100 | 1606 | |
| Sodium | mg | 65 | | 0 | 18 | 295 | |
| Zinc | mg | 4.80 | | 0 | 1.36 | 21.77 | |
| Copper | mg | 0.069 | | 0 | 0.020 | 0.313 | |
| Manganese | mg | 0.014 | | 0 | 0.004 | 0.064 | |
| Selenium | ：g | 17.1 | | 0 | 4.8 | 77.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.160 | | 0 | 0.045 | 0.726 | |
| Niacin | mg | 3.360 | | 0 | 0.953 | 15.241 | |
| Pantothenic acid | mg | 0.380 | | 0 | 0.108 | 1.724 | |
| Vitamin B-6 | mg | 0.370 | | 0 | 0.105 | 1.678 | |
| Folate | ：g | 6 | | 0 | 2 | 27 | |
| Vitamin B-12 | ：g | 3.37 | | 0 | 0.96 | 15.29 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.820 | | 0 | 0.799 | 12.792 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.210 | | 0 | 0.060 | 0.953 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.680 | | 0 | 0.476 | 7.620 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.920 | | 0 | 0.261 | 4.173 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.890 | 0 | 0.819 | 13.109 |
| 14:1 | g | | | | |
| 16:1 | g | 0.260 | 0 | 0.074 | 1.179 |
| 18:1 | g | 2.620 | 0 | 0.743 | 11.884 |
| 20:1 | g | 0.010 | 0 | 0.003 | 0.045 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.250 | 0 | 0.071 | 1.134 |
| 18:2 | g | 0.210 | 0 | 0.060 | 0.953 |
| 18:3 | g | 0.020 | 0 | 0.006 | 0.091 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 59 | 0 | 17 | 268 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.222 | 0 | 0.063 | 1.007 |
| Threonine | g | 0.866 | 0 | 0.246 | 3.928 |
| Isoleucine | g | 0.892 | 0 | 0.253 | 4.046 |
| Leucine | g | 1.568 | 0 | 0.445 | 7.112 |
| Lysine | g | 1.650 | 0 | 0.468 | 7.484 |
| Methionine | g | 0.508 | 0 | 0.144 | 2.304 |
| Cystine | g | 0.222 | 0 | 0.063 | 1.007 |
| Phenylalanine | g | 0.774 | 0 | 0.219 | 3.511 |
| Tyrosine | g | 0.666 | 0 | 0.189 | 3.021 |
| Valine | g | 0.965 | 0 | 0.274 | 4.377 |
| Arginine | g | 1.254 | 0 | 0.356 | 5.688 |
| Histidine | g | 0.679 | 0 | 0.192 | 3.080 |
| Alanine | g | 1.196 | 0 | 0.339 | 5.425 |
| Aspartic acid | g | 1.812 | 0 | 0.514 | 8.219 |
| Glutamic acid | g | 2.980 | 0 | 0.845 | 13.517 |
| Glycine | g | 1.082 | 0 | 0.307 | 4.908 |
| Proline | g | 0.876 | 0 | 0.248 | 3.974 |
| Serine | g | 0.758 | 0 | 0.215 | 3.438 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13090 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, select, cooked, broiled

**Refuse:** 41% 22% bone, 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 | Samples | Measure 1* 201g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.92 | | 0 | 120.44 | 50.93 | |
| Energy | kcal | 206 | | 0 | 414 | 175 | |
| Energy | kj | 862 | | 0 | 1733 | 733 | |
| Protein (N x 5.95) | g | 26.33 | | 0 | 52.92 | 22.38 | |
| Total lipid (fat) | g | 10.42 | | 0 | 20.94 | 8.86 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.23 | | 0 | 2.47 | 1.05 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | | 0 | 22 | 9 | |
| Iron | mg | 2.57 | | 0 | 5.17 | 2.18 | |
| Magnesium | mg | 25 | | 0 | 50 | 21 | |
| Phosphorus | mg | 213 | | 0 | 428 | 181 | |
| Potassium | mg | 381 | | 0 | 766 | 324 | |
| Sodium | mg | 71 | | 0 | 143 | 60 | |
| Zinc | mg | 6.57 | | 0 | 13.21 | 5.58 | |
| Copper | mg | 0.094 | | 0 | 0.189 | 0.080 | |
| Manganese | mg | 0.016 | | 0 | 0.032 | 0.014 | |
| Selenium | :g | 21.9 | | 0 | 44.0 | 18.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.181 | 0.077 | |
| Riboflavin | mg | 0.200 | | 0 | 0.402 | 0.170 | |
| Niacin | mg | 3.840 | | 0 | 7.718 | 3.264 | |
| Pantothenic acid | mg | 0.380 | | 0 | 0.764 | 0.323 | |
| Vitamin B-6 | mg | 0.320 | | 0 | 0.643 | 0.272 | |
| Folate | :g | 7 | | 0 | 14 | 6 | |
| Vitamin B-12 | :g | 3.32 | | 0 | 6.67 | 2.82 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.230 | | 0 | 8.502 | 3.595 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 14:0 | g | 0.320 | | 0 | 0.643 | 0.272 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.510 | | 0 | 5.045 | 2.133 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.380 | | 0 | 2.774 | 1.173 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.250 | 0 | 8.543 | 3.612 |
| 14:1 | g | | | | |
| 16:1 | g | 0.380 | 0 | 0.764 | 0.323 |
| 18:1 | g | 3.860 | 0 | 7.759 | 3.281 |
| 20:1 | g | 0.010 | 0 | 0.020 | 0.009 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.360 | 0 | 0.724 | 0.306 |
| 18:2 | g | 0.300 | 0 | 0.603 | 0.255 |
| 18:3 | g | 0.020 | 0 | 0.040 | 0.017 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.080 | 0.034 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 77 | 0 | 155 | 65 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.295 | 0 | 0.593 | 0.251 |
| Threonine | g | 1.150 | 0 | 2.311 | 0.977 |
| Isoleucine | g | 1.184 | 0 | 2.380 | 1.006 |
| Leucine | g | 2.081 | 0 | 4.183 | 1.769 |
| Lysine | g | 2.191 | 0 | 4.404 | 1.862 |
| Methionine | g | 0.674 | 0 | 1.355 | 0.573 |
| Cystine | g | 0.295 | 0 | 0.593 | 0.251 |
| Phenylalanine | g | 1.028 | 0 | 2.066 | 0.874 |
| Tyrosine | g | 0.885 | 0 | 1.779 | 0.752 |
| Valine | g | 1.281 | 0 | 2.575 | 1.089 |
| Arginine | g | 1.664 | 0 | 3.345 | 1.414 |
| Histidine | g | 0.902 | 0 | 1.813 | 0.767 |
| Alanine | g | 1.588 | 0 | 3.192 | 1.350 |
| Aspartic acid | g | 2.406 | 0 | 4.836 | 2.045 |
| Glutamic acid | g | 3.956 | 0 | 7.952 | 3.363 |
| Glycine | g | 1.437 | 0 | 2.888 | 1.221 |
| Proline | g | 1.163 | 0 | 2.338 | 0.989 |
| Serine | g | 1.007 | 0 | 2.024 | 0.856 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13091 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, select, cooked, roasted

**Refuse:** 39% 17% 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 | Samples | Measure 1* 213g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 60.34 | | 0 | 128.52 | 51.29 | |
| Energy | kcal | 213 | | 0 | 454 | 181 | |
| Energy | kj | 891 | | 0 | 1898 | 757 | |
| Protein (N x 5.95) | g | 27.25 | | 0 | 58.04 | 23.16 | |
| Total lipid (fat) | g | 10.73 | | 0 | 22.85 | 9.12 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.19 | | 0 | 2.53 | 1.01 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 21 | 9 | |
| Iron | mg | 2.86 | | 0 | 6.09 | 2.43 | |
| Magnesium | mg | 25 | | 0 | 53 | 21 | |
| Phosphorus | mg | 214 | | 0 | 456 | 182 | |
| Potassium | mg | 374 | | 0 | 797 | 318 | |
| Sodium | mg | 72 | | 0 | 153 | 61 | |
| Zinc | mg | 6.95 | | 0 | 14.80 | 5.91 | |
| Copper | mg | 0.099 | | 0 | 0.211 | 0.084 | |
| Manganese | mg | 0.016 | | 0 | 0.034 | 0.014 | |
| Selenium | :g | 22.8 | | 0 | 48.6 | 19.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.170 | 0.068 | |
| Riboflavin | mg | 0.210 | | 0 | 0.447 | 0.179 | |
| Niacin | mg | 4.160 | | 0 | 8.861 | 3.536 | |
| Pantothenic acid | mg | 0.380 | | 0 | 0.809 | 0.323 | |
| Vitamin B-6 | mg | 0.270 | | 0 | 0.575 | 0.230 | |
| Folate | :g | 8 | | 0 | 17 | 7 | |
| Vitamin B-12 | :g | 2.90 | | 0 | 6.18 | 2.46 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.260 | | 0 | 9.074 | 3.621 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 0 | 0.021 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.021 | 0.009 | |
| 14:0 | g | 0.320 | | 0 | 0.682 | 0.272 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.520 | | 0 | 5.368 | 2.142 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.400 | | 0 | 2.982 | 1.190 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.530 | 0 | 9.649 | 3.851 |
| 14:1 | g | | | | |
| 16:1 | g | 0.390 | 0 | 0.831 | 0.331 |
| 18:1 | g | 4.140 | 0 | 8.818 | 3.519 |
| 20:1 | g | 0.010 | 0 | 0.021 | 0.009 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.320 | 0 | 0.682 | 0.272 |
| 18:2 | g | 0.270 | 0 | 0.575 | 0.230 |
| 18:3 | g | 0.030 | 0 | 0.064 | 0.026 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.064 | 0.026 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 80 | 0 | 170 | 68 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.305 | 0 | 0.650 | 0.259 |
| Threonine | g | 1.190 | 0 | 2.535 | 1.011 |
| Isoleucine | g | 1.225 | 0 | 2.609 | 1.041 |
| Leucine | g | 2.154 | 0 | 4.588 | 1.831 |
| Lysine | g | 2.267 | 0 | 4.829 | 1.927 |
| Methionine | g | 0.698 | 0 | 1.487 | 0.593 |
| Cystine | g | 0.305 | 0 | 0.650 | 0.259 |
| Phenylalanine | g | 1.064 | 0 | 2.266 | 0.904 |
| Tyrosine | g | 0.916 | 0 | 1.951 | 0.779 |
| Valine | g | 1.325 | 0 | 2.822 | 1.126 |
| Arginine | g | 1.722 | 0 | 3.668 | 1.464 |
| Histidine | g | 0.933 | 0 | 1.987 | 0.793 |
| Alanine | g | 1.644 | 0 | 3.502 | 1.397 |
| Aspartic acid | g | 2.490 | 0 | 5.304 | 2.117 |
| Glutamic acid | g | 4.094 | 0 | 8.720 | 3.480 |
| Glycine | g | 1.487 | 0 | 3.167 | 1.264 |
| Proline | g | 1.203 | 0 | 2.562 | 1.023 |
| Serine | g | 1.042 | 0 | 2.219 | 0.886 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13092 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, prime, raw

**Refuse:** 44% Bone 15%, separable fat 29%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 66.04 | | 0 | 18.72 | 299.56 | |
| Energy | kcal | 206 | | 0 | 58 | 934 | |
| Energy | kj | 862 | | 0 | 244 | 3910 | |
| Protein (N x 5.95) | g | 19.83 | | 0 | 5.62 | 89.95 | |
| Total lipid (fat) | g | 13.45 | | 0 | 3.81 | 61.01 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.98 | | 0 | 0.28 | 4.45 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 2 | 36 | |
| Iron | mg | 2.14 | | 0 | 0.61 | 9.71 | |
| Magnesium | mg | 21 | | 0 | 6 | 95 | |
| Phosphorus | mg | 191 | | 0 | 54 | 866 | |
| Potassium | mg | 354 | | 0 | 100 | 1606 | |
| Sodium | mg | 65 | | 0 | 18 | 295 | |
| Zinc | mg | 4.80 | | 0 | 1.36 | 21.77 | |
| Copper | mg | 0.069 | | 0 | 0.020 | 0.313 | |
| Manganese | mg | 0.014 | | 0 | 0.004 | 0.064 | |
| Selenium | :g | 17.1 | | 0 | 4.8 | 77.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.160 | | 0 | 0.045 | 0.726 | |
| Niacin | mg | 3.360 | | 0 | 0.953 | 15.241 | |
| Pantothenic acid | mg | 0.380 | | 0 | 0.108 | 1.724 | |
| Vitamin B-6 | mg | 0.370 | | 0 | 0.105 | 1.678 | |
| Folate | :g | 6 | | 0 | 2 | 27 | |
| Vitamin B-12 | :g | 3.37 | | 0 | 0.96 | 15.29 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.690 | | 0 | 1.613 | 25.810 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.003 | 0.045 | |
| 12:0 | g | 0.010 | | 0 | 0.003 | 0.045 | |
| 14:0 | g | 0.400 | | 0 | 0.113 | 1.814 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.220 | | 0 | 0.913 | 14.606 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.760 | | 0 | 0.499 | 7.983 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.800 | 0 | 1.644 | 26.309 |
| 14:1 | g | | | | |
| 16:1 | g | 0.500 | 0 | 0.142 | 2.268 |
| 18:1 | g | 5.020 | 0 | 1.423 | 22.771 |
| 20:1 | g | 0.020 | 0 | 0.006 | 0.091 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.500 | 0 | 0.142 | 2.268 |
| 18:2 | g | 0.400 | 0 | 0.113 | 1.814 |
| 18:3 | g | 0.040 | 0 | 0.011 | 0.181 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 0 | 0.014 | 0.227 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 59 | 0 | 17 | 268 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.222 | 0 | 0.063 | 1.007 |
| Threonine | g | 0.866 | 0 | 0.246 | 3.928 |
| Isoleucine | g | 0.892 | 0 | 0.253 | 4.046 |
| Leucine | g | 1.568 | 0 | 0.445 | 7.112 |
| Lysine | g | 1.650 | 0 | 0.468 | 7.484 |
| Methionine | g | 0.508 | 0 | 0.144 | 2.304 |
| Cystine | g | 0.222 | 0 | 0.063 | 1.007 |
| Phenylalanine | g | 0.774 | 0 | 0.219 | 3.511 |
| Tyrosine | g | 0.666 | 0 | 0.189 | 3.021 |
| Valine | g | 0.965 | 0 | 0.274 | 4.377 |
| Arginine | g | 1.253 | 0 | 0.355 | 5.684 |
| Histidine | g | 0.679 | 0 | 0.192 | 3.080 |
| Alanine | g | 1.196 | 0 | 0.339 | 5.425 |
| Aspartic acid | g | 1.812 | 0 | 0.514 | 8.219 |
| Glutamic acid | g | 2.980 | 0 | 0.845 | 13.517 |
| Glycine | g | 1.082 | 0 | 0.307 | 4.908 |
| Proline | g | 0.876 | 0 | 0.248 | 3.974 |
| Serine | g | 0.758 | 0 | 0.215 | 3.438 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13093 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, prime, cooked, broiled

**Refuse:** 42% 19% bone, 23% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 197g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 54.35 | | 0 | 107.07 | 46.20 | |
| Energy | kcal | 280 | | 0 | 552 | 238 | |
| Energy | kj | 1172 | | 0 | 2309 | 996 | |
| Protein (N x 5.95) | g | 26.03 | | 0 | 51.28 | 22.13 | |
| Total lipid (fat) | g | 18.70 | | 0 | 36.84 | 15.89 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.14 | | 0 | 2.25 | 0.97 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 20 | 9 | |
| Iron | mg | 2.52 | | 0 | 4.96 | 2.14 | |
| Magnesium | mg | 25 | | 0 | 49 | 21 | |
| Phosphorus | mg | 203 | | 0 | 400 | 173 | |
| Potassium | mg | 379 | | 0 | 747 | 322 | |
| Sodium | mg | 70 | | 0 | 138 | 60 | |
| Zinc | mg | 6.55 | | 0 | 12.90 | 5.57 | |
| Copper | mg | 0.093 | | 0 | 0.183 | 0.079 | |
| Manganese | mg | 0.016 | | 0 | 0.032 | 0.014 | |
| Selenium | :g | 21.9 | | 0 | 43.1 | 18.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.177 | 0.077 | |
| Riboflavin | mg | 0.210 | | 0 | 0.414 | 0.179 | |
| Niacin | mg | 3.780 | | 0 | 7.447 | 3.213 | |
| Pantothenic acid | mg | 0.380 | | 0 | 0.749 | 0.323 | |
| Vitamin B-6 | mg | 0.350 | | 0 | 0.689 | 0.298 | |
| Folate | :g | 7 | | 0 | 14 | 6 | |
| Vitamin B-12 | :g | 3.28 | | 0 | 6.46 | 2.79 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.980 | | 0 | 15.721 | 6.783 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 12:0 | g | 0.020 | | 0 | 0.039 | 0.017 | |
| 14:0 | g | 0.590 | | 0 | 1.162 | 0.501 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.480 | | 0 | 8.826 | 3.808 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.510 | | 0 | 4.945 | 2.133 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.250 | 0 | 16.253 | 7.013 |
| 14:1 | g | | | | |
| 16:1 | g | 0.650 | 0 | 1.281 | 0.553 |
| 18:1 | g | 7.290 | 0 | 14.361 | 6.196 |
| 20:1 | g | 0.020 | 0 | 0.039 | 0.017 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.560 | 0 | 1.103 | 0.476 |
| 18:2 | g | 0.450 | 0 | 0.887 | 0.383 |
| 18:3 | g | 0.040 | 0 | 0.079 | 0.034 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 0 | 0.099 | 0.043 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 81 | 0 | 160 | 69 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.291 | 0 | 0.573 | 0.247 |
| Threonine | g | 1.137 | 0 | 2.240 | 0.966 |
| Isoleucine | g | 1.170 | 0 | 2.305 | 0.995 |
| Leucine | g | 2.057 | 0 | 4.052 | 1.748 |
| Lysine | g | 2.165 | 0 | 4.265 | 1.840 |
| Methionine | g | 0.666 | 0 | 1.312 | 0.566 |
| Cystine | g | 0.291 | 0 | 0.573 | 0.247 |
| Phenylalanine | g | 1.016 | 0 | 2.002 | 0.864 |
| Tyrosine | g | 0.874 | 0 | 1.722 | 0.743 |
| Valine | g | 1.266 | 0 | 2.494 | 1.076 |
| Arginine | g | 1.645 | 0 | 3.241 | 1.398 |
| Histidine | g | 0.891 | 0 | 1.755 | 0.757 |
| Alanine | g | 1.570 | 0 | 3.093 | 1.335 |
| Aspartic acid | g | 2.378 | 0 | 4.685 | 2.021 |
| Glutamic acid | g | 3.910 | 0 | 7.703 | 3.324 |
| Glycine | g | 1.420 | 0 | 2.797 | 1.207 |
| Proline | g | 1.149 | 0 | 2.264 | 0.977 |
| Serine | g | 0.995 | 0 | 1.960 | 0.846 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13094 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, prime, cooked, roasted

**Refuse:** 44% 20% bone, 24% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 197g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 53.05 | | 0 | 104.51 | 45.09 | |
| Energy | kcal | 292 | | 0 | 575 | 248 | |
| Energy | kj | 1222 | | 0 | 2407 | 1039 | |
| Protein (N x 5.95) | g | 27.21 | | 0 | 53.60 | 23.13 | |
| Total lipid (fat) | g | 19.46 | | 0 | 38.34 | 16.54 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.08 | | 0 | 2.13 | 0.92 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 20 | 9 | |
| Iron | mg | 2.61 | | 0 | 5.14 | 2.22 | |
| Magnesium | mg | 25 | | 0 | 49 | 21 | |
| Phosphorus | mg | 213 | | 0 | 420 | 181 | |
| Potassium | mg | 376 | | 0 | 741 | 320 | |
| Sodium | mg | 74 | | 0 | 146 | 63 | |
| Zinc | mg | 6.94 | | 0 | 13.67 | 5.90 | |
| Copper | mg | 0.098 | | 0 | 0.193 | 0.083 | |
| Manganese | mg | 0.016 | | 0 | 0.032 | 0.014 | |
| Selenium | :g | 22.8 | | 0 | 44.9 | 19.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.158 | 0.068 | |
| Riboflavin | mg | 0.210 | | 0 | 0.414 | 0.179 | |
| Niacin | mg | 4.110 | | 0 | 8.097 | 3.494 | |
| Pantothenic acid | mg | 0.440 | | 0 | 0.867 | 0.374 | |
| Vitamin B-6 | mg | 0.300 | | 0 | 0.591 | 0.255 | |
| Folate | :g | 9 | | 0 | 18 | 8 | |
| Vitamin B-12 | :g | 2.92 | | 0 | 5.75 | 2.48 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 8.310 | | 0 | 16.371 | 7.064 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 14:0 | g | 0.610 | | 0 | 1.202 | 0.518 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.660 | | 0 | 9.180 | 3.961 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.600 | | 0 | 5.122 | 2.210 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.560 | 0 | 16.863 | 7.276 |
| 14:1 | g | | | | |
| 16:1 | g | 0.680 | 0 | 1.340 | 0.578 |
| 18:1 | g | 7.560 | 0 | 14.893 | 6.426 |
| 20:1 | g | 0.010 | 0 | 0.020 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.590 | 0 | 1.162 | 0.501 |
| 18:2 | g | 0.460 | 0 | 0.906 | 0.391 |
| 18:3 | g | 0.040 | 0 | 0.079 | 0.034 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 0 | 0.099 | 0.043 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 81 | 0 | 160 | 69 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.305 | 0 | 0.601 | 0.259 |
| Threonine | g | 1.188 | 0 | 2.340 | 1.010 |
| Isoleucine | g | 1.223 | 0 | 2.409 | 1.040 |
| Leucine | g | 2.150 | 0 | 4.235 | 1.827 |
| Lysine | g | 2.264 | 0 | 4.460 | 1.924 |
| Methionine | g | 0.697 | 0 | 1.373 | 0.592 |
| Cystine | g | 0.305 | 0 | 0.601 | 0.259 |
| Phenylalanine | g | 1.062 | 0 | 2.092 | 0.903 |
| Tyrosine | g | 0.914 | 0 | 1.801 | 0.777 |
| Valine | g | 1.323 | 0 | 2.606 | 1.125 |
| Arginine | g | 1.720 | 0 | 3.388 | 1.462 |
| Histidine | g | 0.932 | 0 | 1.836 | 0.792 |
| Alanine | g | 1.641 | 0 | 3.233 | 1.395 |
| Aspartic acid | g | 2.486 | 0 | 4.897 | 2.113 |
| Glutamic acid | g | 4.088 | 0 | 8.053 | 3.475 |
| Glycine | g | 1.484 | 0 | 2.923 | 1.261 |
| Proline | g | 1.201 | 0 | 2.366 | 1.021 |
| Serine | g | 1.040 | 0 | 2.049 | 0.884 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13095 Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.03 | | 0 | 16.45 | 263.22 | |
| Energy | kcal | 274 | | 0 | 78 | 1243 | |
| Energy | kj | 1146 | | 0 | 325 | 5198 | |
| Protein (N x 5.95) | g | 17.51 | | 0 | 4.96 | 79.43 | |
| Total lipid (fat) | g | 22.07 | | 0 | 6.26 | 100.11 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.85 | | 0 | 0.24 | 3.86 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 3 | 45 | |
| Iron | mg | 1.87 | | 0 | 0.53 | 8.48 | |
| Magnesium | mg | 18 | | 0 | 5 | 82 | |
| Phosphorus | mg | 168 | | 0 | 48 | 762 | |
| Potassium | mg | 305 | | 0 | 86 | 1383 | |
| Sodium | mg | 56 | | 0 | 16 | 254 | |
| Zinc | mg | 3.85 | | 0 | 1.09 | 17.46 | |
| Copper | mg | 0.060 | | 0 | 0.017 | 0.272 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.054 | |
| Selenium | :g | 16.5 | | 0 | 4.7 | 74.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.023 | 0.363 | |
| Riboflavin | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| Niacin | mg | 3.230 | | 0 | 0.916 | 14.651 | |
| Pantothenic acid | mg | 0.290 | | 0 | 0.082 | 1.315 | |
| Vitamin B-6 | mg | 0.360 | | 0 | 0.102 | 1.633 | |
| Folate | :g | 5 | | 0 | 1 | 23 | |
| Vitamin B-12 | :g | 3.11 | | 0 | 0.88 | 14.11 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.000 | | 0 | 2.551 | 40.824 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.070 | | 0 | 0.020 | 0.318 | |
| 12:0 | g | 0.050 | | 0 | 0.014 | 0.227 | |
| 14:0 | g | 0.710 | | 0 | 0.201 | 3.221 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.410 | | 0 | 1.534 | 24.540 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.760 | | 0 | 0.782 | 12.519 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.580 | 0 | 2.716 | 43.455 |
| 14:1 | g | | | | |
| 16:1 | g | 1.080 | 0 | 0.306 | 4.899 |
| 18:1 | g | 8.470 | 0 | 2.401 | 38.420 |
| 20:1 | g | 0.030 | 0 | 0.009 | 0.136 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.770 | 0 | 0.218 | 3.493 |
| 18:2 | g | 0.510 | 0 | 0.145 | 2.313 |
| 18:3 | g | 0.240 | 0 | 0.068 | 1.089 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 68 | 0 | 19 | 308 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.196 | 0 | 0.056 | 0.889 |
| Threonine | g | 0.765 | 0 | 0.217 | 3.470 |
| Isoleucine | g | 0.787 | 0 | 0.223 | 3.570 |
| Leucine | g | 1.384 | 0 | 0.392 | 6.278 |
| Lysine | g | 1.457 | 0 | 0.413 | 6.609 |
| Methionine | g | 0.448 | 0 | 0.127 | 2.032 |
| Cystine | g | 0.196 | 0 | 0.056 | 0.889 |
| Phenylalanine | g | 0.684 | 0 | 0.194 | 3.103 |
| Tyrosine | g | 0.588 | 0 | 0.167 | 2.667 |
| Valine | g | 0.852 | 0 | 0.242 | 3.865 |
| Arginine | g | 1.107 | 0 | 0.314 | 5.021 |
| Histidine | g | 0.600 | 0 | 0.170 | 2.722 |
| Alanine | g | 1.056 | 0 | 0.299 | 4.790 |
| Aspartic acid | g | 1.600 | 0 | 0.454 | 7.258 |
| Glutamic acid | g | 2.631 | 0 | 0.746 | 11.934 |
| Glycine | g | 0.955 | 0 | 0.271 | 4.332 |
| Proline | g | 0.773 | 0 | 0.219 | 3.506 |
| Serine | g | 0.670 | 0 | 0.190 | 3.039 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13096 Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

**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 | Samples | Measure 1* 337g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 51.48 | | 0 | 173.49 | 43.76 | |
| Energy | kcal | 307 | | 0 | 1035 | 261 | |
| Energy | kj | 1284 | | 0 | 4327 | 1091 | |
| Protein (N x 5.95) | g | 24.91 | | 0 | 83.95 | 21.17 | |
| Total lipid (fat) | g | 22.25 | | 0 | 74.98 | 18.91 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.09 | | 0 | 3.67 | 0.93 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 44 | 11 | |
| Iron | mg | 2.30 | | 0 | 7.75 | 1.95 | |
| Magnesium | mg | 23 | | 0 | 78 | 20 | |
| Phosphorus | mg | 184 | | 0 | 620 | 156 | |
| Potassium | mg | 344 | | 0 | 1159 | 292 | |
| Sodium | mg | 64 | | 0 | 216 | 54 | |
| Zinc | mg | 5.98 | | 0 | 20.15 | 5.08 | |
| Copper | mg | 0.090 | | 0 | 0.303 | 0.077 | |
| Manganese | mg | 0.014 | | 0 | 0.047 | 0.012 | |
| Selenium | :g | 22.0 | | 0 | 74.1 | 18.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.303 | 0.077 | |
| Riboflavin | mg | 0.190 | | 0 | 0.640 | 0.161 | |
| Niacin | mg | 4.220 | | 0 | 14.221 | 3.587 | |
| Pantothenic acid | mg | 0.310 | | 0 | 1.045 | 0.264 | |
| Vitamin B-6 | mg | 0.350 | | 0 | 1.180 | 0.298 | |
| Folate | :g | 7 | | 0 | 24 | 6 | |
| Vitamin B-12 | :g | 3.01 | | 0 | 10.14 | 2.56 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.010 | | 0 | 30.364 | 7.659 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.060 | | 0 | 0.202 | 0.051 | |
| 12:0 | g | 0.050 | | 0 | 0.169 | 0.043 | |
| 14:0 | g | 0.720 | | 0 | 2.426 | 0.612 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.490 | | 0 | 18.501 | 4.667 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.680 | | 0 | 9.032 | 2.278 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.530 | 0 | 32.116 | 8.101 |
| 14:1 | g | | | | |
| 16:1 | g | 0.890 | 0 | 2.999 | 0.757 |
| 18:1 | g | 8.610 | 0 | 29.016 | 7.318 |
| 20:1 | g | 0.030 | 0 | 0.101 | 0.026 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.750 | 0 | 2.527 | 0.637 |
| 18:2 | g | 0.520 | 0 | 1.752 | 0.442 |
| 18:3 | g | 0.200 | 0 | 0.674 | 0.170 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.101 | 0.026 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 83 | 0 | 280 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.279 | 0 | 0.940 | 0.237 |
| Threonine | g | 1.088 | 0 | 3.667 | 0.925 |
| Isoleucine | g | 1.120 | 0 | 3.774 | 0.952 |
| Leucine | g | 1.969 | 0 | 6.636 | 1.674 |
| Lysine | g | 2.072 | 0 | 6.983 | 1.761 |
| Methionine | g | 0.638 | 0 | 2.150 | 0.542 |
| Cystine | g | 0.279 | 0 | 0.940 | 0.237 |
| Phenylalanine | g | 0.972 | 0 | 3.276 | 0.826 |
| Tyrosine | g | 0.837 | 0 | 2.821 | 0.711 |
| Valine | g | 1.212 | 0 | 4.084 | 1.030 |
| Arginine | g | 1.574 | 0 | 5.304 | 1.338 |
| Histidine | g | 0.853 | 0 | 2.875 | 0.725 |
| Alanine | g | 1.502 | 0 | 5.062 | 1.277 |
| Aspartic acid | g | 2.276 | 0 | 7.670 | 1.935 |
| Glutamic acid | g | 3.742 | 0 | 12.611 | 3.181 |
| Glycine | g | 1.359 | 0 | 4.580 | 1.155 |
| Proline | g | 1.100 | 0 | 3.707 | 0.935 |
| Serine | g | 0.952 | 0 | 3.208 | 0.809 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13097 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 68.70 | | 0 | 19.48 | 311.62 | |
| Energy | kcal | 161 | | 0 | 46 | 730 | |
| Energy | kj | 674 | | 0 | 191 | 3057 | |
| Protein (N x 5.95) | g | 20.13 | | 0 | 5.71 | 91.31 | |
| Total lipid (fat) | g | 8.30 | | 0 | 2.35 | 37.65 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.01 | | 0 | 0.29 | 4.58 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 3 | 45 | |
| Iron | mg | 2.18 | | 0 | 0.62 | 9.89 | |
| Magnesium | mg | 22 | | 0 | 6 | 100 | |
| Phosphorus | mg | 196 | | 0 | 56 | 889 | |
| Potassium | mg | 373 | | 0 | 106 | 1692 | |
| Sodium | mg | 63 | | 0 | 18 | 286 | |
| Zinc | mg | 4.66 | | 0 | 1.32 | 21.14 | |
| Copper | mg | 0.067 | | 0 | 0.019 | 0.304 | |
| Manganese | mg | 0.014 | | 0 | 0.004 | 0.064 | |
| Selenium | :g | 17.1 | | 0 | 4.8 | 77.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.150 | | 0 | 0.043 | 0.680 | |
| Niacin | mg | 3.740 | | 0 | 1.060 | 16.965 | |
| Pantothenic acid | mg | 0.340 | | 0 | 0.096 | 1.542 | |
| Vitamin B-6 | mg | 0.420 | | 0 | 0.119 | 1.905 | |
| Folate | :g | 6 | | 0 | 2 | 27 | |
| Vitamin B-12 | :g | 3.57 | | 0 | 1.01 | 16.19 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.230 | | 0 | 0.916 | 14.651 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.240 | | 0 | 0.068 | 1.089 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.930 | | 0 | 0.547 | 8.754 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.060 | | 0 | 0.301 | 4.808 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.560 | 0 | 1.009 | 16.148 |
| 14:1 | g | | | | |
| 16:1 | g | 0.290 | 0 | 0.082 | 1.315 |
| 18:1 | g | 3.260 | 0 | 0.924 | 14.787 |
| 20:1 | g | 0.010 | 0 | 0.003 | 0.045 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.270 | 0 | 0.077 | 1.225 |
| 18:2 | g | 0.240 | 0 | 0.068 | 1.089 |
| 18:3 | g | 0.010 | 0 | 0.003 | 0.045 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 59 | 0 | 17 | 268 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.225 | 0 | 0.064 | 1.021 |
| Threonine | g | 0.879 | 0 | 0.249 | 3.987 |
| Isoleucine | g | 0.905 | 0 | 0.257 | 4.105 |
| Leucine | g | 1.591 | 0 | 0.451 | 7.217 |
| Lysine | g | 1.675 | 0 | 0.475 | 7.598 |
| Methionine | g | 0.515 | 0 | 0.146 | 2.336 |
| Cystine | g | 0.225 | 0 | 0.064 | 1.021 |
| Phenylalanine | g | 0.786 | 0 | 0.223 | 3.565 |
| Tyrosine | g | 0.676 | 0 | 0.192 | 3.066 |
| Valine | g | 0.979 | 0 | 0.278 | 4.441 |
| Arginine | g | 1.272 | 0 | 0.361 | 5.770 |
| Histidine | g | 0.689 | 0 | 0.195 | 3.125 |
| Alanine | g | 1.214 | 0 | 0.344 | 5.507 |
| Aspartic acid | g | 1.839 | 0 | 0.521 | 8.342 |
| Glutamic acid | g | 3.025 | 0 | 0.858 | 13.721 |
| Glycine | g | 1.098 | 0 | 0.311 | 4.981 |
| Proline | g | 0.889 | 0 | 0.252 | 4.033 |
| Serine | g | 0.770 | 0 | 0.218 | 3.493 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled

**Refuse:** 23% 6% connective tissue, 17% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 276g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.70 | | 0 | 162.01 | 49.90 | |
| Energy | kcal | 225 | | 0 | 621 | 191 | |
| Energy | kj | 941 | | 0 | 2597 | 800 | |
| Protein (N x 5.95) | g | 28.04 | | 0 | 77.39 | 23.83 | |
| Total lipid (fat) | g | 11.70 | | 0 | 32.29 | 9.94 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.23 | | 0 | 3.39 | 1.05 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 36 | 11 | |
| Iron | mg | 2.57 | | 0 | 7.09 | 2.18 | |
| Magnesium | mg | 27 | | 0 | 75 | 23 | |
| Phosphorus | mg | 208 | | 0 | 574 | 177 | |
| Potassium | mg | 394 | | 0 | 1087 | 335 | |
| Sodium | mg | 69 | | 0 | 190 | 59 | |
| Zinc | mg | 6.99 | | 0 | 19.29 | 5.94 | |
| Copper | mg | 0.100 | | 0 | 0.276 | 0.085 | |
| Manganese | mg | 0.016 | | 0 | 0.044 | 0.014 | |
| Selenium | :g | 21.9 | | 0 | 60.4 | 18.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.276 | 0.085 | |
| Riboflavin | mg | 0.220 | | 0 | 0.607 | 0.187 | |
| Niacin | mg | 4.800 | | 0 | 13.248 | 4.080 | |
| Pantothenic acid | mg | 0.340 | | 0 | 0.938 | 0.289 | |
| Vitamin B-6 | mg | 0.400 | | 0 | 1.104 | 0.340 | |
| Folate | :g | 8 | | 0 | 22 | 7 | |
| Vitamin B-12 | :g | 3.32 | | 0 | 9.16 | 2.82 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.730 | | 0 | 13.055 | 4.021 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 0 | 0.028 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.028 | 0.009 | |
| 14:0 | g | 0.370 | | 0 | 1.021 | 0.315 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.800 | | 0 | 7.728 | 2.380 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.540 | | 0 | 4.250 | 1.309 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.940 | 0 | 13.634 | 4.199 |
| 14:1 | g | | | | |
| 16:1 | g | 0.400 | 0 | 1.104 | 0.340 |
| 18:1 | g | 4.540 | 0 | 12.530 | 3.859 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.330 | 0 | 0.911 | 0.281 |
| 18:2 | g | 0.280 | 0 | 0.773 | 0.238 |
| 18:3 | g | 0.020 | 0 | 0.055 | 0.017 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.083 | 0.026 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 80 | 0 | 221 | 68 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.314 | 0 | 0.867 | 0.267 |
| Threonine | g | 1.225 | 0 | 3.381 | 1.041 |
| Isoleucine | g | 1.261 | 0 | 3.480 | 1.072 |
| Leucine | g | 2.216 | 0 | 6.116 | 1.884 |
| Lysine | g | 2.333 | 0 | 6.439 | 1.983 |
| Methionine | g | 0.718 | 0 | 1.982 | 0.610 |
| Cystine | g | 0.314 | 0 | 0.867 | 0.267 |
| Phenylalanine | g | 1.095 | 0 | 3.022 | 0.931 |
| Tyrosine | g | 0.942 | 0 | 2.600 | 0.801 |
| Valine | g | 1.364 | 0 | 3.765 | 1.159 |
| Arginine | g | 1.772 | 0 | 4.891 | 1.506 |
| Histidine | g | 0.960 | 0 | 2.650 | 0.816 |
| Alanine | g | 1.691 | 0 | 4.667 | 1.437 |
| Aspartic acid | g | 2.561 | 0 | 7.068 | 2.177 |
| Glutamic acid | g | 4.212 | 0 | 11.625 | 3.580 |
| Glycine | g | 1.530 | 0 | 4.223 | 1.301 |
| Proline | g | 1.238 | 0 | 3.417 | 1.052 |
| Serine | g | 1.072 | 0 | 2.959 | 0.911 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13099 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 53.81 | | 0 | 15.26 | 244.08 | |
| Energy | kcal | 323 | | 0 | 92 | 1465 | |
| Energy | kj | 1351 | | 0 | 383 | 6128 | |
| Protein (N x 5.95) | g | 16.09 | | 0 | 4.56 | 72.98 | |
| Total lipid (fat) | g | 28.19 | | 0 | 7.99 | 127.87 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.75 | | 0 | 0.21 | 3.40 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 2 | 36 | |
| Iron | mg | 1.69 | | 0 | 0.48 | 7.67 | |
| Magnesium | mg | 15 | | 0 | 4 | 68 | |
| Phosphorus | mg | 151 | | 0 | 43 | 685 | |
| Potassium | mg | 256 | | 0 | 73 | 1161 | |
| Sodium | mg | 55 | | 0 | 16 | 249 | |
| Zinc | mg | 3.69 | | 0 | 1.05 | 16.74 | |
| Copper | mg | 0.059 | | 0 | 0.017 | 0.268 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.054 | |
| Selenium | :g | 16.0 | | 0 | 4.5 | 72.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.023 | 0.363 | |
| Riboflavin | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| Niacin | mg | 2.580 | | 0 | 0.731 | 11.703 | |
| Pantothenic acid | mg | 0.320 | | 0 | 0.091 | 1.452 | |
| Vitamin B-6 | mg | 0.290 | | 0 | 0.082 | 1.315 | |
| Folate | :g | 5 | | 0 | 1 | 23 | |
| Vitamin B-12 | :g | 2.68 | | 0 | 0.76 | 12.16 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 11.660 | | 0 | 3.306 | 52.890 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.100 | | 0 | 0.028 | 0.454 | |
| 12:0 | g | 0.070 | | 0 | 0.020 | 0.318 | |
| 14:0 | g | 0.930 | | 0 | 0.264 | 4.218 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 7.010 | | 0 | 1.987 | 31.797 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.550 | | 0 | 1.006 | 16.103 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 12.080 | 0 | 3.425 | 54.795 |
| 14:1 | g | | | | |
| 16:1 | g | 1.440 | 0 | 0.408 | 6.532 |
| 18:1 | g | 10.600 | 0 | 3.005 | 48.082 |
| 20:1 | g | 0.040 | 0 | 0.011 | 0.181 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 1.030 | 0 | 0.292 | 4.672 |
| 18:2 | g | 0.650 | 0 | 0.184 | 2.948 |
| 18:3 | g | 0.350 | 0 | 0.099 | 1.588 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 71 | 0 | 20 | 322 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.180 | 0 | 0.051 | 0.816 |
| Threonine | g | 0.703 | 0 | 0.199 | 3.189 |
| Isoleucine | g | 0.723 | 0 | 0.205 | 3.280 |
| Leucine | g | 1.272 | 0 | 0.361 | 5.770 |
| Lysine | g | 1.339 | 0 | 0.380 | 6.074 |
| Methionine | g | 0.412 | 0 | 0.117 | 1.869 |
| Cystine | g | 0.180 | 0 | 0.051 | 0.816 |
| Phenylalanine | g | 0.628 | 0 | 0.178 | 2.849 |
| Tyrosine | g | 0.541 | 0 | 0.153 | 2.454 |
| Valine | g | 0.783 | 0 | 0.222 | 3.552 |
| Arginine | g | 1.017 | 0 | 0.288 | 4.613 |
| Histidine | g | 0.551 | 0 | 0.156 | 2.499 |
| Alanine | g | 0.971 | 0 | 0.275 | 4.404 |
| Aspartic acid | g | 1.470 | 0 | 0.417 | 6.668 |
| Glutamic acid | g | 2.418 | 0 | 0.686 | 10.968 |
| Glycine | g | 0.878 | 0 | 0.249 | 3.983 |
| Proline | g | 0.711 | 0 | 0.202 | 3.225 |
| Serine | g | 0.615 | 0 | 0.174 | 2.790 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13100 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 269g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 47.90 | | 0 | 128.85 | 40.72 | |
| Energy | kcal | 347 | | 0 | 933 | 295 | |
| Energy | kj | 1452 | | 0 | 3906 | 1234 | |
| Protein (N x 5.95) | g | 21.25 | | 0 | 57.16 | 18.06 | |
| Total lipid (fat) | g | 28.42 | | 0 | 76.45 | 24.16 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.02 | | 0 | 2.74 | 0.87 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 27 | 9 | |
| Iron | mg | 2.16 | | 0 | 5.81 | 1.84 | |
| Magnesium | mg | 18 | | 0 | 48 | 15 | |
| Phosphorus | mg | 179 | | 0 | 482 | 152 | |
| Potassium | mg | 303 | | 0 | 815 | 258 | |
| Sodium | mg | 64 | | 0 | 172 | 54 | |
| Zinc | mg | 4.96 | | 0 | 13.34 | 4.22 | |
| Copper | mg | 0.078 | | 0 | 0.210 | 0.066 | |
| Manganese | mg | 0.013 | | 0 | 0.035 | 0.011 | |
| Selenium | :g | 21.3 | | 0 | 57.3 | 18.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.188 | 0.060 | |
| Riboflavin | mg | 0.160 | | 0 | 0.430 | 0.136 | |
| Niacin | mg | 2.740 | | 0 | 7.371 | 2.329 | |
| Pantothenic acid | mg | 0.340 | | 0 | 0.915 | 0.289 | |
| Vitamin B-6 | mg | 0.230 | | 0 | 0.619 | 0.196 | |
| Folate | :g | 6 | | 0 | 16 | 5 | |
| Vitamin B-12 | :g | 2.86 | | 0 | 7.69 | 2.43 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 11.550 | | 0 | 31.070 | 9.818 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.090 | | 0 | 0.242 | 0.077 | |
| 12:0 | g | 0.080 | | 0 | 0.215 | 0.068 | |
| 14:0 | g | 0.920 | | 0 | 2.475 | 0.782 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 7.100 | | 0 | 19.099 | 6.035 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.360 | | 0 | 9.038 | 2.856 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 12.040 | 0 | 32.388 | 10.234 |
| 14:1 | g | | | | |
| 16:1 | g | 1.230 | 0 | 3.309 | 1.045 |
| 18:1 | g | 10.760 | 0 | 28.944 | 9.146 |
| 20:1 | g | 0.060 | 0 | 0.161 | 0.051 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 1.070 | 0 | 2.878 | 0.910 |
| 18:2 | g | 0.710 | 0 | 1.910 | 0.603 |
| 18:3 | g | 0.320 | 0 | 0.861 | 0.272 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.108 | 0.034 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 81 | 0 | 218 | 69 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.238 | 0 | 0.640 | 0.202 |
| Threonine | g | 0.928 | 0 | 2.496 | 0.789 |
| Isoleucine | g | 0.955 | 0 | 2.569 | 0.812 |
| Leucine | g | 1.679 | 0 | 4.517 | 1.427 |
| Lysine | g | 1.768 | 0 | 4.756 | 1.503 |
| Methionine | g | 0.544 | 0 | 1.463 | 0.462 |
| Cystine | g | 0.238 | 0 | 0.640 | 0.202 |
| Phenylalanine | g | 0.830 | 0 | 2.233 | 0.706 |
| Tyrosine | g | 0.714 | 0 | 1.921 | 0.607 |
| Valine | g | 1.034 | 0 | 2.781 | 0.879 |
| Arginine | g | 1.343 | 0 | 3.613 | 1.142 |
| Histidine | g | 0.728 | 0 | 1.958 | 0.619 |
| Alanine | g | 1.282 | 0 | 3.449 | 1.090 |
| Aspartic acid | g | 1.941 | 0 | 5.221 | 1.650 |
| Glutamic acid | g | 3.192 | 0 | 8.586 | 2.713 |
| Glycine | g | 1.159 | 0 | 3.118 | 0.985 |
| Proline | g | 0.938 | 0 | 2.523 | 0.797 |
| Serine | g | 0.813 | 0 | 2.187 | 0.691 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13101 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 293g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 46.85 | | 0 | 137.27 | 39.82 | |
| Energy | kcal | 365 | | 0 | 1069 | 310 | |
| Energy | kj | 1527 | | 0 | 4474 | 1298 | |
| Protein (N x 5.95) | g | 22.64 | | 0 | 66.34 | 19.24 | |
| Total lipid (fat) | g | 29.77 | | 0 | 87.23 | 25.30 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.90 | | 0 | 2.64 | 0.77 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 29 | 9 | |
| Iron | mg | 2.31 | | 0 | 6.77 | 1.96 | |
| Magnesium | mg | 19 | | 0 | 56 | 16 | |
| Phosphorus | mg | 170 | | 0 | 498 | 145 | |
| Potassium | mg | 288 | | 0 | 844 | 245 | |
| Sodium | mg | 64 | | 0 | 188 | 54 | |
| Zinc | mg | 5.70 | | 0 | 16.70 | 4.84 | |
| Copper | mg | 0.088 | | 0 | 0.258 | 0.075 | |
| Manganese | mg | 0.013 | | 0 | 0.038 | 0.011 | |
| Selenium | :g | 21.9 | | 0 | 64.2 | 18.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.205 | 0.060 | |
| Riboflavin | mg | 0.180 | | 0 | 0.527 | 0.153 | |
| Niacin | mg | 3.610 | | 0 | 10.577 | 3.068 | |
| Pantothenic acid | mg | 0.360 | | 0 | 1.055 | 0.306 | |
| Vitamin B-6 | mg | 0.230 | | 0 | 0.674 | 0.196 | |
| Folate | :g | 7 | | 0 | 21 | 6 | |
| Vitamin B-12 | :g | 2.32 | | 0 | 6.80 | 1.97 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.230 | | 0 | 0.674 | 0.196 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 12.010 | | 0 | 35.189 | 10.209 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.090 | | 0 | 0.264 | 0.077 | |
| 12:0 | g | 0.080 | | 0 | 0.234 | 0.068 | |
| 14:0 | g | 0.970 | | 0 | 2.842 | 0.825 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 7.350 | | 0 | 21.535 | 6.247 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.520 | | 0 | 10.314 | 2.992 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 12.750 | 0 | 37.358 | 10.838 |
| 14:1 | g | | | | |
| 16:1 | g | 1.240 | 0 | 3.633 | 1.054 |
| 18:1 | g | 11.450 | 0 | 33.548 | 9.732 |
| 20:1 | g | 0.060 | 0 | 0.176 | 0.051 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.040 | 0 | 3.047 | 0.884 |
| 18:2 | g | 0.690 | 0 | 2.022 | 0.587 |
| 18:3 | g | 0.320 | 0 | 0.938 | 0.272 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.088 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 85 | 0 | 249 | 72 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.254 | 0 | 0.744 | 0.216 |
| Threonine | g | 0.989 | 0 | 2.898 | 0.841 |
| Isoleucine | g | 1.018 | 0 | 2.983 | 0.865 |
| Leucine | g | 1.789 | 0 | 5.242 | 1.521 |
| Lysine | g | 1.883 | 0 | 5.517 | 1.601 |
| Methionine | g | 0.579 | 0 | 1.696 | 0.492 |
| Cystine | g | 0.254 | 0 | 0.744 | 0.216 |
| Phenylalanine | g | 0.884 | 0 | 2.590 | 0.751 |
| Tyrosine | g | 0.761 | 0 | 2.230 | 0.647 |
| Valine | g | 1.101 | 0 | 3.226 | 0.936 |
| Arginine | g | 1.431 | 0 | 4.193 | 1.216 |
| Histidine | g | 0.775 | 0 | 2.271 | 0.659 |
| Alanine | g | 1.365 | 0 | 3.999 | 1.160 |
| Aspartic acid | g | 2.068 | 0 | 6.059 | 1.758 |
| Glutamic acid | g | 3.401 | 0 | 9.965 | 2.891 |
| Glycine | g | 1.235 | 0 | 3.619 | 1.050 |
| Proline | g | 1.000 | 0 | 2.930 | 0.850 |
| Serine | g | 0.866 | 0 | 2.537 | 0.736 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13102 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 51.82 | | 0 | 14.69 | 235.06 | |
| Energy | kcal | 345 | | 0 | 98 | 1565 | |
| Energy | kj | 1443 | | 0 | 409 | 6545 | |
| Protein (N x 5.95) | g | 15.75 | | 0 | 4.47 | 71.44 | |
| Total lipid (fat) | g | 30.83 | | 0 | 8.74 | 139.84 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.73 | | 0 | 0.21 | 3.31 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 2 | 36 | |
| Iron | mg | 1.65 | | 0 | 0.47 | 7.48 | |
| Magnesium | mg | 15 | | 0 | 4 | 68 | |
| Phosphorus | mg | 147 | | 0 | 42 | 667 | |
| Potassium | mg | 247 | | 0 | 70 | 1120 | |
| Sodium | mg | 53 | | 0 | 15 | 240 | |
| Zinc | mg | 3.57 | | 0 | 1.01 | 16.19 | |
| Copper | mg | 0.057 | | 0 | 0.016 | 0.259 | |
| Manganese | mg | 0.011 | | 0 | 0.003 | 0.050 | |
| Selenium | :g | 16.0 | | 0 | 4.5 | 72.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.023 | 0.363 | |
| Riboflavin | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| Niacin | mg | 2.530 | | 0 | 0.717 | 11.476 | |
| Pantothenic acid | mg | 0.310 | | 0 | 0.088 | 1.406 | |
| Vitamin B-6 | mg | 0.280 | | 0 | 0.079 | 1.270 | |
| Folate | :g | 5 | | 0 | 1 | 23 | |
| Vitamin B-12 | :g | 2.63 | | 0 | 0.75 | 11.93 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 12.760 | | 0 | 3.617 | 57.879 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.110 | | 0 | 0.031 | 0.499 | |
| 12:0 | g | 0.080 | | 0 | 0.023 | 0.363 | |
| 14:0 | g | 1.020 | | 0 | 0.289 | 4.627 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 7.660 | | 0 | 2.172 | 34.746 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.880 | | 0 | 1.100 | 17.600 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 13.220 | 0 | 3.748 | 59.966 |
| 14:1 | g | | | | |
| 16:1 | g | 1.580 | 0 | 0.448 | 7.167 |
| 18:1 | g | 11.600 | 0 | 3.289 | 52.618 |
| 20:1 | g | 0.040 | 0 | 0.011 | 0.181 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 1.120 | 0 | 0.318 | 5.080 |
| 18:2 | g | 0.710 | 0 | 0.201 | 3.221 |
| 18:3 | g | 0.380 | 0 | 0.108 | 1.724 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 73 | 0 | 21 | 331 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.176 | 0 | 0.050 | 0.798 |
| Threonine | g | 0.688 | 0 | 0.195 | 3.121 |
| Isoleucine | g | 0.708 | 0 | 0.201 | 3.211 |
| Leucine | g | 1.245 | 0 | 0.353 | 5.647 |
| Lysine | g | 1.310 | 0 | 0.371 | 5.942 |
| Methionine | g | 0.403 | 0 | 0.114 | 1.828 |
| Cystine | g | 0.176 | 0 | 0.050 | 0.798 |
| Phenylalanine | g | 0.615 | 0 | 0.174 | 2.790 |
| Tyrosine | g | 0.529 | 0 | 0.150 | 2.400 |
| Valine | g | 0.766 | 0 | 0.217 | 3.475 |
| Arginine | g | 0.995 | 0 | 0.282 | 4.513 |
| Histidine | g | 0.539 | 0 | 0.153 | 2.445 |
| Alanine | g | 0.950 | 0 | 0.269 | 4.309 |
| Aspartic acid | g | 1.439 | 0 | 0.408 | 6.527 |
| Glutamic acid | g | 2.366 | 0 | 0.671 | 10.732 |
| Glycine | g | 0.859 | 0 | 0.244 | 3.896 |
| Proline | g | 0.695 | 0 | 0.197 | 3.153 |
| Serine | g | 0.602 | 0 | 0.171 | 2.731 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13103 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 269g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 46.24 | | 0 | 124.39 | 39.30 | |
| Energy | kcal | 367 | | 0 | 987 | 312 | |
| Energy | kj | 1536 | | 0 | 4132 | 1306 | |
| Protein (N x 5.95) | g | 20.96 | | 0 | 56.38 | 17.82 | |
| Total lipid (fat) | g | 30.79 | | 0 | 82.83 | 26.17 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.00 | | 0 | 2.69 | 0.85 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 27 | 9 | |
| Iron | mg | 2.13 | | 0 | 5.73 | 1.81 | |
| Magnesium | mg | 18 | | 0 | 48 | 15 | |
| Phosphorus | mg | 176 | | 0 | 473 | 150 | |
| Potassium | mg | 298 | | 0 | 802 | 253 | |
| Sodium | mg | 63 | | 0 | 169 | 54 | |
| Zinc | mg | 4.87 | | 0 | 13.10 | 4.14 | |
| Copper | mg | 0.077 | | 0 | 0.207 | 0.065 | |
| Manganese | mg | 0.013 | | 0 | 0.035 | 0.011 | |
| Selenium | :g | 21.3 | | 0 | 57.3 | 18.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.188 | 0.060 | |
| Riboflavin | mg | 0.160 | | 0 | 0.430 | 0.136 | |
| Niacin | mg | 2.710 | | 0 | 7.290 | 2.304 | |
| Pantothenic acid | mg | 0.340 | | 0 | 0.915 | 0.289 | |
| Vitamin B-6 | mg | 0.230 | | 0 | 0.619 | 0.196 | |
| Folate | :g | 6 | | 0 | 16 | 5 | |
| Vitamin B-12 | :g | 2.82 | | 0 | 7.59 | 2.40 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 12.510 | | 0 | 33.652 | 10.633 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.090 | | 0 | 0.242 | 0.077 | |
| 12:0 | g | 0.090 | | 0 | 0.242 | 0.077 | |
| 14:0 | g | 1.000 | | 0 | 2.690 | 0.850 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 7.690 | | 0 | 20.686 | 6.537 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.640 | | 0 | 9.792 | 3.094 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 13.040 | 0 | 35.078 | 11.084 |
| 14:1 | g | | | | |
| 16:1 | g | 1.330 | 0 | 3.578 | 1.131 |
| 18:1 | g | 11.650 | 0 | 31.338 | 9.902 |
| 20:1 | g | 0.060 | 0 | 0.161 | 0.051 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 1.160 | 0 | 3.120 | 0.986 |
| 18:2 | g | 0.780 | 0 | 2.098 | 0.663 |
| 18:3 | g | 0.350 | 0 | 0.941 | 0.298 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.108 | 0.034 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 81 | 0 | 218 | 69 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.235 | 0 | 0.632 | 0.200 |
| Threonine | g | 0.915 | 0 | 2.461 | 0.778 |
| Isoleucine | g | 0.942 | 0 | 2.534 | 0.801 |
| Leucine | g | 1.657 | 0 | 4.457 | 1.408 |
| Lysine | g | 1.744 | 0 | 4.691 | 1.482 |
| Methionine | g | 0.537 | 0 | 1.445 | 0.456 |
| Cystine | g | 0.235 | 0 | 0.632 | 0.200 |
| Phenylalanine | g | 0.818 | 0 | 2.200 | 0.695 |
| Tyrosine | g | 0.704 | 0 | 1.894 | 0.598 |
| Valine | g | 1.019 | 0 | 2.741 | 0.866 |
| Arginine | g | 1.325 | 0 | 3.564 | 1.126 |
| Histidine | g | 0.718 | 0 | 1.931 | 0.610 |
| Alanine | g | 1.264 | 0 | 3.400 | 1.074 |
| Aspartic acid | g | 1.915 | 0 | 5.151 | 1.628 |
| Glutamic acid | g | 3.149 | 0 | 8.471 | 2.677 |
| Glycine | g | 1.143 | 0 | 3.075 | 0.972 |
| Proline | g | 0.926 | 0 | 2.491 | 0.787 |
| Serine | g | 0.801 | 0 | 2.155 | 0.681 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13104 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 297g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 45.43 | | 0 | 134.93 | 38.62 | |
| Energy | kcal | 383 | | 0 | 1138 | 326 | |
| Energy | kj | 1602 | | 0 | 4758 | 1362 | |
| Protein (N x 5.95) | g | 22.30 | | 0 | 66.23 | 18.95 | |
| Total lipid (fat) | g | 31.95 | | 0 | 94.89 | 27.16 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.88 | | 0 | 2.61 | 0.75 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 30 | 9 | |
| Iron | mg | 2.27 | | 0 | 6.74 | 1.93 | |
| Magnesium | mg | 19 | | 0 | 56 | 16 | |
| Phosphorus | mg | 168 | | 0 | 499 | 143 | |
| Potassium | mg | 283 | | 0 | 841 | 241 | |
| Sodium | mg | 63 | | 0 | 187 | 54 | |
| Zinc | mg | 5.58 | | 0 | 16.57 | 4.74 | |
| Copper | mg | 0.086 | | 0 | 0.255 | 0.073 | |
| Manganese | mg | 0.013 | | 0 | 0.039 | 0.011 | |
| Selenium | :g | 21.9 | | 0 | 65.0 | 18.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.208 | 0.060 | |
| Riboflavin | mg | 0.180 | | 0 | 0.535 | 0.153 | |
| Niacin | mg | 3.550 | | 0 | 10.543 | 3.018 | |
| Pantothenic acid | mg | 0.360 | | 0 | 1.069 | 0.306 | |
| Vitamin B-6 | mg | 0.220 | | 0 | 0.653 | 0.187 | |
| Folate | :g | 7 | | 0 | 21 | 6 | |
| Vitamin B-12 | :g | 2.30 | | 0 | 6.83 | 1.95 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 12.890 | | 0 | 38.283 | 10.957 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.090 | | 0 | 0.267 | 0.077 | |
| 12:0 | g | 0.080 | | 0 | 0.238 | 0.068 | |
| 14:0 | g | 1.040 | | 0 | 3.089 | 0.884 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 7.890 | | 0 | 23.433 | 6.707 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.780 | | 0 | 11.227 | 3.213 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 13.680 | 0 | 40.630 | 11.628 |
| 14:1 | g | | | | |
| 16:1 | g | 1.330 | 0 | 3.950 | 1.131 |
| 18:1 | g | 12.290 | 0 | 36.501 | 10.446 |
| 20:1 | g | 0.060 | 0 | 0.178 | 0.051 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 1.120 | 0 | 3.326 | 0.952 |
| 18:2 | g | 0.740 | 0 | 2.198 | 0.629 |
| 18:3 | g | 0.340 | 0 | 1.010 | 0.289 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.089 | 0.026 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 85 | 0 | 252 | 72 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.250 | 0 | 0.743 | 0.213 |
| Threonine | g | 0.974 | 0 | 2.893 | 0.828 |
| Isoleucine | g | 1.003 | 0 | 2.979 | 0.853 |
| Leucine | g | 1.762 | 0 | 5.233 | 1.498 |
| Lysine | g | 1.855 | 0 | 5.509 | 1.577 |
| Methionine | g | 0.571 | 0 | 1.696 | 0.485 |
| Cystine | g | 0.250 | 0 | 0.743 | 0.213 |
| Phenylalanine | g | 0.871 | 0 | 2.587 | 0.740 |
| Tyrosine | g | 0.749 | 0 | 2.225 | 0.637 |
| Valine | g | 1.085 | 0 | 3.222 | 0.922 |
| Arginine | g | 1.409 | 0 | 4.185 | 1.198 |
| Histidine | g | 0.763 | 0 | 2.266 | 0.649 |
| Alanine | g | 1.345 | 0 | 3.995 | 1.143 |
| Aspartic acid | g | 2.037 | 0 | 6.050 | 1.731 |
| Glutamic acid | g | 3.350 | 0 | 9.950 | 2.848 |
| Glycine | g | 1.217 | 0 | 3.614 | 1.034 |
| Proline | g | 0.985 | 0 | 2.925 | 0.837 |
| Serine | g | 0.853 | 0 | 2.533 | 0.725 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13105 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 55.49 | | 0 | 15.73 | 251.70 | |
| Energy | kcal | 304 | | 0 | 86 | 1379 | |
| Energy | kj | 1272 | | 0 | 361 | 5770 | |
| Protein (N x 5.95) | g | 16.32 | | 0 | 4.63 | 74.03 | |
| Total lipid (fat) | g | 25.95 | | 0 | 7.36 | 117.71 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.76 | | 0 | 0.22 | 3.45 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 2 | 36 | |
| Iron | mg | 1.72 | | 0 | 0.49 | 7.80 | |
| Magnesium | mg | 16 | | 0 | 5 | 73 | |
| Phosphorus | mg | 153 | | 0 | 43 | 694 | |
| Potassium | mg | 261 | | 0 | 74 | 1184 | |
| Sodium | mg | 55 | | 0 | 16 | 249 | |
| Zinc | mg | 3.77 | | 0 | 1.07 | 17.10 | |
| Copper | mg | 0.059 | | 0 | 0.017 | 0.268 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.054 | |
| Selenium | :g | 16.1 | | 0 | 4.6 | 73.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.023 | 0.363 | |
| Riboflavin | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| Niacin | mg | 2.610 | | 0 | 0.740 | 11.839 | |
| Pantothenic acid | mg | 0.330 | | 0 | 0.094 | 1.497 | |
| Vitamin B-6 | mg | 0.290 | | 0 | 0.082 | 1.315 | |
| Folate | :g | 5 | | 0 | 1 | 23 | |
| Vitamin B-12 | :g | 2.72 | | 0 | 0.77 | 12.34 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 10.740 | | 0 | 3.045 | 48.717 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.100 | | 0 | 0.028 | 0.454 | |
| 12:0 | g | 0.070 | | 0 | 0.020 | 0.318 | |
| 14:0 | g | 0.860 | | 0 | 0.244 | 3.901 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.450 | | 0 | 1.829 | 29.257 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.270 | | 0 | 0.927 | 14.833 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 11.140 | 0 | 3.158 | 50.531 |
| 14:1 | g | | | | |
| 16:1 | g | 1.330 | 0 | 0.377 | 6.033 |
| 18:1 | g | 9.770 | 0 | 2.770 | 44.317 |
| 20:1 | g | 0.040 | 0 | 0.011 | 0.181 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.950 | 0 | 0.269 | 4.309 |
| 18:2 | g | 0.600 | 0 | 0.170 | 2.722 |
| 18:3 | g | 0.330 | 0 | 0.094 | 1.497 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 71 | 0 | 20 | 322 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.183 | 0 | 0.052 | 0.830 |
| Threonine | g | 0.713 | 0 | 0.202 | 3.234 |
| Isoleucine | g | 0.734 | 0 | 0.208 | 3.329 |
| Leucine | g | 1.290 | 0 | 0.366 | 5.851 |
| Lysine | g | 1.358 | 0 | 0.385 | 6.160 |
| Methionine | g | 0.418 | 0 | 0.119 | 1.896 |
| Cystine | g | 0.183 | 0 | 0.052 | 0.830 |
| Phenylalanine | g | 0.637 | 0 | 0.181 | 2.889 |
| Tyrosine | g | 0.548 | 0 | 0.155 | 2.486 |
| Valine | g | 0.794 | 0 | 0.225 | 3.602 |
| Arginine | g | 1.031 | 0 | 0.292 | 4.677 |
| Histidine | g | 0.559 | 0 | 0.158 | 2.536 |
| Alanine | g | 0.984 | 0 | 0.279 | 4.463 |
| Aspartic acid | g | 1.491 | 0 | 0.423 | 6.763 |
| Glutamic acid | g | 2.452 | 0 | 0.695 | 11.122 |
| Glycine | g | 0.890 | 0 | 0.252 | 4.037 |
| Proline | g | 0.721 | 0 | 0.204 | 3.270 |
| Serine | g | 0.624 | 0 | 0.177 | 2.830 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13106 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, select, 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 | Samples | Measure 1* 269g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 50.21 | | 0 | 135.06 | 42.68 | |
| Energy | kcal | 324 | | 0 | 872 | 275 | |
| Energy | kj | 1356 | | 0 | 3648 | 1153 | |
| Protein (N x 5.95) | g | 21.54 | | 0 | 57.94 | 18.31 | |
| Total lipid (fat) | g | 25.77 | | 0 | 69.32 | 21.90 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.04 | | 0 | 2.80 | 0.88 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 27 | 9 | |
| Iron | mg | 2.19 | | 0 | 5.89 | 1.86 | |
| Magnesium | mg | 19 | | 0 | 51 | 16 | |
| Phosphorus | mg | 182 | | 0 | 490 | 155 | |
| Potassium | mg | 308 | | 0 | 829 | 262 | |
| Sodium | mg | 64 | | 0 | 172 | 54 | |
| Zinc | mg | 5.06 | | 0 | 13.61 | 4.30 | |
| Copper | mg | 0.079 | | 0 | 0.213 | 0.067 | |
| Manganese | mg | 0.013 | | 0 | 0.035 | 0.011 | |
| Selenium | :g | 21.4 | | 0 | 57.6 | 18.2 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.188 | 0.060 | |
| Riboflavin | mg | 0.160 | | 0 | 0.430 | 0.136 | |
| Niacin | mg | 2.780 | | 0 | 7.478 | 2.363 | |
| Pantothenic acid | mg | 0.350 | | 0 | 0.941 | 0.298 | |
| Vitamin B-6 | mg | 0.230 | | 0 | 0.619 | 0.196 | |
| Folate | :g | 6 | | 0 | 16 | 5 | |
| Vitamin B-12 | :g | 2.89 | | 0 | 7.77 | 2.46 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 10.460 | | 0 | 28.137 | 8.891 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.070 | | 0 | 0.188 | 0.060 | |
| 12:0 | g | 0.070 | | 0 | 0.188 | 0.060 | |
| 14:0 | g | 0.830 | | 0 | 2.233 | 0.706 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.430 | | 0 | 17.297 | 5.465 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.050 | | 0 | 8.204 | 2.592 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 10.880 | 0 | 29.267 | 9.248 |
| 14:1 | g | | | | |
| 16:1 | g | 1.090 | 0 | 2.932 | 0.927 |
| 18:1 | g | 9.740 | 0 | 26.201 | 8.279 |
| 20:1 | g | 0.050 | 0 | 0.135 | 0.043 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.970 | 0 | 2.609 | 0.825 |
| 18:2 | g | 0.660 | 0 | 1.775 | 0.561 |
| 18:3 | g | 0.280 | 0 | 0.753 | 0.238 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.108 | 0.034 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 80 | 0 | 215 | 68 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.241 | 0 | 0.648 | 0.205 |
| Threonine | g | 0.941 | 0 | 2.531 | 0.800 |
| Isoleucine | g | 0.968 | 0 | 2.604 | 0.823 |
| Leucine | g | 1.702 | 0 | 4.578 | 1.447 |
| Lysine | g | 1.792 | 0 | 4.820 | 1.523 |
| Methionine | g | 0.551 | 0 | 1.482 | 0.468 |
| Cystine | g | 0.241 | 0 | 0.648 | 0.205 |
| Phenylalanine | g | 0.841 | 0 | 2.262 | 0.715 |
| Tyrosine | g | 0.724 | 0 | 1.948 | 0.615 |
| Valine | g | 1.048 | 0 | 2.819 | 0.891 |
| Arginine | g | 1.361 | 0 | 3.661 | 1.157 |
| Histidine | g | 0.737 | 0 | 1.983 | 0.626 |
| Alanine | g | 1.299 | 0 | 3.494 | 1.104 |
| Aspartic acid | g | 1.968 | 0 | 5.294 | 1.673 |
| Glutamic acid | g | 3.236 | 0 | 8.705 | 2.751 |
| Glycine | g | 1.175 | 0 | 3.161 | 0.999 |
| Proline | g | 0.951 | 0 | 2.558 | 0.808 |
| Serine | g | 0.824 | 0 | 2.217 | 0.700 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13107 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 293g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 48.79 | | 0 | 142.95 | 41.47 | |
| Energy | kcal | 340 | | 0 | 996 | 289 | |
| Energy | kj | 1423 | | 0 | 4169 | 1210 | |
| Protein (N x 5.95) | g | 23.14 | | 0 | 67.80 | 19.67 | |
| Total lipid (fat) | g | 26.72 | | 0 | 78.29 | 22.71 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.92 | | 0 | 2.70 | 0.78 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 29 | 9 | |
| Iron | mg | 2.36 | | 0 | 6.91 | 2.01 | |
| Magnesium | mg | 20 | | 0 | 59 | 17 | |
| Phosphorus | mg | 174 | | 0 | 510 | 148 | |
| Potassium | mg | 295 | | 0 | 864 | 251 | |
| Sodium | mg | 65 | | 0 | 190 | 55 | |
| Zinc | mg | 5.88 | | 0 | 17.23 | 5.00 | |
| Copper | mg | 0.089 | | 0 | 0.261 | 0.076 | |
| Manganese | mg | 0.014 | | 0 | 0.041 | 0.012 | |
| Selenium | :g | 22.0 | | 0 | 64.5 | 18.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.205 | 0.060 | |
| Riboflavin | mg | 0.190 | | 0 | 0.557 | 0.161 | |
| Niacin | mg | 3.700 | | 0 | 10.841 | 3.145 | |
| Pantothenic acid | mg | 0.370 | | 0 | 1.084 | 0.315 | |
| Vitamin B-6 | mg | 0.230 | | 0 | 0.674 | 0.196 | |
| Folate | :g | 7 | | 0 | 21 | 6 | |
| Vitamin B-12 | :g | 2.35 | | 0 | 6.89 | 2.00 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 10.780 | | 0 | 31.585 | 9.163 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.080 | | 0 | 0.234 | 0.068 | |
| 12:0 | g | 0.070 | | 0 | 0.205 | 0.060 | |
| 14:0 | g | 0.870 | | 0 | 2.549 | 0.740 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.600 | | 0 | 19.338 | 5.610 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.160 | | 0 | 9.259 | 2.686 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 11.440 | 0 | 33.519 | 9.724 |
| 14:1 | g | | | | |
| 16:1 | g | 1.110 | 0 | 3.252 | 0.944 |
| 18:1 | g | 10.280 | 0 | 30.120 | 8.738 |
| 20:1 | g | 0.050 | 0 | 0.147 | 0.043 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.930 | 0 | 2.725 | 0.791 |
| 18:2 | g | 0.620 | 0 | 1.817 | 0.527 |
| 18:3 | g | 0.290 | 0 | 0.850 | 0.247 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.059 | 0.017 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 85 | 0 | 249 | 72 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.259 | 0 | 0.759 | 0.220 |
| Threonine | g | 1.011 | 0 | 2.962 | 0.859 |
| Isoleucine | g | 1.040 | 0 | 3.047 | 0.884 |
| Leucine | g | 1.829 | 0 | 5.359 | 1.555 |
| Lysine | g | 1.925 | 0 | 5.640 | 1.636 |
| Methionine | g | 0.592 | 0 | 1.735 | 0.503 |
| Cystine | g | 0.259 | 0 | 0.759 | 0.220 |
| Phenylalanine | g | 0.903 | 0 | 2.646 | 0.768 |
| Tyrosine | g | 0.778 | 0 | 2.280 | 0.661 |
| Valine | g | 1.126 | 0 | 3.299 | 0.957 |
| Arginine | g | 1.463 | 0 | 4.287 | 1.244 |
| Histidine | g | 0.792 | 0 | 2.321 | 0.673 |
| Alanine | g | 1.396 | 0 | 4.090 | 1.187 |
| Aspartic acid | g | 2.114 | 0 | 6.194 | 1.797 |
| Glutamic acid | g | 3.477 | 0 | 10.188 | 2.955 |
| Glycine | g | 1.263 | 0 | 3.701 | 1.074 |
| Proline | g | 1.022 | 0 | 2.994 | 0.869 |
| Serine | g | 0.885 | 0 | 2.593 | 0.752 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13108 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, prime, raw

**Refuse:** 14% Bone

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 49.41 | | 0 | 14.01 | 224.12 | |
| Energy | kcal | 377 | | 0 | 107 | 1710 | |
| Energy | kj | 1577 | | 0 | 447 | 7153 | |
| Protein (N x 5.95) | g | 15.52 | | 0 | 4.40 | 70.40 | |
| Total lipid (fat) | g | 34.50 | | 0 | 9.78 | 156.49 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.72 | | 0 | 0.20 | 3.27 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 2 | 36 | |
| Iron | mg | 1.62 | | 0 | 0.46 | 7.35 | |
| Magnesium | mg | 15 | | 0 | 4 | 68 | |
| Phosphorus | mg | 145 | | 0 | 41 | 658 | |
| Potassium | mg | 242 | | 0 | 69 | 1098 | |
| Sodium | mg | 53 | | 0 | 15 | 240 | |
| Zinc | mg | 3.50 | | 0 | 0.99 | 15.88 | |
| Copper | mg | 0.057 | | 0 | 0.016 | 0.259 | |
| Manganese | mg | 0.011 | | 0 | 0.003 | 0.050 | |
| Selenium | :g | 15.9 | | 0 | 4.5 | 72.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.023 | 0.363 | |
| Riboflavin | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| Niacin | mg | 2.500 | | 0 | 0.709 | 11.340 | |
| Pantothenic acid | mg | 0.310 | | 0 | 0.088 | 1.406 | |
| Vitamin B-6 | mg | 0.280 | | 0 | 0.079 | 1.270 | |
| Folate | :g | 5 | | 0 | 1 | 23 | |
| Vitamin B-12 | :g | 2.59 | | 0 | 0.73 | 11.75 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 14.470 | | 0 | 4.102 | 65.636 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.120 | | 0 | 0.034 | 0.544 | |
| 12:0 | g | 0.080 | | 0 | 0.023 | 0.363 | |
| 14:0 | g | 1.140 | | 0 | 0.323 | 5.171 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 8.560 | | 0 | 2.427 | 38.828 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 4.360 | | 0 | 1.236 | 19.777 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 14.910 | 0 | 4.227 | 67.632 |
| 14:1 | g | | | | |
| 16:1 | g | 1.740 | 0 | 0.493 | 7.893 |
| 18:1 | g | 12.950 | 0 | 3.671 | 58.741 |
| 20:1 | g | 0.050 | 0 | 0.014 | 0.227 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.270 | 0 | 0.360 | 5.761 |
| 18:2 | g | 0.810 | 0 | 0.230 | 3.674 |
| 18:3 | g | 0.420 | 0 | 0.119 | 1.905 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 73 | 0 | 21 | 331 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.174 | 0 | 0.049 | 0.789 |
| Threonine | g | 0.678 | 0 | 0.192 | 3.075 |
| Isoleucine | g | 0.698 | 0 | 0.198 | 3.166 |
| Leucine | g | 1.227 | 0 | 0.348 | 5.566 |
| Lysine | g | 1.291 | 0 | 0.366 | 5.856 |
| Methionine | g | 0.397 | 0 | 0.113 | 1.801 |
| Cystine | g | 0.174 | 0 | 0.049 | 0.789 |
| Phenylalanine | g | 0.606 | 0 | 0.172 | 2.749 |
| Tyrosine | g | 0.521 | 0 | 0.148 | 2.363 |
| Valine | g | 0.755 | 0 | 0.214 | 3.425 |
| Arginine | g | 0.981 | 0 | 0.278 | 4.450 |
| Histidine | g | 0.531 | 0 | 0.151 | 2.409 |
| Alanine | g | 0.936 | 0 | 0.265 | 4.246 |
| Aspartic acid | g | 1.418 | 0 | 0.402 | 6.432 |
| Glutamic acid | g | 2.332 | 0 | 0.661 | 10.578 |
| Glycine | g | 0.847 | 0 | 0.240 | 3.842 |
| Proline | g | 0.685 | 0 | 0.194 | 3.107 |
| Serine | g | 0.594 | 0 | 0.168 | 2.694 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13109 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, prime, cooked, broiled

**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 | Samples | Measure 1* 279g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 42.61 | | 0 | 118.88 | 36.22 | |
| Energy | kcal | 413 | | 0 | 1152 | 351 | |
| Energy | kj | 1728 | | 0 | 4821 | 1469 | |
| Protein (N x 5.95) | g | 20.30 | | 0 | 56.64 | 17.25 | |
| Total lipid (fat) | g | 36.21 | | 0 | 101.03 | 30.78 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.88 | | 0 | 2.46 | 0.75 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 28 | 9 | |
| Iron | mg | 2.04 | | 0 | 5.69 | 1.73 | |
| Magnesium | mg | 18 | | 0 | 50 | 15 | |
| Phosphorus | mg | 161 | | 0 | 449 | 137 | |
| Potassium | mg | 291 | | 0 | 812 | 247 | |
| Sodium | mg | 61 | | 0 | 170 | 52 | |
| Zinc | mg | 4.75 | | 0 | 13.25 | 4.04 | |
| Copper | mg | 0.075 | | 0 | 0.209 | 0.064 | |
| Manganese | mg | 0.013 | | 0 | 0.036 | 0.011 | |
| Selenium | :g | 21.2 | | 0 | 59.1 | 18.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.195 | 0.060 | |
| Riboflavin | mg | 0.170 | | 0 | 0.474 | 0.145 | |
| Niacin | mg | 2.600 | | 0 | 7.254 | 2.210 | |
| Pantothenic acid | mg | 0.330 | | 0 | 0.921 | 0.281 | |
| Vitamin B-6 | mg | 0.260 | | 0 | 0.725 | 0.221 | |
| Folate | :g | 6 | | 0 | 17 | 5 | |
| Vitamin B-12 | :g | 2.75 | | 0 | 7.67 | 2.34 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 15.000 | | 0 | 41.850 | 12.750 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.090 | | 0 | 0.251 | 0.077 | |
| 12:0 | g | 0.090 | | 0 | 0.251 | 0.077 | |
| 14:0 | g | 1.180 | | 0 | 3.292 | 1.003 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 8.960 | | 0 | 24.998 | 7.616 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 4.380 | | 0 | 12.220 | 3.723 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 15.820 | 0 | 44.138 | 13.447 |
| 14:1 | g | | | | |
| 16:1 | g | 1.480 | 0 | 4.129 | 1.258 |
| 18:1 | g | 14.040 | 0 | 39.172 | 11.934 |
| 20:1 | g | 0.070 | 0 | 0.195 | 0.060 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.260 | 0 | 3.515 | 1.071 |
| 18:2 | g | 0.850 | 0 | 2.372 | 0.723 |
| 18:3 | g | 0.360 | 0 | 1.004 | 0.306 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.084 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 86 | 0 | 240 | 73 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.227 | 0 | 0.633 | 0.193 |
| Threonine | g | 0.887 | 0 | 2.475 | 0.754 |
| Isoleucine | g | 0.913 | 0 | 2.547 | 0.776 |
| Leucine | g | 1.605 | 0 | 4.478 | 1.364 |
| Lysine | g | 1.689 | 0 | 4.712 | 1.436 |
| Methionine | g | 0.520 | 0 | 1.451 | 0.442 |
| Cystine | g | 0.227 | 0 | 0.633 | 0.193 |
| Phenylalanine | g | 0.793 | 0 | 2.212 | 0.674 |
| Tyrosine | g | 0.682 | 0 | 1.903 | 0.580 |
| Valine | g | 0.988 | 0 | 2.757 | 0.840 |
| Arginine | g | 1.283 | 0 | 3.580 | 1.091 |
| Histidine | g | 0.695 | 0 | 1.939 | 0.591 |
| Alanine | g | 1.225 | 0 | 3.418 | 1.041 |
| Aspartic acid | g | 1.855 | 0 | 5.175 | 1.577 |
| Glutamic acid | g | 3.050 | 0 | 8.509 | 2.592 |
| Glycine | g | 1.108 | 0 | 3.091 | 0.942 |
| Proline | g | 0.897 | 0 | 2.503 | 0.762 |
| Serine | g | 0.776 | 0 | 2.165 | 0.660 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13110 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, prime, cooked, roasted

**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 | Samples | Measure 1* 283g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 43.66 | | 0 | 123.56 | 37.11 | |
| Energy | kcal | 402 | | 0 | 1138 | 342 | |
| Energy | kj | 1682 | | 0 | 4760 | 1430 | |
| Protein (N x 5.95) | g | 22.47 | | 0 | 63.59 | 19.10 | |
| Total lipid (fat) | g | 33.94 | | 0 | 96.05 | 28.85 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.89 | | 0 | 2.52 | 0.76 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 28 | 9 | |
| Iron | mg | 2.29 | | 0 | 6.48 | 1.95 | |
| Magnesium | mg | 19 | | 0 | 54 | 16 | |
| Phosphorus | mg | 169 | | 0 | 478 | 144 | |
| Potassium | mg | 286 | | 0 | 809 | 243 | |
| Sodium | mg | 63 | | 0 | 178 | 54 | |
| Zinc | mg | 5.64 | | 0 | 15.96 | 4.79 | |
| Copper | mg | 0.087 | | 0 | 0.246 | 0.074 | |
| Manganese | mg | 0.013 | | 0 | 0.037 | 0.011 | |
| Selenium | :g | 21.8 | | 0 | 61.7 | 18.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.198 | 0.060 | |
| Riboflavin | mg | 0.180 | | 0 | 0.509 | 0.153 | |
| Niacin | mg | 3.580 | | 0 | 10.131 | 3.043 | |
| Pantothenic acid | mg | 0.360 | | 0 | 1.019 | 0.306 | |
| Vitamin B-6 | mg | 0.220 | | 0 | 0.623 | 0.187 | |
| Folate | :g | 7 | | 0 | 20 | 6 | |
| Vitamin B-12 | :g | 2.31 | | 0 | 6.54 | 1.96 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 14.060 | | 0 | 39.790 | 11.951 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.090 | | 0 | 0.255 | 0.077 | |
| 12:0 | g | 0.080 | | 0 | 0.226 | 0.068 | |
| 14:0 | g | 1.110 | | 0 | 3.141 | 0.944 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 8.400 | | 0 | 23.772 | 7.140 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 4.090 | | 0 | 11.575 | 3.476 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 14.810 | 0 | 41.912 | 12.589 |
| 14:1 | g | | | | |
| 16:1 | g | 1.400 | 0 | 3.962 | 1.190 |
| 18:1 | g | 13.140 | 0 | 37.186 | 11.169 |
| 20:1 | g | 0.060 | 0 | 0.170 | 0.051 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.180 | 0 | 3.339 | 1.003 |
| 18:2 | g | 0.790 | 0 | 2.236 | 0.672 |
| 18:3 | g | 0.340 | 0 | 0.962 | 0.289 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.085 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 85 | 0 | 241 | 72 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.252 | 0 | 0.713 | 0.214 |
| Threonine | g | 0.981 | 0 | 2.776 | 0.834 |
| Isoleucine | g | 1.010 | 0 | 2.858 | 0.859 |
| Leucine | g | 1.776 | 0 | 5.026 | 1.510 |
| Lysine | g | 1.869 | 0 | 5.289 | 1.589 |
| Methionine | g | 0.575 | 0 | 1.627 | 0.489 |
| Cystine | g | 0.252 | 0 | 0.713 | 0.214 |
| Phenylalanine | g | 0.877 | 0 | 2.482 | 0.745 |
| Tyrosine | g | 0.755 | 0 | 2.137 | 0.642 |
| Valine | g | 1.093 | 0 | 3.093 | 0.929 |
| Arginine | g | 1.420 | 0 | 4.019 | 1.207 |
| Histidine | g | 0.769 | 0 | 2.176 | 0.654 |
| Alanine | g | 1.355 | 0 | 3.835 | 1.152 |
| Aspartic acid | g | 2.053 | 0 | 5.810 | 1.745 |
| Glutamic acid | g | 3.375 | 0 | 9.551 | 2.869 |
| Glycine | g | 1.226 | 0 | 3.470 | 1.042 |
| Proline | g | 0.992 | 0 | 2.807 | 0.843 |
| Serine | g | 0.859 | 0 | 2.431 | 0.730 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13111 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, all grades, raw

**Refuse:** 42% Bone 16%, separable fat 26%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 68.90 | | 1 | 19.53 | 312.53 | |
| Energy | kcal | 165 | | 0 | 47 | 748 | |
| Energy | kj | 690 | | 0 | 196 | 3130 | |
| Protein (N x 5.95) | g | 19.63 | 0.200 | 42 | 5.57 | 89.04 | |
| Total lipid (fat) | g | 9.00 | | 1 | 2.55 | 40.82 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.96 | 0.120 | 28 | 0.27 | 4.35 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | 0.829 | 10 | 2 | 32 | |
| Iron | mg | 2.11 | 0.051 | 37 | 0.60 | 9.57 | |
| Magnesium | mg | 21 | 0.318 | 38 | 6 | 95 | |
| Phosphorus | mg | 188 | 3.352 | 28 | 53 | 853 | |
| Potassium | mg | 341 | 6.803 | 38 | 97 | 1547 | |
| Sodium | mg | 66 | 2.043 | 38 | 19 | 299 | |
| Zinc | mg | 4.90 | 0.100 | 35 | 1.39 | 22.23 | |
| Copper | mg | 0.070 | 0.001 | 35 | 0.020 | 0.318 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 17.1 | | 0 | 4.8 | 77.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | 0.003 | 41 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.160 | 0.003 | 39 | 0.045 | 0.726 | |
| Niacin | mg | 3.100 | 0.147 | 41 | 0.879 | 14.062 | |
| Pantothenic acid | mg | 0.400 | 0.044 | 4 | 0.113 | 1.814 | |
| Vitamin B-6 | mg | 0.340 | 0.009 | 4 | 0.096 | 1.542 | |
| Folate | :g | 6 | 0.327 | 14 | 2 | 27 | |
| Vitamin B-12 | :g | 3.23 | 0.167 | 41 | 0.92 | 14.65 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.670 | | 0 | 1.040 | 16.647 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 79 | 0.003 | 0.045 | |
| 12:0 | g | 0.010 | | 79 | 0.003 | 0.045 | |
| 14:0 | g | 0.270 | | 79 | 0.077 | 1.225 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.190 | | 79 | 0.621 | 9.934 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.190 | | 79 | 0.337 | 5.398 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.610 | | 0 | 1.023 | 16.375 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.350 | | 79 | 0.099 | 1.588 |
| 18:1 | g | 3.250 | | 79 | 0.921 | 14.742 |
| 20:1 | g | 0.010 | | 79 | 0.003 | 0.045 |
| 22.1 | g | | | | | |
| Polyunsaturated, total | g | 0.340 | | 0 | 0.096 | 1.542 |
| 18:2 | g | 0.270 | | 79 | 0.077 | 1.225 |
| 18:3 | g | 0.030 | | 79 | 0.009 | 0.136 |
| 18:4 | g | | | | | |
| 20:4 | g | 0.040 | | 79 | 0.011 | 0.181 |
| 20:5 | g | | | | | |
| 22:5 | g | | | | | |
| 22:6 | g | | | | | |
| Cholesterol | mg | 59 | 0.881 | 37 | 17 | 268 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.220 | | 0 | 0.062 | 0.998 |
| Threonine | g | 0.857 | | 0 | 0.243 | 3.887 |
| Isoleucine | g | 0.883 | | 0 | 0.250 | 4.005 |
| Leucine | g | 1.552 | | 0 | 0.440 | 7.040 |
| Lysine | g | 1.633 | | 0 | 0.463 | 7.407 |
| Methionine | g | 0.503 | | 0 | 0.143 | 2.282 |
| Cystine | g | 0.220 | | 0 | 0.062 | 0.998 |
| Phenylalanine | g | 0.766 | | 0 | 0.217 | 3.475 |
| Tyrosine | g | 0.660 | | 0 | 0.187 | 2.994 |
| Valine | g | 0.955 | | 0 | 0.271 | 4.332 |
| Arginine | g | 1.241 | | 0 | 0.352 | 5.629 |
| Histidine | g | 0.672 | | 0 | 0.191 | 3.048 |
| Alanine | g | 1.184 | | 0 | 0.336 | 5.371 |
| Aspartic acid | g | 1.794 | | 0 | 0.509 | 8.138 |
| Glutamic acid | g | 2.949 | | 0 | 0.836 | 13.377 |
| Glycine | g | 1.071 | | 0 | 0.304 | 4.858 |
| Proline | g | 0.867 | | 0 | 0.246 | 3.933 |
| Serine | g | 0.751 | | 0 | 0.213 | 3.407 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13112 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

**Refuse:** 42% 21% bone, 21% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 197g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.74 | | 0 | 115.72 | 49.93 | |
| Energy | kcal | 224 | | 0 | 441 | 190 | |
| Energy | kj | 937 | | 0 | 1846 | 796 | |
| Protein (N x 5.95) | g | 25.17 | | 0 | 49.58 | 21.39 | |
| Total lipid (fat) | g | 12.92 | | 0 | 25.45 | 10.98 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.23 | | 0 | 2.42 | 1.05 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 18 | 8 | |
| Iron | mg | 2.57 | | 0 | 5.06 | 2.18 | |
| Magnesium | mg | 23 | | 0 | 45 | 20 | |
| Phosphorus | mg | 217 | | 0 | 427 | 184 | |
| Potassium | mg | 372 | | 0 | 733 | 316 | |
| Sodium | mg | 72 | | 0 | 142 | 61 | |
| Zinc | mg | 6.28 | | 0 | 12.37 | 5.34 | |
| Copper | mg | 0.090 | | 0 | 0.177 | 0.077 | |
| Manganese | mg | 0.015 | | 0 | 0.030 | 0.013 | |
| Selenium | :g | 21.9 | | 0 | 43.1 | 18.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.158 | 0.068 | |
| Riboflavin | mg | 0.190 | | 0 | 0.374 | 0.161 | |
| Niacin | mg | 3.180 | | 0 | 6.265 | 2.703 | |
| Pantothenic acid | mg | 0.410 | | 0 | 0.808 | 0.349 | |
| Vitamin B-6 | mg | 0.260 | | 0 | 0.512 | 0.221 | |
| Folate | :g | 7 | | 0 | 14 | 6 | |
| Vitamin B-12 | :g | 3.31 | | 0 | 6.52 | 2.81 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.280 | | 0 | 10.402 | 4.488 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.020 | | 0 | 0.039 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.039 | 0.017 | |
| 14:0 | g | 0.400 | | 0 | 0.788 | 0.340 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.150 | | 0 | 6.205 | 2.678 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.700 | | 0 | 3.349 | 1.445 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.230 | 0 | 10.303 | 4.446 |
| 14:1 | g | | | | |
| 16:1 | g | 0.520 | 0 | 1.024 | 0.442 |
| 18:1 | g | 4.700 | 0 | 9.259 | 3.995 |
| 20:1 | g | 0.010 | 0 | 0.020 | 0.009 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.490 | 0 | 0.965 | 0.417 |
| 18:2 | g | 0.380 | 0 | 0.749 | 0.323 |
| 18:3 | g | 0.060 | 0 | 0.118 | 0.051 |
| 18:4 | g | | | | |
| 20:4 | g | 0.050 | 0 | 0.099 | 0.043 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 76 | 0 | 150 | 65 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.282 | 0 | 0.556 | 0.240 |
| Threonine | g | 1.099 | 0 | 2.165 | 0.934 |
| Isoleucine | g | 1.132 | 0 | 2.230 | 0.962 |
| Leucine | g | 1.989 | 0 | 3.918 | 1.691 |
| Lysine | g | 2.094 | 0 | 4.125 | 1.780 |
| Methionine | g | 0.644 | 0 | 1.269 | 0.547 |
| Cystine | g | 0.282 | 0 | 0.556 | 0.240 |
| Phenylalanine | g | 0.983 | 0 | 1.937 | 0.836 |
| Tyrosine | g | 0.846 | 0 | 1.667 | 0.719 |
| Valine | g | 1.224 | 0 | 2.411 | 1.040 |
| Arginine | g | 1.591 | 0 | 3.134 | 1.352 |
| Histidine | g | 0.862 | 0 | 1.698 | 0.733 |
| Alanine | g | 1.518 | 0 | 2.990 | 1.290 |
| Aspartic acid | g | 2.299 | 0 | 4.529 | 1.954 |
| Glutamic acid | g | 3.781 | 0 | 7.449 | 3.214 |
| Glycine | g | 1.373 | 0 | 2.705 | 1.167 |
| Proline | g | 1.111 | 0 | 2.189 | 0.944 |
| Serine | g | 0.962 | 0 | 1.895 | 0.818 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13113 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

**Refuse:** 4% 16% bone, 24% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 210g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.40 | | 1 | 122.64 | 49.64 | |
| Energy | kcal | 237 | | 0 | 498 | 201 | |
| Energy | kj | 992 | | 0 | 2083 | 843 | |
| Protein (N x 5.95) | g | 27.53 | 0.638 | 13 | 57.81 | 23.40 | |
| Total lipid (fat) | g | 13.20 | | 1 | 27.72 | 11.22 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.08 | 0.019 | 15 | 2.27 | 0.92 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | 0.750 | 11 | 17 | 7 | |
| Iron | mg | 2.82 | 0.150 | 11 | 5.92 | 2.40 | |
| Magnesium | mg | 25 | 0.324 | 11 | 53 | 21 | |
| Phosphorus | mg | 209 | | 1 | 439 | 178 | |
| Potassium | mg | 357 | 6.757 | 11 | 750 | 303 | |
| Sodium | mg | 73 | 7.193 | 11 | 153 | 62 | |
| Zinc | mg | 7.46 | 0.491 | 8 | 15.67 | 6.34 | |
| Copper | mg | 0.105 | 0.006 | 8 | 0.221 | 0.089 | |
| Manganese | mg | 0.016 | | 1 | 0.034 | 0.014 | |
| Selenium | :g | 22.8 | | 0 | 47.9 | 19.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | 0.009 | 15 | 0.189 | 0.077 | |
| Riboflavin | mg | 0.220 | 0.008 | 13 | 0.462 | 0.187 | |
| Niacin | mg | 4.450 | 0.263 | 13 | 9.345 | 3.783 | |
| Pantothenic acid | mg | 0.450 | 0.042 | 4 | 0.945 | 0.383 | |
| Vitamin B-6 | mg | 0.260 | 0.016 | 4 | 0.546 | 0.221 | |
| Folate | :g | 9 | 0.435 | 14 | 19 | 8 | |
| Vitamin B-12 | :g | 2.61 | 0.454 | 15 | 5.48 | 2.22 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.294 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.270 | | 0 | 11.067 | 4.479 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 8 | 0.021 | 0.009 | |
| 12:0 | g | 0.010 | | 8 | 0.021 | 0.009 | |
| 14:0 | g | 0.410 | | 8 | 0.861 | 0.349 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.100 | | 8 | 6.510 | 2.635 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.750 | | 8 | 3.675 | 1.488 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.520 | | 0 | 11.592 | 4.692 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.460 | | 8 | 0.966 | 0.391 |
| 18:1 | g | 5.050 | | 8 | 10.605 | 4.293 |
| 20:1 | g | 0.010 | | 8 | 0.021 | 0.009 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.380 | | 0 | 0.798 | 0.323 |
| 18:2 | g | 0.310 | | 8 | 0.651 | 0.264 |
| 18:3 | g | 0.030 | | 8 | 0.063 | 0.026 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | | 8 | 0.084 | 0.034 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 81 | 2.403 | 8 | 170 | 69 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.308 | | 0 | 0.647 | 0.262 |
| Threonine | g | 1.203 | | 0 | 2.526 | 1.023 |
| Isoleucine | g | 1.238 | | 0 | 2.600 | 1.052 |
| Leucine | g | 2.176 | | 0 | 4.570 | 1.850 |
| Lysine | g | 2.291 | | 0 | 4.811 | 1.947 |
| Methionine | g | 0.705 | | 0 | 1.480 | 0.599 |
| Cystine | g | 0.308 | | 0 | 0.647 | 0.262 |
| Phenylalanine | g | 1.075 | | 0 | 2.257 | 0.914 |
| Tyrosine | g | 0.925 | | 0 | 1.942 | 0.786 |
| Valine | g | 1.339 | | 0 | 2.812 | 1.138 |
| Arginine | g | 1.740 | | 0 | 3.654 | 1.479 |
| Histidine | g | 0.943 | | 0 | 1.980 | 0.802 |
| Alanine | g | 1.661 | | 0 | 3.488 | 1.412 |
| Aspartic acid | g | 2.515 | | 0 | 5.281 | 2.138 |
| Glutamic acid | g | 4.136 | | 0 | 8.686 | 3.516 |
| Glycine | g | 1.502 | | 0 | 3.154 | 1.277 |
| Proline | g | 1.216 | | 0 | 2.554 | 1.034 |
| Serine | g | 1.053 | | 0 | 2.211 | 0.895 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13114 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, choice, raw

**Refuse:** 44% Bone 16%, separable fat 28%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 68.10 | | 1 | 19.31 | 308.90 | |
| Energy | kcal | 176 | | 0 | 50 | 798 | |
| Energy | kj | 736 | | 0 | 209 | 3338 | |
| Protein (N x 5.95) | g | 19.63 | | 1 | 5.57 | 89.04 | |
| Total lipid (fat) | g | 10.20 | | 1 | 2.89 | 46.27 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.96 | | 1 | 0.27 | 4.35 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 1 | 2 | 32 | |
| Iron | mg | 2.11 | | 1 | 0.60 | 9.57 | |
| Magnesium | mg | 21 | | 1 | 6 | 95 | |
| Phosphorus | mg | 188 | | 1 | 53 | 853 | |
| Potassium | mg | 341 | | 1 | 97 | 1547 | |
| Sodium | mg | 66 | | 1 | 19 | 299 | |
| Zinc | mg | 4.90 | | 1 | 1.39 | 22.23 | |
| Copper | mg | 0.070 | | 1 | 0.020 | 0.318 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 17.1 | | 0 | 4.8 | 77.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 1 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.160 | | 1 | 0.045 | 0.726 | |
| Niacin | mg | 3.100 | | 1 | 0.879 | 14.062 | |
| Pantothenic acid | mg | 0.400 | | 1 | 0.113 | 1.814 | |
| Vitamin B-6 | mg | 0.340 | | 1 | 0.096 | 1.542 | |
| Folate | :g | 6 | | 1 | 2 | 27 | |
| Vitamin B-12 | :g | 3.23 | | 1 | 0.92 | 14.65 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.160 | | 0 | 1.179 | 18.870 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 79 | 0.003 | 0.045 | |
| 12:0 | g | 0.010 | | 79 | 0.003 | 0.045 | |
| 14:0 | g | 0.310 | | 79 | 0.088 | 1.406 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.480 | | 79 | 0.703 | 11.249 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.350 | | 79 | 0.383 | 6.124 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.090 | 0 | 1.160 | 18.552 |
| 14:1 | g | | | | |
| 16:1 | g | 0.400 | 79 | 0.113 | 1.814 |
| 18:1 | g | 3.690 | 79 | 1.046 | 16.738 |
| 20:1 | g | 0.010 | 79 | 0.003 | 0.045 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.380 | 0 | 0.108 | 1.724 |
| 18:2 | g | 0.310 | 79 | 0.088 | 1.406 |
| 18:3 | g | 0.030 | 79 | 0.009 | 0.136 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 79 | 0.011 | 0.181 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 59 | 1 | 17 | 268 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.220 | 0 | 0.062 | 0.998 |
| Threonine | g | 0.857 | 0 | 0.243 | 3.887 |
| Isoleucine | g | 0.883 | 0 | 0.250 | 4.005 |
| Leucine | g | 1.552 | 0 | 0.440 | 7.040 |
| Lysine | g | 1.633 | 0 | 0.463 | 7.407 |
| Methionine | g | 0.503 | 0 | 0.143 | 2.282 |
| Cystine | g | 0.220 | 0 | 0.062 | 0.998 |
| Phenylalanine | g | 0.766 | 0 | 0.217 | 3.475 |
| Tyrosine | g | 0.660 | 0 | 0.187 | 2.994 |
| Valine | g | 0.955 | 0 | 0.271 | 4.332 |
| Arginine | g | 1.241 | 0 | 0.352 | 5.629 |
| Histidine | g | 0.672 | 0 | 0.191 | 3.048 |
| Alanine | g | 1.184 | 0 | 0.336 | 5.371 |
| Aspartic acid | g | 1.794 | 0 | 0.509 | 8.138 |
| Glutamic acid | g | 2.949 | 0 | 0.836 | 13.377 |
| Glycine | g | 1.071 | 0 | 0.304 | 4.858 |
| Proline | g | 0.867 | 0 | 0.246 | 3.933 |
| Serine | g | 0.751 | 0 | 0.213 | 3.407 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13115 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

**Refuse:** 44% 21% bone, 25% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 191g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 57.53 | | 0 | 109.88 | 48.90 | |
| Energy | kcal | 240 | | 0 | 458 | 204 | |
| Energy | kj | 1004 | | 0 | 1918 | 853 | |
| Protein (N x 5.95) | g | 25.17 | | 0 | 48.07 | 21.39 | |
| Total lipid (fat) | g | 14.65 | | 0 | 27.98 | 12.45 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.23 | | 0 | 2.35 | 1.05 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 17 | 8 | |
| Iron | mg | 2.57 | | 0 | 4.91 | 2.18 | |
| Magnesium | mg | 23 | | 0 | 44 | 20 | |
| Phosphorus | mg | 217 | | 0 | 414 | 184 | |
| Potassium | mg | 372 | | 0 | 711 | 316 | |
| Sodium | mg | 72 | | 0 | 138 | 61 | |
| Zinc | mg | 6.28 | | 0 | 11.99 | 5.34 | |
| Copper | mg | 0.090 | | 0 | 0.172 | 0.077 | |
| Manganese | mg | 0.015 | | 0 | 0.029 | 0.013 | |
| Selenium | :g | 21.9 | | 0 | 41.8 | 18.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.153 | 0.068 | |
| Riboflavin | mg | 0.190 | | 0 | 0.363 | 0.161 | |
| Niacin | mg | 3.180 | | 0 | 6.074 | 2.703 | |
| Pantothenic acid | mg | 0.410 | | 0 | 0.783 | 0.349 | |
| Vitamin B-6 | mg | 0.260 | | 0 | 0.497 | 0.221 | |
| Folate | :g | 7 | | 0 | 13 | 6 | |
| Vitamin B-12 | :g | 3.31 | | 0 | 6.32 | 2.81 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.980 | | 0 | 11.422 | 5.083 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.020 | | 0 | 0.038 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.038 | 0.017 | |
| 14:0 | g | 0.450 | | 0 | 0.860 | 0.383 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.570 | | 0 | 6.819 | 3.034 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.920 | | 0 | 3.667 | 1.632 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.930 | 0 | 11.326 | 5.040 |
| 14:1 | g | | | | |
| 16:1 | g | 0.590 | 0 | 1.127 | 0.501 |
| 18:1 | g | 5.320 | 0 | 10.161 | 4.522 |
| 20:1 | g | 0.020 | 0 | 0.038 | 0.017 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.550 | 0 | 1.051 | 0.468 |
| 18:2 | g | 0.430 | 0 | 0.821 | 0.366 |
| 18:3 | g | 0.060 | 0 | 0.115 | 0.051 |
| 18:4 | g | | | | |
| 20:4 | g | 0.050 | 0 | 0.096 | 0.043 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 76 | 0 | 145 | 65 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.282 | 0 | 0.539 | 0.240 |
| Threonine | g | 1.099 | 0 | 2.099 | 0.934 |
| Isoleucine | g | 1.132 | 0 | 2.162 | 0.962 |
| Leucine | g | 1.989 | 0 | 3.799 | 1.691 |
| Lysine | g | 2.094 | 0 | 4.000 | 1.780 |
| Methionine | g | 0.644 | 0 | 1.230 | 0.547 |
| Cystine | g | 0.282 | 0 | 0.539 | 0.240 |
| Phenylalanine | g | 0.983 | 0 | 1.878 | 0.836 |
| Tyrosine | g | 0.846 | 0 | 1.616 | 0.719 |
| Valine | g | 1.224 | 0 | 2.338 | 1.040 |
| Arginine | g | 1.591 | 0 | 3.039 | 1.352 |
| Histidine | g | 0.862 | 0 | 1.646 | 0.733 |
| Alanine | g | 1.518 | 0 | 2.899 | 1.290 |
| Aspartic acid | g | 2.299 | 0 | 4.391 | 1.954 |
| Glutamic acid | g | 3.781 | 0 | 7.222 | 3.214 |
| Glycine | g | 1.373 | 0 | 2.622 | 1.167 |
| Proline | g | 1.111 | 0 | 2.122 | 0.944 |
| Serine | g | 0.962 | 0 | 1.837 | 0.818 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13116 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

**Refuse:** 42% 15% bone, 27% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 203g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 57.50 | | 0 | 116.72 | 48.88 | |
| Energy | kcal | 250 | | 0 | 508 | 213 | |
| Energy | kj | 1046 | | 0 | 2123 | 889 | |
| Protein (N x 5.95) | g | 27.53 | | 0 | 55.89 | 23.40 | |
| Total lipid (fat) | g | 14.70 | | 0 | 29.84 | 12.49 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.08 | | 0 | 2.19 | 0.92 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 16 | 7 | |
| Iron | mg | 2.82 | | 0 | 5.72 | 2.40 | |
| Magnesium | mg | 25 | | 0 | 51 | 21 | |
| Phosphorus | mg | 209 | | 0 | 424 | 178 | |
| Potassium | mg | 357 | | 0 | 725 | 303 | |
| Sodium | mg | 73 | | 0 | 148 | 62 | |
| Zinc | mg | 7.46 | | 0 | 15.14 | 6.34 | |
| Copper | mg | 0.105 | | 0 | 0.213 | 0.089 | |
| Manganese | mg | 0.016 | | 0 | 0.032 | 0.014 | |
| Selenium | :g | 22.8 | | 0 | 46.3 | 19.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.183 | 0.077 | |
| Riboflavin | mg | 0.220 | | 0 | 0.447 | 0.187 | |
| Niacin | mg | 4.450 | | 0 | 9.034 | 3.783 | |
| Pantothenic acid | mg | 0.450 | | 0 | 0.914 | 0.383 | |
| Vitamin B-6 | mg | 0.260 | | 0 | 0.528 | 0.221 | |
| Folate | :g | 9 | | 0 | 18 | 8 | |
| Vitamin B-12 | :g | 2.61 | | 0 | 5.30 | 2.22 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.870 | | 0 | 11.916 | 4.989 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 14:0 | g | 0.450 | | 0 | 0.914 | 0.383 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.450 | | 0 | 7.003 | 2.933 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.950 | | 0 | 3.958 | 1.658 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.150 | 0 | 12.485 | 5.228 |
| 14:1 | g | | | | |
| 16:1 | g | 0.520 | 0 | 1.056 | 0.442 |
| 18:1 | g | 5.620 | 0 | 11.409 | 4.777 |
| 20:1 | g | 0.010 | 0 | 0.020 | 0.009 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.420 | 0 | 0.853 | 0.357 |
| 18:2 | g | 0.350 | 0 | 0.711 | 0.298 |
| 18:3 | g | 0.030 | 0 | 0.061 | 0.026 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.081 | 0.034 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 81 | 0 | 164 | 69 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.308 | 0 | 0.625 | 0.262 |
| Threonine | g | 1.203 | 0 | 2.442 | 1.023 |
| Isoleucine | g | 1.238 | 0 | 2.513 | 1.052 |
| Leucine | g | 2.176 | 0 | 4.417 | 1.850 |
| Lysine | g | 2.291 | 0 | 4.651 | 1.947 |
| Methionine | g | 0.705 | 0 | 1.431 | 0.599 |
| Cystine | g | 0.308 | 0 | 0.625 | 0.262 |
| Phenylalanine | g | 1.075 | 0 | 2.182 | 0.914 |
| Tyrosine | g | 0.925 | 0 | 1.878 | 0.786 |
| Valine | g | 1.339 | 0 | 2.718 | 1.138 |
| Arginine | g | 1.740 | 0 | 3.532 | 1.479 |
| Histidine | g | 0.943 | 0 | 1.914 | 0.802 |
| Alanine | g | 1.661 | 0 | 3.372 | 1.412 |
| Aspartic acid | g | 2.515 | 0 | 5.105 | 2.138 |
| Glutamic acid | g | 4.136 | 0 | 8.396 | 3.516 |
| Glycine | g | 1.502 | 0 | 3.049 | 1.277 |
| Proline | g | 1.216 | 0 | 2.468 | 1.034 |
| Serine | g | 1.053 | 0 | 2.138 | 0.895 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13117 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, select, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 69.90 | | 1 | 19.82 | 317.07 | |
| Energy | kcal | 152 | | 0 | 43 | 689 | |
| Energy | kj | 636 | | 0 | 180 | 2885 | |
| Protein (N x 5.95) | g | 19.63 | | 1 | 5.57 | 89.04 | |
| Total lipid (fat) | g | 7.60 | | 1 | 2.15 | 34.47 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.96 | | 1 | 0.27 | 4.35 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 1 | 2 | 32 | |
| Iron | mg | 2.11 | | 1 | 0.60 | 9.57 | |
| Magnesium | mg | 21 | | 1 | 6 | 95 | |
| Phosphorus | mg | 188 | | 1 | 53 | 853 | |
| Potassium | mg | 341 | | 1 | 97 | 1547 | |
| Sodium | mg | 66 | | 1 | 19 | 299 | |
| Zinc | mg | 4.90 | | 1 | 1.39 | 22.23 | |
| Copper | mg | 0.070 | | 1 | 0.020 | 0.318 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 17.1 | | 0 | 4.8 | 77.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 1 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.160 | | 1 | 0.045 | 0.726 | |
| Niacin | mg | 3.100 | | 1 | 0.879 | 14.062 | |
| Pantothenic acid | mg | 0.400 | | 1 | 0.113 | 1.814 | |
| Vitamin B-6 | mg | 0.340 | | 1 | 0.096 | 1.542 | |
| Folate | :g | 6 | | 1 | 2 | 27 | |
| Vitamin B-12 | :g | 3.23 | | 1 | 0.92 | 14.65 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.100 | | 0 | 0.879 | 14.062 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 79 | 0.003 | 0.045 | |
| 12:0 | g | 0.010 | | 79 | 0.003 | 0.045 | |
| 14:0 | g | 0.230 | | 79 | 0.065 | 1.043 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.850 | | 79 | 0.524 | 8.392 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.000 | | 79 | 0.284 | 4.536 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.050 | 0 | 0.865 | 13.835 |
| 14:1 | g | | | | |
| 16:1 | g | 0.290 | 79 | 0.082 | 1.315 |
| 18:1 | g | 2.750 | 79 | 0.780 | 12.474 |
| 20:1 | g | 0.010 | 79 | 0.003 | 0.045 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.290 | 0 | 0.082 | 1.315 |
| 18:2 | g | 0.230 | 79 | 0.065 | 1.043 |
| 18:3 | g | 0.020 | 79 | 0.006 | 0.091 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 79 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 59 | 1 | 17 | 268 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.220 | 0 | 0.062 | 0.998 |
| Threonine | g | 0.857 | 0 | 0.243 | 3.887 |
| Isoleucine | g | 0.883 | 0 | 0.250 | 4.005 |
| Leucine | g | 1.552 | 0 | 0.440 | 7.040 |
| Lysine | g | 1.633 | 0 | 0.463 | 7.407 |
| Methionine | g | 0.503 | 0 | 0.143 | 2.282 |
| Cystine | g | 0.220 | 0 | 0.062 | 0.998 |
| Phenylalanine | g | 0.766 | 0 | 0.217 | 3.475 |
| Tyrosine | g | 0.660 | 0 | 0.187 | 2.994 |
| Valine | g | 0.955 | 0 | 0.271 | 4.332 |
| Arginine | g | 1.241 | 0 | 0.352 | 5.629 |
| Histidine | g | 0.672 | 0 | 0.191 | 3.048 |
| Alanine | g | 1.184 | 0 | 0.336 | 5.371 |
| Aspartic acid | g | 1.794 | 0 | 0.509 | 8.138 |
| Glutamic acid | g | 2.949 | 0 | 0.836 | 13.377 |
| Glycine | g | 1.071 | 0 | 0.304 | 4.858 |
| Proline | g | 0.867 | 0 | 0.246 | 3.933 |
| Serine | g | 0.751 | 0 | 0.213 | 3.407 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13118 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, select, cooked, broiled

**Refuse:** 4% 21% bone, 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 | Samples | Measure 1* 204g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 60.75 | | 0 | 123.93 | 51.64 | |
| Energy | kcal | 206 | | 0 | 420 | 175 | |
| Energy | kj | 862 | | 0 | 1758 | 733 | |
| Protein (N x 5.95) | g | 25.17 | | 0 | 51.35 | 21.39 | |
| Total lipid (fat) | g | 10.91 | | 0 | 22.26 | 9.27 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.23 | | 0 | 2.51 | 1.05 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 18 | 8 | |
| Iron | mg | 2.57 | | 0 | 5.24 | 2.18 | |
| Magnesium | mg | 23 | | 0 | 47 | 20 | |
| Phosphorus | mg | 217 | | 0 | 443 | 184 | |
| Potassium | mg | 372 | | 0 | 759 | 316 | |
| Sodium | mg | 72 | | 0 | 147 | 61 | |
| Zinc | mg | 6.28 | | 0 | 12.81 | 5.34 | |
| Copper | mg | 0.090 | | 0 | 0.184 | 0.077 | |
| Manganese | mg | 0.015 | | 0 | 0.031 | 0.013 | |
| Selenium | :g | 21.9 | | 0 | 44.7 | 18.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.163 | 0.068 | |
| Riboflavin | mg | 0.190 | | 0 | 0.388 | 0.161 | |
| Niacin | mg | 3.180 | | 0 | 6.487 | 2.703 | |
| Pantothenic acid | mg | 0.410 | | 0 | 0.836 | 0.349 | |
| Vitamin B-6 | mg | 0.260 | | 0 | 0.530 | 0.221 | |
| Folate | :g | 7 | | 0 | 14 | 6 | |
| Vitamin B-12 | :g | 3.31 | | 0 | 6.75 | 2.81 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.440 | | 0 | 9.058 | 3.774 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 14:0 | g | 0.330 | | 0 | 0.673 | 0.281 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.650 | | 0 | 5.406 | 2.252 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.450 | | 0 | 2.958 | 1.232 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.360 | 0 | 8.894 | 3.706 |
| 14:1 | g | | | | |
| 16:1 | g | 0.410 | 0 | 0.836 | 0.349 |
| 18:1 | g | 3.930 | 0 | 8.017 | 3.341 |
| 20:1 | g | 0.010 | 0 | 0.020 | 0.009 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.410 | 0 | 0.836 | 0.349 |
| 18:2 | g | 0.340 | 0 | 0.694 | 0.289 |
| 18:3 | g | 0.030 | 0 | 0.061 | 0.026 |
| 18:4 | g | | | | |
| 20:4 | g | 0.050 | 0 | 0.102 | 0.043 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 76 | 0 | 155 | 65 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.282 | 0 | 0.575 | 0.240 |
| Threonine | g | 1.099 | 0 | 2.242 | 0.934 |
| Isoleucine | g | 1.132 | 0 | 2.309 | 0.962 |
| Leucine | g | 1.989 | 0 | 4.058 | 1.691 |
| Lysine | g | 2.094 | 0 | 4.272 | 1.780 |
| Methionine | g | 0.644 | 0 | 1.314 | 0.547 |
| Cystine | g | 0.282 | 0 | 0.575 | 0.240 |
| Phenylalanine | g | 0.983 | 0 | 2.005 | 0.836 |
| Tyrosine | g | 0.846 | 0 | 1.726 | 0.719 |
| Valine | g | 1.224 | 0 | 2.497 | 1.040 |
| Arginine | g | 1.591 | 0 | 3.246 | 1.352 |
| Histidine | g | 0.862 | 0 | 1.758 | 0.733 |
| Alanine | g | 1.518 | 0 | 3.097 | 1.290 |
| Aspartic acid | g | 2.299 | 0 | 4.690 | 1.954 |
| Glutamic acid | g | 3.781 | 0 | 7.713 | 3.214 |
| Glycine | g | 1.373 | 0 | 2.801 | 1.167 |
| Proline | g | 1.111 | 0 | 2.266 | 0.944 |
| Serine | g | 0.962 | 0 | 1.962 | 0.818 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13119 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, select, 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 | Samples | Measure 1* 217g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.40 | | 0 | 128.90 | 50.49 | |
| Energy | kcal | 220 | | 0 | 477 | 187 | |
| Energy | kj | 920 | | 0 | 1996 | 782 | |
| Protein (N x 5.95) | g | 27.53 | | 0 | 59.74 | 23.40 | |
| Total lipid (fat) | g | 11.40 | | 0 | 24.74 | 9.69 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.08 | | 0 | 2.34 | 0.92 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 17 | 7 | |
| Iron | mg | 2.82 | | 0 | 6.12 | 2.40 | |
| Magnesium | mg | 25 | | 0 | 54 | 21 | |
| Phosphorus | mg | 209 | | 0 | 454 | 178 | |
| Potassium | mg | 357 | | 0 | 775 | 303 | |
| Sodium | mg | 73 | | 0 | 158 | 62 | |
| Zinc | mg | 7.46 | | 0 | 16.19 | 6.34 | |
| Copper | mg | 0.105 | | 0 | 0.228 | 0.089 | |
| Manganese | mg | 0.016 | | 0 | 0.035 | 0.014 | |
| Selenium | :g | 22.8 | | 0 | 49.5 | 19.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.195 | 0.077 | |
| Riboflavin | mg | 0.220 | | 0 | 0.477 | 0.187 | |
| Niacin | mg | 4.450 | | 0 | 9.657 | 3.783 | |
| Pantothenic acid | mg | 0.450 | | 0 | 0.977 | 0.383 | |
| Vitamin B-6 | mg | 0.260 | | 0 | 0.564 | 0.221 | |
| Folate | :g | 9 | | 0 | 20 | 8 | |
| Vitamin B-12 | :g | 2.61 | | 0 | 5.66 | 2.22 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.550 | | 0 | 9.874 | 3.868 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 0 | 0.022 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.022 | 0.009 | |
| 14:0 | g | 0.350 | | 0 | 0.759 | 0.298 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.680 | | 0 | 5.816 | 2.278 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.510 | | 0 | 3.277 | 1.283 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.770 | 0 | 10.351 | 4.054 |
| 14:1 | g | | | | |
| 16:1 | g | 0.400 | 0 | 0.868 | 0.340 |
| 18:1 | g | 4.360 | 0 | 9.461 | 3.706 |
| 20:1 | g | 0.010 | 0 | 0.022 | 0.009 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.330 | 0 | 0.716 | 0.281 |
| 18:2 | g | 0.270 | 0 | 0.586 | 0.230 |
| 18:3 | g | 0.020 | 0 | 0.043 | 0.017 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.065 | 0.026 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 81 | 0 | 176 | 69 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.308 | 0 | 0.668 | 0.262 |
| Threonine | g | 1.203 | 0 | 2.611 | 1.023 |
| Isoleucine | g | 1.238 | 0 | 2.686 | 1.052 |
| Leucine | g | 2.176 | 0 | 4.722 | 1.850 |
| Lysine | g | 2.291 | 0 | 4.971 | 1.947 |
| Methionine | g | 0.705 | 0 | 1.530 | 0.599 |
| Cystine | g | 0.308 | 0 | 0.668 | 0.262 |
| Phenylalanine | g | 1.075 | 0 | 2.333 | 0.914 |
| Tyrosine | g | 0.925 | 0 | 2.007 | 0.786 |
| Valine | g | 1.339 | 0 | 2.906 | 1.138 |
| Arginine | g | 1.740 | 0 | 3.776 | 1.479 |
| Histidine | g | 0.943 | 0 | 2.046 | 0.802 |
| Alanine | g | 1.661 | 0 | 3.604 | 1.412 |
| Aspartic acid | g | 2.515 | 0 | 5.458 | 2.138 |
| Glutamic acid | g | 4.136 | 0 | 8.975 | 3.516 |
| Glycine | g | 1.502 | 0 | 3.259 | 1.277 |
| Proline | g | 1.216 | 0 | 2.639 | 1.034 |
| Serine | g | 1.053 | 0 | 2.285 | 0.895 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13120 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, prime, raw

**Refuse:** 45% Bone 14%, separable fat 31%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 65.83 | | 1 | 18.66 | 298.60 | |
| Energy | kcal | 210 | | 0 | 60 | 953 | |
| Energy | kj | 879 | | 0 | 249 | 3987 | |
| Protein (N x 5.95) | g | 19.63 | | 1 | 5.57 | 89.04 | |
| Total lipid (fat) | g | 14.03 | | 1 | 3.98 | 63.64 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.96 | | 1 | 0.27 | 4.35 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 1 | 2 | 32 | |
| Iron | mg | 2.11 | | 1 | 0.60 | 9.57 | |
| Magnesium | mg | 21 | | 1 | 6 | 95 | |
| Phosphorus | mg | 188 | | 1 | 53 | 853 | |
| Potassium | mg | 341 | | 1 | 97 | 1547 | |
| Sodium | mg | 66 | | 1 | 19 | 299 | |
| Zinc | mg | 4.90 | | 1 | 1.39 | 22.23 | |
| Copper | mg | 0.070 | | 1 | 0.020 | 0.318 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 17.1 | | 0 | 4.8 | 77.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 1 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.160 | | 1 | 0.045 | 0.726 | |
| Niacin | mg | 3.100 | | 1 | 0.879 | 14.062 | |
| Pantothenic acid | mg | 0.400 | | 1 | 0.113 | 1.814 | |
| Vitamin B-6 | mg | 0.340 | | 1 | 0.096 | 1.542 | |
| Folate | :g | 6 | | 1 | 2 | 27 | |
| Vitamin B-12 | :g | 3.23 | | 1 | 0.92 | 14.65 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.050 | | 0 | 1.715 | 27.443 | |
| 4:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 1 | 0.003 | 0.045 | |
| 12:0 | g | 0.010 | | 1 | 0.003 | 0.045 | |
| 14:0 | g | 0.430 | | 1 | 0.122 | 1.950 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.410 | | 1 | 0.967 | 15.468 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.860 | | 1 | 0.527 | 8.437 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.900 | 0 | 1.673 | 26.762 |
| 14:1 | g | | | | |
| 16:1 | g | 0.540 | 1 | 0.153 | 2.449 |
| 18:1 | g | 5.070 | 1 | 1.437 | 22.998 |
| 20:1 | g | 0.020 | 1 | 0.006 | 0.091 |
| 22.1 | g | 0.000 | 1 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.550 | 0 | 0.156 | 2.495 |
| 18:2 | g | 0.430 | 1 | 0.122 | 1.950 |
| 18:3 | g | 0.050 | 1 | 0.014 | 0.227 |
| 18:4 | g | 0.000 | 1 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 1 | 0.014 | 0.227 |
| 20:5 | g | 0.000 | 1 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 1 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 1 | 0.000 | 0.000 |
| Cholesterol | mg | 59 | 1 | 17 | 268 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.220 | 0 | 0.062 | 0.998 |
| Threonine | g | 0.857 | 0 | 0.243 | 3.887 |
| Isoleucine | g | 0.883 | 0 | 0.250 | 4.005 |
| Leucine | g | 1.552 | 0 | 0.440 | 7.040 |
| Lysine | g | 1.633 | 0 | 0.463 | 7.407 |
| Methionine | g | 0.503 | 0 | 0.143 | 2.282 |
| Cystine | g | 0.220 | 0 | 0.062 | 0.998 |
| Phenylalanine | g | 0.766 | 0 | 0.217 | 3.475 |
| Tyrosine | g | 0.660 | 0 | 0.187 | 2.994 |
| Valine | g | 0.955 | 0 | 0.271 | 4.332 |
| Arginine | g | 1.241 | 0 | 0.352 | 5.629 |
| Histidine | g | 0.672 | 0 | 0.191 | 3.048 |
| Alanine | g | 1.184 | 0 | 0.336 | 5.371 |
| Aspartic acid | g | 1.794 | 0 | 0.509 | 8.138 |
| Glutamic acid | g | 2.949 | 0 | 0.836 | 13.377 |
| Glycine | g | 1.071 | 0 | 0.304 | 4.858 |
| Proline | g | 0.867 | 0 | 0.246 | 3.933 |
| Serine | g | 0.751 | 0 | 0.213 | 3.407 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13121 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, prime, cooked, broiled

**Refuse:** 43% 18% bone, 25% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 194g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 53.40 | | 0 | 103.60 | 45.39 | |
| Energy | kcal | 294 | | 0 | 570 | 250 | |
| Energy | kj | 1230 | | 0 | 2386 | 1046 | |
| Protein (N x 5.95) | g | 24.64 | | 0 | 47.80 | 20.94 | |
| Total lipid (fat) | g | 20.88 | | 0 | 40.51 | 17.75 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.08 | | 0 | 2.10 | 0.92 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 16 | 7 | |
| Iron | mg | 2.48 | | 0 | 4.81 | 2.11 | |
| Magnesium | mg | 24 | | 0 | 47 | 20 | |
| Phosphorus | mg | 199 | | 0 | 386 | 169 | |
| Potassium | mg | 369 | | 0 | 716 | 314 | |
| Sodium | mg | 70 | | 0 | 136 | 60 | |
| Zinc | mg | 6.25 | | 0 | 12.13 | 5.31 | |
| Copper | mg | 0.089 | | 0 | 0.173 | 0.076 | |
| Manganese | mg | 0.016 | | 0 | 0.031 | 0.014 | |
| Selenium | :g | 21.9 | | 0 | 42.5 | 18.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.175 | 0.077 | |
| Riboflavin | mg | 0.200 | | 0 | 0.388 | 0.170 | |
| Niacin | mg | 3.070 | | 0 | 5.956 | 2.609 | |
| Pantothenic acid | mg | 0.410 | | 0 | 0.795 | 0.349 | |
| Vitamin B-6 | mg | 0.320 | | 0 | 0.621 | 0.272 | |
| Folate | :g | 7 | | 0 | 14 | 6 | |
| Vitamin B-12 | :g | 3.26 | | 0 | 6.32 | 2.77 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 8.940 | | 0 | 17.344 | 7.599 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.019 | 0.009 | |
| 12:0 | g | 0.020 | | 0 | 0.039 | 0.017 | |
| 14:0 | g | 0.660 | | 0 | 1.280 | 0.561 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.000 | | 0 | 9.700 | 4.250 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.820 | | 0 | 5.471 | 2.397 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.250 | 0 | 17.945 | 7.862 |
| 14:1 | g | | | | |
| 16:1 | g | 0.740 | 0 | 1.436 | 0.629 |
| 18:1 | g | 8.150 | 0 | 15.811 | 6.928 |
| 20:1 | g | 0.020 | 0 | 0.039 | 0.017 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.630 | 0 | 1.222 | 0.536 |
| 18:2 | g | 0.500 | 0 | 0.970 | 0.425 |
| 18:3 | g | 0.050 | 0 | 0.097 | 0.043 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 0 | 0.097 | 0.043 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 82 | 0 | 159 | 70 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.276 | 0 | 0.535 | 0.235 |
| Threonine | g | 1.076 | 0 | 2.087 | 0.915 |
| Isoleucine | g | 1.108 | 0 | 2.150 | 0.942 |
| Leucine | g | 1.948 | 0 | 3.779 | 1.656 |
| Lysine | g | 2.050 | 0 | 3.977 | 1.742 |
| Methionine | g | 0.631 | 0 | 1.224 | 0.536 |
| Cystine | g | 0.276 | 0 | 0.535 | 0.235 |
| Phenylalanine | g | 0.962 | 0 | 1.866 | 0.818 |
| Tyrosine | g | 0.828 | 0 | 1.606 | 0.704 |
| Valine | g | 1.198 | 0 | 2.324 | 1.018 |
| Arginine | g | 1.557 | 0 | 3.021 | 1.323 |
| Histidine | g | 0.844 | 0 | 1.637 | 0.717 |
| Alanine | g | 1.486 | 0 | 2.883 | 1.263 |
| Aspartic acid | g | 2.251 | 0 | 4.367 | 1.913 |
| Glutamic acid | g | 3.702 | 0 | 7.182 | 3.147 |
| Glycine | g | 1.344 | 0 | 2.607 | 1.142 |
| Proline | g | 1.088 | 0 | 2.111 | 0.925 |
| Serine | g | 0.942 | 0 | 1.827 | 0.801 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13122 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, prime, cooked, roasted

**Refuse:** 43% 19% bone, 24% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 196g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 54.41 | | 0 | 106.64 | 46.25 | |
| Energy | kcal | 283 | | 0 | 555 | 241 | |
| Energy | kj | 1184 | | 0 | 2321 | 1006 | |
| Protein (N x 5.95) | g | 27.53 | | 0 | 53.96 | 23.40 | |
| Total lipid (fat) | g | 18.34 | | 0 | 35.95 | 15.59 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.08 | | 0 | 2.12 | 0.92 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 16 | 7 | |
| Iron | mg | 2.82 | | 0 | 5.53 | 2.40 | |
| Magnesium | mg | 25 | | 0 | 49 | 21 | |
| Phosphorus | mg | 209 | | 0 | 410 | 178 | |
| Potassium | mg | 357 | | 0 | 700 | 303 | |
| Sodium | mg | 73 | | 0 | 143 | 62 | |
| Zinc | mg | 7.46 | | 0 | 14.62 | 6.34 | |
| Copper | mg | 0.105 | | 0 | 0.206 | 0.089 | |
| Manganese | mg | 0.016 | | 0 | 0.031 | 0.014 | |
| Selenium | :g | 22.8 | | 0 | 44.7 | 19.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.176 | 0.077 | |
| Riboflavin | mg | 0.220 | | 0 | 0.431 | 0.187 | |
| Niacin | mg | 4.450 | | 0 | 8.722 | 3.783 | |
| Pantothenic acid | mg | 0.450 | | 0 | 0.882 | 0.383 | |
| Vitamin B-6 | mg | 0.260 | | 0 | 0.510 | 0.221 | |
| Folate | :g | 9 | | 0 | 18 | 8 | |
| Vitamin B-12 | :g | 2.61 | | 0 | 5.12 | 2.22 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.880 | | 0 | 15.445 | 6.698 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 14:0 | g | 0.580 | | 0 | 1.137 | 0.493 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.390 | | 0 | 8.604 | 3.731 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.470 | | 0 | 4.841 | 2.100 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.100 | 0 | 15.876 | 6.885 |
| 14:1 | g | | | | |
| 16:1 | g | 0.650 | 0 | 1.274 | 0.553 |
| 18:1 | g | 7.140 | 0 | 13.994 | 6.069 |
| 20:1 | g | 0.010 | 0 | 0.020 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.550 | 0 | 1.078 | 0.468 |
| 18:2 | g | 0.440 | 0 | 0.862 | 0.374 |
| 18:3 | g | 0.040 | 0 | 0.078 | 0.034 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 0 | 0.098 | 0.043 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 81 | 0 | 159 | 69 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.308 | 0 | 0.604 | 0.262 |
| Threonine | g | 1.203 | 0 | 2.358 | 1.023 |
| Isoleucine | g | 1.238 | 0 | 2.426 | 1.052 |
| Leucine | g | 2.176 | 0 | 4.265 | 1.850 |
| Lysine | g | 2.291 | 0 | 4.490 | 1.947 |
| Methionine | g | 0.705 | 0 | 1.382 | 0.599 |
| Cystine | g | 0.308 | 0 | 0.604 | 0.262 |
| Phenylalanine | g | 1.075 | 0 | 2.107 | 0.914 |
| Tyrosine | g | 0.925 | 0 | 1.813 | 0.786 |
| Valine | g | 1.339 | 0 | 2.624 | 1.138 |
| Arginine | g | 1.740 | 0 | 3.410 | 1.479 |
| Histidine | g | 0.943 | 0 | 1.848 | 0.802 |
| Alanine | g | 1.661 | 0 | 3.256 | 1.412 |
| Aspartic acid | g | 2.515 | 0 | 4.929 | 2.138 |
| Glutamic acid | g | 4.136 | 0 | 8.107 | 3.516 |
| Glycine | g | 1.502 | 0 | 2.944 | 1.277 |
| Proline | g | 1.216 | 0 | 2.383 | 1.034 |
| Serine | g | 1.053 | 0 | 2.064 | 0.895 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13123 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 55.70 | | 0 | 15.79 | 252.66 | |
| Energy | kcal | 298 | | 0 | 84 | 1352 | |
| Energy | kj | 1247 | | 0 | 354 | 5656 | |
| Protein (N x 5.95) | g | 16.79 | | 0 | 4.76 | 76.16 | |
| Total lipid (fat) | g | 25.11 | | 0 | 7.12 | 113.90 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.81 | | 0 | 0.23 | 3.67 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 3 | 45 | |
| Iron | mg | 1.78 | | 0 | 0.50 | 8.07 | |
| Magnesium | mg | 17 | | 0 | 5 | 77 | |
| Phosphorus | mg | 160 | | 0 | 45 | 726 | |
| Potassium | mg | 287 | | 0 | 81 | 1302 | |
| Sodium | mg | 53 | | 0 | 15 | 240 | |
| Zinc | mg | 3.64 | | 0 | 1.03 | 16.51 | |
| Copper | mg | 0.057 | | 0 | 0.016 | 0.259 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.054 | |
| Selenium | :g | 16.2 | | 0 | 4.6 | 73.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.023 | 0.363 | |
| Riboflavin | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| Niacin | mg | 3.090 | | 0 | 0.876 | 14.016 | |
| Pantothenic acid | mg | 0.280 | | 0 | 0.079 | 1.270 | |
| Vitamin B-6 | mg | 0.350 | | 0 | 0.099 | 1.588 | |
| Folate | :g | 5 | | 0 | 1 | 23 | |
| Vitamin B-12 | :g | 2.98 | | 0 | 0.84 | 13.52 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 10.290 | | 0 | 2.917 | 46.675 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.090 | | 0 | 0.026 | 0.408 | |
| 12:0 | g | 0.060 | | 0 | 0.017 | 0.272 | |
| 14:0 | g | 0.820 | | 0 | 0.232 | 3.720 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.190 | | 0 | 1.755 | 28.078 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.140 | | 0 | 0.890 | 14.243 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 10.920 | 0 | 3.096 | 49.533 |
| 14:1 | g | | | | |
| 16:1 | g | 1.270 | 0 | 0.360 | 5.761 |
| 18:1 | g | 9.610 | 0 | 2.724 | 43.591 |
| 20:1 | g | 0.040 | 0 | 0.011 | 0.181 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.890 | 0 | 0.252 | 4.037 |
| 18:2 | g | 0.570 | 0 | 0.162 | 2.586 |
| 18:3 | g | 0.310 | 0 | 0.088 | 1.406 |
| 18:4 | g | | | | |
| 20:4 | g | 0.010 | 0 | 0.003 | 0.045 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 70 | 0 | 20 | 318 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.188 | 0 | 0.053 | 0.853 |
| Threonine | g | 0.734 | 0 | 0.208 | 3.329 |
| Isoleucine | g | 0.755 | 0 | 0.214 | 3.425 |
| Leucine | g | 1.327 | 0 | 0.376 | 6.019 |
| Lysine | g | 1.397 | 0 | 0.396 | 6.337 |
| Methionine | g | 0.430 | 0 | 0.122 | 1.950 |
| Cystine | g | 0.188 | 0 | 0.053 | 0.853 |
| Phenylalanine | g | 0.656 | 0 | 0.186 | 2.976 |
| Tyrosine | g | 0.564 | 0 | 0.160 | 2.558 |
| Valine | g | 0.817 | 0 | 0.232 | 3.706 |
| Arginine | g | 1.061 | 0 | 0.301 | 4.813 |
| Histidine | g | 0.575 | 0 | 0.163 | 2.608 |
| Alanine | g | 1.013 | 0 | 0.287 | 4.595 |
| Aspartic acid | g | 1.534 | 0 | 0.435 | 6.958 |
| Glutamic acid | g | 2.523 | 0 | 0.715 | 11.444 |
| Glycine | g | 0.916 | 0 | 0.260 | 4.155 |
| Proline | g | 0.742 | 0 | 0.210 | 3.366 |
| Serine | g | 0.642 | 0 | 0.182 | 2.912 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13124 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 269g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 48.14 | | 0 | 129.50 | 40.92 | |
| Energy | kcal | 336 | | 0 | 904 | 286 | |
| Energy | kj | 1406 | | 0 | 3782 | 1195 | |
| Protein (N x 5.95) | g | 23.69 | | 0 | 63.73 | 20.14 | |
| Total lipid (fat) | g | 25.98 | | 0 | 69.89 | 22.08 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.03 | | 0 | 2.77 | 0.88 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 35 | 11 | |
| Iron | mg | 2.19 | | 0 | 5.89 | 1.86 | |
| Magnesium | mg | 22 | | 0 | 59 | 19 | |
| Phosphorus | mg | 175 | | 0 | 471 | 149 | |
| Potassium | mg | 325 | | 0 | 874 | 276 | |
| Sodium | mg | 62 | | 0 | 167 | 53 | |
| Zinc | mg | 5.59 | | 0 | 15.04 | 4.75 | |
| Copper | mg | 0.086 | | 0 | 0.231 | 0.073 | |
| Manganese | mg | 0.014 | | 0 | 0.038 | 0.012 | |
| Selenium | :g | 21.6 | | 0 | 58.1 | 18.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.242 | 0.077 | |
| Riboflavin | mg | 0.180 | | 0 | 0.484 | 0.153 | |
| Niacin | mg | 3.990 | | 0 | 10.733 | 3.392 | |
| Pantothenic acid | mg | 0.290 | | 0 | 0.780 | 0.247 | |
| Vitamin B-6 | mg | 0.330 | | 0 | 0.888 | 0.281 | |
| Folate | :g | 7 | | 0 | 19 | 6 | |
| Vitamin B-12 | :g | 2.89 | | 0 | 7.77 | 2.46 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.220 | | 0 | 0.592 | 0.187 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 10.520 | | 0 | 28.299 | 8.942 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.070 | | 0 | 0.188 | 0.060 | |
| 12:0 | g | 0.070 | | 0 | 0.188 | 0.060 | |
| 14:0 | g | 0.850 | | 0 | 2.287 | 0.723 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.450 | | 0 | 17.351 | 5.482 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.070 | | 0 | 8.258 | 2.609 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 11.160 | 0 | 30.020 | 9.486 |
| 14:1 | g | | | | |
| 16:1 | g | 1.070 | 0 | 2.878 | 0.910 |
| 18:1 | g | 10.040 | 0 | 27.008 | 8.534 |
| 20:1 | g | 0.040 | 0 | 0.108 | 0.034 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.900 | 0 | 2.421 | 0.765 |
| 18:2 | g | 0.610 | 0 | 1.641 | 0.518 |
| 18:3 | g | 0.270 | 0 | 0.726 | 0.230 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.020 | 0 | 0.054 | 0.017 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 84 | 0 | 226 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.265 | 0 | 0.713 | 0.225 |
| Threonine | g | 1.035 | 0 | 2.784 | 0.880 |
| Isoleucine | g | 1.065 | 0 | 2.865 | 0.905 |
| Leucine | g | 1.873 | 0 | 5.038 | 1.592 |
| Lysine | g | 1.971 | 0 | 5.302 | 1.675 |
| Methionine | g | 0.606 | 0 | 1.630 | 0.515 |
| Cystine | g | 0.265 | 0 | 0.713 | 0.225 |
| Phenylalanine | g | 0.925 | 0 | 2.488 | 0.786 |
| Tyrosine | g | 0.796 | 0 | 2.141 | 0.677 |
| Valine | g | 1.152 | 0 | 3.099 | 0.979 |
| Arginine | g | 1.497 | 0 | 4.027 | 1.272 |
| Histidine | g | 0.811 | 0 | 2.182 | 0.689 |
| Alanine | g | 1.429 | 0 | 3.844 | 1.215 |
| Aspartic acid | g | 2.164 | 0 | 5.821 | 1.839 |
| Glutamic acid | g | 3.559 | 0 | 9.574 | 3.025 |
| Glycine | g | 1.293 | 0 | 3.478 | 1.099 |
| Proline | g | 1.046 | 0 | 2.814 | 0.889 |
| Serine | g | 0.906 | 0 | 2.437 | 0.770 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13125 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted

**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 | Samples | Measure 1* 283g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 48.39 | | 0 | 136.94 | 41.13 | |
| Energy | kcal | 347 | | 0 | 982 | 295 | |
| Energy | kj | 1452 | | 0 | 4109 | 1234 | |
| Protein (N x 5.95) | g | 22.31 | | 0 | 63.14 | 18.96 | |
| Total lipid (fat) | g | 27.96 | | 0 | 79.13 | 23.77 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.10 | | 0 | 3.11 | 0.94 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 37 | 11 | |
| Iron | mg | 2.39 | | 0 | 6.76 | 2.03 | |
| Magnesium | mg | 20 | | 0 | 57 | 17 | |
| Phosphorus | mg | 181 | | 0 | 512 | 154 | |
| Potassium | mg | 320 | | 0 | 906 | 272 | |
| Sodium | mg | 63 | | 0 | 178 | 54 | |
| Zinc | mg | 4.87 | | 0 | 13.78 | 4.14 | |
| Copper | mg | 0.077 | | 0 | 0.218 | 0.065 | |
| Manganese | mg | 0.013 | | 0 | 0.037 | 0.011 | |
| Selenium | :g | 22.2 | | 0 | 62.8 | 18.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.060 | | 0 | 0.170 | 0.051 | |
| Riboflavin | mg | 0.160 | | 0 | 0.453 | 0.136 | |
| Niacin | mg | 3.130 | | 0 | 8.858 | 2.661 | |
| Pantothenic acid | mg | 0.240 | | 0 | 0.679 | 0.204 | |
| Vitamin B-6 | mg | 0.240 | | 0 | 0.679 | 0.204 | |
| Folate | :g | 6 | | 0 | 17 | 5 | |
| Vitamin B-12 | :g | 2.85 | | 0 | 8.07 | 2.42 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 11.260 | | 0 | 31.866 | 9.571 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.090 | | 0 | 0.255 | 0.077 | |
| 12:0 | g | 0.080 | | 0 | 0.226 | 0.068 | |
| 14:0 | g | 0.910 | | 0 | 2.575 | 0.774 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.940 | | 0 | 19.640 | 5.899 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.250 | | 0 | 9.197 | 2.763 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 12.090 | 0 | 34.215 | 10.277 |
| 14:1 | g | | | | |
| 16:1 | g | 1.210 | 0 | 3.424 | 1.028 |
| 18:1 | g | 10.820 | 0 | 30.621 | 9.197 |
| 20:1 | g | 0.060 | 0 | 0.170 | 0.051 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 1.020 | 0 | 2.887 | 0.867 |
| 18:2 | g | 0.670 | 0 | 1.896 | 0.570 |
| 18:3 | g | 0.330 | 0 | 0.934 | 0.281 |
| 18:4 | g | | | | |
| 20:4 | g | 0.010 | 0 | 0.028 | 0.009 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 83 | 0 | 235 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.250 | 0 | 0.708 | 0.213 |
| Threonine | g | 0.974 | 0 | 2.756 | 0.828 |
| Isoleucine | g | 1.003 | 0 | 2.838 | 0.853 |
| Leucine | g | 1.763 | 0 | 4.989 | 1.499 |
| Lysine | g | 1.856 | 0 | 5.252 | 1.578 |
| Methionine | g | 0.571 | 0 | 1.616 | 0.485 |
| Cystine | g | 0.250 | 0 | 0.708 | 0.213 |
| Phenylalanine | g | 0.871 | 0 | 2.465 | 0.740 |
| Tyrosine | g | 0.750 | 0 | 2.123 | 0.637 |
| Valine | g | 1.085 | 0 | 3.071 | 0.922 |
| Arginine | g | 1.410 | 0 | 3.990 | 1.198 |
| Histidine | g | 0.764 | 0 | 2.162 | 0.649 |
| Alanine | g | 1.346 | 0 | 3.809 | 1.144 |
| Aspartic acid | g | 2.038 | 0 | 5.768 | 1.732 |
| Glutamic acid | g | 3.352 | 0 | 9.486 | 2.849 |
| Glycine | g | 1.217 | 0 | 3.444 | 1.034 |
| Proline | g | 0.985 | 0 | 2.788 | 0.837 |
| Serine | g | 0.853 | 0 | 2.414 | 0.725 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13126 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 54.15 | | 0 | 15.35 | 245.62 | |
| Energy | kcal | 315 | | 0 | 89 | 1429 | |
| Energy | kj | 1318 | | 0 | 374 | 5978 | |
| Protein (N x 5.95) | g | 16.56 | | 0 | 4.69 | 75.12 | |
| Total lipid (fat) | g | 27.08 | | 0 | 7.68 | 122.83 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.79 | | 0 | 0.22 | 3.58 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 3 | 45 | |
| Iron | mg | 1.75 | | 0 | 0.50 | 7.94 | |
| Magnesium | mg | 16 | | 0 | 5 | 73 | |
| Phosphorus | mg | 158 | | 0 | 45 | 717 | |
| Potassium | mg | 281 | | 0 | 80 | 1275 | |
| Sodium | mg | 53 | | 0 | 15 | 240 | |
| Zinc | mg | 3.56 | | 0 | 1.01 | 16.15 | |
| Copper | mg | 0.057 | | 0 | 0.016 | 0.259 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.054 | |
| Selenium | :g | 16.2 | | 0 | 4.6 | 73.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.023 | 0.363 | |
| Riboflavin | mg | 0.120 | | 0 | 0.034 | 0.544 | |
| Niacin | mg | 3.050 | | 0 | 0.865 | 13.835 | |
| Pantothenic acid | mg | 0.280 | | 0 | 0.079 | 1.270 | |
| Vitamin B-6 | mg | 0.340 | | 0 | 0.096 | 1.542 | |
| Folate | :g | 5 | | 0 | 1 | 23 | |
| Vitamin B-12 | :g | 2.94 | | 0 | 0.83 | 13.34 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 11.090 | | 0 | 3.144 | 50.304 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.090 | | 0 | 0.026 | 0.408 | |
| 12:0 | g | 0.060 | | 0 | 0.017 | 0.272 | |
| 14:0 | g | 0.880 | | 0 | 0.249 | 3.992 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.670 | | 0 | 1.891 | 30.255 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.380 | | 0 | 0.958 | 15.332 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 11.770 | 0 | 3.337 | 53.389 |
| 14:1 | g | | | | |
| 16:1 | g | 1.370 | 0 | 0.388 | 6.214 |
| 18:1 | g | 10.370 | 0 | 2.940 | 47.038 |
| 20:1 | g | 0.040 | 0 | 0.011 | 0.181 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.960 | 0 | 0.272 | 4.355 |
| 18:2 | g | 0.610 | 0 | 0.173 | 2.767 |
| 18:3 | g | 0.330 | 0 | 0.094 | 1.497 |
| 18:4 | g | | | | |
| 20:4 | g | 0.010 | 0 | 0.003 | 0.045 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 71 | 0 | 20 | 322 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.185 | 0 | 0.052 | 0.839 |
| Threonine | g | 0.723 | 0 | 0.205 | 3.280 |
| Isoleucine | g | 0.744 | 0 | 0.211 | 3.375 |
| Leucine | g | 1.309 | 0 | 0.371 | 5.938 |
| Lysine | g | 1.377 | 0 | 0.390 | 6.246 |
| Methionine | g | 0.424 | 0 | 0.120 | 1.923 |
| Cystine | g | 0.185 | 0 | 0.052 | 0.839 |
| Phenylalanine | g | 0.646 | 0 | 0.183 | 2.930 |
| Tyrosine | g | 0.556 | 0 | 0.158 | 2.522 |
| Valine | g | 0.805 | 0 | 0.228 | 3.651 |
| Arginine | g | 1.046 | 0 | 0.297 | 4.745 |
| Histidine | g | 0.567 | 0 | 0.161 | 2.572 |
| Alanine | g | 0.999 | 0 | 0.283 | 4.531 |
| Aspartic acid | g | 1.513 | 0 | 0.429 | 6.863 |
| Glutamic acid | g | 2.487 | 0 | 0.705 | 11.281 |
| Glycine | g | 0.903 | 0 | 0.256 | 4.096 |
| Proline | g | 0.731 | 0 | 0.207 | 3.316 |
| Serine | g | 0.633 | 0 | 0.179 | 2.871 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13127 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

**Refuse:** 2% Bone

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 272g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 47.23 | | 0 | 128.47 | 40.15 | |
| Energy | kcal | 349 | | 0 | 949 | 297 | |
| Energy | kj | 1460 | | 0 | 3971 | 1241 | |
| Protein (N x 5.95) | g | 23.52 | | 0 | 63.97 | 19.99 | |
| Total lipid (fat) | g | 27.61 | | 0 | 75.10 | 23.47 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.03 | | 0 | 2.80 | 0.88 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 35 | 11 | |
| Iron | mg | 2.18 | | 0 | 5.93 | 1.85 | |
| Magnesium | mg | 22 | | 0 | 60 | 19 | |
| Phosphorus | mg | 174 | | 0 | 473 | 148 | |
| Potassium | mg | 322 | | 0 | 876 | 274 | |
| Sodium | mg | 62 | | 0 | 169 | 53 | |
| Zinc | mg | 5.54 | | 0 | 15.07 | 4.71 | |
| Copper | mg | 0.086 | | 0 | 0.234 | 0.073 | |
| Manganese | mg | 0.014 | | 0 | 0.038 | 0.012 | |
| Selenium | :g | 21.6 | | 0 | 58.8 | 18.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.245 | 0.077 | |
| Riboflavin | mg | 0.180 | | 0 | 0.490 | 0.153 | |
| Niacin | mg | 3.960 | | 0 | 10.771 | 3.366 | |
| Pantothenic acid | mg | 0.290 | | 0 | 0.789 | 0.247 | |
| Vitamin B-6 | mg | 0.330 | | 0 | 0.898 | 0.281 | |
| Folate | :g | 7 | | 0 | 19 | 6 | |
| Vitamin B-12 | :g | 2.88 | | 0 | 7.83 | 2.45 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 11.180 | | 0 | 30.410 | 9.503 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.080 | | 0 | 0.218 | 0.068 | |
| 12:0 | g | 0.070 | | 0 | 0.190 | 0.060 | |
| 14:0 | g | 0.900 | | 0 | 2.448 | 0.765 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.850 | | 0 | 18.632 | 5.822 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.270 | | 0 | 8.894 | 2.780 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 11.850 | 0 | 32.232 | 10.072 |
| 14:1 | g | | | | |
| 16:1 | g | 1.130 | 0 | 3.074 | 0.961 |
| 18:1 | g | 10.670 | 0 | 29.022 | 9.069 |
| 20:1 | g | 0.040 | 0 | 0.109 | 0.034 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.960 | 0 | 2.611 | 0.816 |
| 18:2 | g | 0.650 | 0 | 1.768 | 0.553 |
| 18:3 | g | 0.290 | 0 | 0.789 | 0.247 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.054 | 0.017 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 84 | 0 | 228 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.263 | 0 | 0.715 | 0.224 |
| Threonine | g | 1.027 | 0 | 2.793 | 0.873 |
| Isoleucine | g | 1.057 | 0 | 2.875 | 0.898 |
| Leucine | g | 1.859 | 0 | 5.056 | 1.580 |
| Lysine | g | 1.957 | 0 | 5.323 | 1.663 |
| Methionine | g | 0.602 | 0 | 1.637 | 0.512 |
| Cystine | g | 0.263 | 0 | 0.715 | 0.224 |
| Phenylalanine | g | 0.918 | 0 | 2.497 | 0.780 |
| Tyrosine | g | 0.790 | 0 | 2.149 | 0.672 |
| Valine | g | 1.144 | 0 | 3.112 | 0.972 |
| Arginine | g | 1.486 | 0 | 4.042 | 1.263 |
| Histidine | g | 0.805 | 0 | 2.190 | 0.684 |
| Alanine | g | 1.419 | 0 | 3.860 | 1.206 |
| Aspartic acid | g | 2.148 | 0 | 5.843 | 1.826 |
| Glutamic acid | g | 3.533 | 0 | 9.610 | 3.003 |
| Glycine | g | 1.283 | 0 | 3.490 | 1.091 |
| Proline | g | 1.038 | 0 | 2.823 | 0.882 |
| Serine | g | 0.899 | 0 | 2.445 | 0.764 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13128 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

**Refuse:** 2% Bone

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 279g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 46.46 | | 0 | 129.62 | 39.49 | |
| Energy | kcal | 367 | | 0 | 1024 | 312 | |
| Energy | kj | 1536 | | 0 | 4285 | 1306 | |
| Protein (N x 5.95) | g | 21.98 | | 0 | 61.32 | 18.68 | |
| Total lipid (fat) | g | 30.24 | | 0 | 84.37 | 25.70 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.08 | | 0 | 3.01 | 0.92 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 36 | 11 | |
| Iron | mg | 2.35 | | 0 | 6.56 | 2.00 | |
| Magnesium | mg | 19 | | 0 | 53 | 16 | |
| Phosphorus | mg | 178 | | 0 | 497 | 151 | |
| Potassium | mg | 314 | | 0 | 876 | 267 | |
| Sodium | mg | 62 | | 0 | 173 | 53 | |
| Zinc | mg | 4.77 | | 0 | 13.31 | 4.05 | |
| Copper | mg | 0.076 | | 0 | 0.212 | 0.065 | |
| Manganese | mg | 0.013 | | 0 | 0.036 | 0.011 | |
| Selenium | :g | 22.2 | | 0 | 61.9 | 18.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.060 | | 0 | 0.167 | 0.051 | |
| Riboflavin | mg | 0.160 | | 0 | 0.446 | 0.136 | |
| Niacin | mg | 3.090 | | 0 | 8.621 | 2.626 | |
| Pantothenic acid | mg | 0.230 | | 0 | 0.642 | 0.196 | |
| Vitamin B-6 | mg | 0.240 | | 0 | 0.670 | 0.204 | |
| Folate | :g | 6 | | 0 | 17 | 5 | |
| Vitamin B-12 | :g | 2.82 | | 0 | 7.87 | 2.40 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 12.190 | | 0 | 34.010 | 10.361 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.100 | | 0 | 0.279 | 0.085 | |
| 12:0 | g | 0.080 | | 0 | 0.223 | 0.068 | |
| 14:0 | g | 0.980 | | 0 | 2.734 | 0.833 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 7.520 | | 0 | 20.981 | 6.392 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.510 | | 0 | 9.793 | 2.983 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 13.080 | 0 | 36.493 | 11.118 |
| 14:1 | g | | | | |
| 16:1 | g | 1.330 | 0 | 3.711 | 1.131 |
| 18:1 | g | 11.690 | 0 | 32.615 | 9.937 |
| 20:1 | g | 0.060 | 0 | 0.167 | 0.051 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 1.110 | 0 | 3.097 | 0.944 |
| 18:2 | g | 0.720 | 0 | 2.009 | 0.612 |
| 18:3 | g | 0.370 | 0 | 1.032 | 0.315 |
| 18:4 | g | | | | |
| 20:4 | g | 0.010 | 0 | 0.028 | 0.009 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 84 | 0 | 234 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.246 | 0 | 0.686 | 0.209 |
| Threonine | g | 0.960 | 0 | 2.678 | 0.816 |
| Isoleucine | g | 0.988 | 0 | 2.757 | 0.840 |
| Leucine | g | 1.738 | 0 | 4.849 | 1.477 |
| Lysine | g | 1.829 | 0 | 5.103 | 1.555 |
| Methionine | g | 0.563 | 0 | 1.571 | 0.479 |
| Cystine | g | 0.246 | 0 | 0.686 | 0.209 |
| Phenylalanine | g | 0.858 | 0 | 2.394 | 0.729 |
| Tyrosine | g | 0.739 | 0 | 2.062 | 0.628 |
| Valine | g | 1.069 | 0 | 2.983 | 0.909 |
| Arginine | g | 1.389 | 0 | 3.875 | 1.181 |
| Histidine | g | 0.753 | 0 | 2.101 | 0.640 |
| Alanine | g | 1.326 | 0 | 3.700 | 1.127 |
| Aspartic acid | g | 2.008 | 0 | 5.602 | 1.707 |
| Glutamic acid | g | 3.303 | 0 | 9.215 | 2.808 |
| Glycine | g | 1.199 | 0 | 3.345 | 1.019 |
| Proline | g | 0.971 | 0 | 2.709 | 0.825 |
| Serine | g | 0.841 | 0 | 2.346 | 0.715 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13129 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, select, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 56.85 | | 0 | 16.12 | 257.87 | |
| Energy | kcal | 286 | | 0 | 81 | 1297 | |
| Energy | kj | 1197 | | 0 | 339 | 5430 | |
| Protein (N x 5.95) | g | 16.91 | | 0 | 4.79 | 76.70 | |
| Total lipid (fat) | g | 23.67 | | 0 | 6.71 | 107.37 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.81 | | 0 | 0.23 | 3.67 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 3 | 45 | |
| Iron | mg | 1.79 | | 0 | 0.51 | 8.12 | |
| Magnesium | mg | 17 | | 0 | 5 | 77 | |
| Phosphorus | mg | 161 | | 0 | 46 | 730 | |
| Potassium | mg | 290 | | 0 | 82 | 1315 | |
| Sodium | mg | 54 | | 0 | 15 | 245 | |
| Zinc | mg | 3.67 | | 0 | 1.04 | 16.65 | |
| Copper | mg | 0.058 | | 0 | 0.016 | 0.263 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.054 | |
| Selenium | :g | 16.2 | | 0 | 4.6 | 73.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.023 | 0.363 | |
| Riboflavin | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| Niacin | mg | 3.110 | | 0 | 0.882 | 14.107 | |
| Pantothenic acid | mg | 0.280 | | 0 | 0.079 | 1.270 | |
| Vitamin B-6 | mg | 0.350 | | 0 | 0.099 | 1.588 | |
| Folate | :g | 5 | | 0 | 1 | 23 | |
| Vitamin B-12 | :g | 3.00 | | 0 | 0.85 | 13.61 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.710 | | 0 | 2.753 | 44.045 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.080 | | 0 | 0.023 | 0.363 | |
| 12:0 | g | 0.060 | | 0 | 0.017 | 0.272 | |
| 14:0 | g | 0.770 | | 0 | 0.218 | 3.493 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.840 | | 0 | 1.656 | 26.490 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.960 | | 0 | 0.839 | 13.427 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 10.290 | 0 | 2.917 | 46.675 |
| 14:1 | g | | | | |
| 16:1 | g | 1.200 | 0 | 0.340 | 5.443 |
| 18:1 | g | 9.050 | 0 | 2.566 | 41.051 |
| 20:1 | g | 0.040 | 0 | 0.011 | 0.181 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.840 | 0 | 0.238 | 3.810 |
| 18:2 | g | 0.530 | 0 | 0.150 | 2.404 |
| 18:3 | g | 0.290 | 0 | 0.082 | 1.315 |
| 18:4 | g | | | | |
| 20:4 | g | 0.010 | 0 | 0.003 | 0.045 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 70 | 0 | 20 | 318 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.189 | 0 | 0.054 | 0.857 |
| Threonine | g | 0.739 | 0 | 0.210 | 3.352 |
| Isoleucine | g | 0.760 | 0 | 0.215 | 3.447 |
| Leucine | g | 1.337 | 0 | 0.379 | 6.065 |
| Lysine | g | 1.407 | 0 | 0.399 | 6.382 |
| Methionine | g | 0.433 | 0 | 0.123 | 1.964 |
| Cystine | g | 0.189 | 0 | 0.054 | 0.857 |
| Phenylalanine | g | 0.660 | 0 | 0.187 | 2.994 |
| Tyrosine | g | 0.568 | 0 | 0.161 | 2.576 |
| Valine | g | 0.823 | 0 | 0.233 | 3.733 |
| Arginine | g | 1.069 | 0 | 0.303 | 4.849 |
| Histidine | g | 0.579 | 0 | 0.164 | 2.626 |
| Alanine | g | 1.020 | 0 | 0.289 | 4.627 |
| Aspartic acid | g | 1.545 | 0 | 0.438 | 7.008 |
| Glutamic acid | g | 2.541 | 0 | 0.720 | 11.526 |
| Glycine | g | 0.923 | 0 | 0.262 | 4.187 |
| Proline | g | 0.747 | 0 | 0.212 | 3.388 |
| Serine | g | 0.647 | 0 | 0.183 | 2.935 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13130 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 265g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 49.07 | | 0 | 130.04 | 41.71 | |
| Energy | kcal | 321 | | 0 | 851 | 273 | |
| Energy | kj | 1343 | | 0 | 3559 | 1142 | |
| Protein (N x 5.95) | g | 23.86 | | 0 | 63.23 | 20.28 | |
| Total lipid (fat) | g | 24.25 | | 0 | 64.26 | 20.61 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.04 | | 0 | 2.76 | 0.88 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 34 | 11 | |
| Iron | mg | 2.21 | | 0 | 5.86 | 1.88 | |
| Magnesium | mg | 22 | | 0 | 58 | 19 | |
| Phosphorus | mg | 176 | | 0 | 466 | 150 | |
| Potassium | mg | 328 | | 0 | 869 | 279 | |
| Sodium | mg | 62 | | 0 | 164 | 53 | |
| Zinc | mg | 5.65 | | 0 | 14.97 | 4.80 | |
| Copper | mg | 0.087 | | 0 | 0.231 | 0.074 | |
| Manganese | mg | 0.014 | | 0 | 0.037 | 0.012 | |
| Selenium | :g | 21.7 | | 0 | 57.5 | 18.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.239 | 0.077 | |
| Riboflavin | mg | 0.190 | | 0 | 0.504 | 0.161 | |
| Niacin | mg | 4.020 | | 0 | 10.653 | 3.417 | |
| Pantothenic acid | mg | 0.290 | | 0 | 0.769 | 0.247 | |
| Vitamin B-6 | mg | 0.340 | | 0 | 0.901 | 0.289 | |
| Folate | :g | 7 | | 0 | 19 | 6 | |
| Vitamin B-12 | :g | 2.91 | | 0 | 7.71 | 2.47 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.820 | | 0 | 26.023 | 8.347 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.070 | | 0 | 0.186 | 0.060 | |
| 12:0 | g | 0.070 | | 0 | 0.186 | 0.060 | |
| 14:0 | g | 0.790 | | 0 | 2.094 | 0.672 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.030 | | 0 | 15.979 | 5.126 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.860 | | 0 | 7.579 | 2.431 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 10.420 | 0 | 27.613 | 8.857 |
| 14:1 | g | | | | |
| 16:1 | g | 1.000 | 0 | 2.650 | 0.850 |
| 18:1 | g | 9.370 | 0 | 24.830 | 7.964 |
| 20:1 | g | 0.040 | 0 | 0.106 | 0.034 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.850 | 0 | 2.252 | 0.723 |
| 18:2 | g | 0.570 | 0 | 1.510 | 0.484 |
| 18:3 | g | 0.260 | 0 | 0.689 | 0.221 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.053 | 0.017 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 84 | 0 | 223 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.267 | 0 | 0.708 | 0.227 |
| Threonine | g | 1.042 | 0 | 2.761 | 0.886 |
| Isoleucine | g | 1.073 | 0 | 2.843 | 0.912 |
| Leucine | g | 1.886 | 0 | 4.998 | 1.603 |
| Lysine | g | 1.986 | 0 | 5.263 | 1.688 |
| Methionine | g | 0.611 | 0 | 1.619 | 0.519 |
| Cystine | g | 0.267 | 0 | 0.708 | 0.227 |
| Phenylalanine | g | 0.932 | 0 | 2.470 | 0.792 |
| Tyrosine | g | 0.802 | 0 | 2.125 | 0.682 |
| Valine | g | 1.161 | 0 | 3.077 | 0.987 |
| Arginine | g | 1.508 | 0 | 3.996 | 1.282 |
| Histidine | g | 0.817 | 0 | 2.165 | 0.694 |
| Alanine | g | 1.440 | 0 | 3.816 | 1.224 |
| Aspartic acid | g | 2.180 | 0 | 5.777 | 1.853 |
| Glutamic acid | g | 3.585 | 0 | 9.500 | 3.047 |
| Glycine | g | 1.302 | 0 | 3.450 | 1.107 |
| Proline | g | 1.054 | 0 | 2.793 | 0.896 |
| Serine | g | 0.913 | 0 | 2.419 | 0.776 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13131 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, select, cooked, roasted

**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 | Samples | Measure 1* 286g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 50.07 | | 0 | 143.20 | 42.56 | |
| Energy | kcal | 331 | | 0 | 947 | 281 | |
| Energy | kj | 1385 | | 0 | 3961 | 1177 | |
| Protein (N x 5.95) | g | 22.47 | | 0 | 64.26 | 19.10 | |
| Total lipid (fat) | g | 26.11 | | 0 | 74.67 | 22.19 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.10 | | 0 | 3.15 | 0.94 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 37 | 11 | |
| Iron | mg | 2.41 | | 0 | 6.89 | 2.05 | |
| Magnesium | mg | 20 | | 0 | 57 | 17 | |
| Phosphorus | mg | 183 | | 0 | 523 | 156 | |
| Potassium | mg | 323 | | 0 | 924 | 275 | |
| Sodium | mg | 63 | | 0 | 180 | 54 | |
| Zinc | mg | 4.91 | | 0 | 14.04 | 4.17 | |
| Copper | mg | 0.077 | | 0 | 0.220 | 0.065 | |
| Manganese | mg | 0.013 | | 0 | 0.037 | 0.011 | |
| Selenium | :g | 22.3 | | 0 | 63.8 | 19.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.060 | | 0 | 0.172 | 0.051 | |
| Riboflavin | mg | 0.160 | | 0 | 0.458 | 0.136 | |
| Niacin | mg | 3.150 | | 0 | 9.009 | 2.678 | |
| Pantothenic acid | mg | 0.240 | | 0 | 0.686 | 0.204 | |
| Vitamin B-6 | mg | 0.240 | | 0 | 0.686 | 0.204 | |
| Folate | :g | 6 | | 0 | 17 | 5 | |
| Vitamin B-12 | :g | 2.87 | | 0 | 8.21 | 2.44 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 10.490 | | 0 | 30.001 | 8.916 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.080 | | 0 | 0.229 | 0.068 | |
| 12:0 | g | 0.070 | | 0 | 0.200 | 0.060 | |
| 14:0 | g | 0.840 | | 0 | 2.402 | 0.714 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.470 | | 0 | 18.504 | 5.499 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.030 | | 0 | 8.666 | 2.575 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 11.280 | 0 | 32.261 | 9.588 |
| 14:1 | g | | | | |
| 16:1 | g | 1.120 | 0 | 3.203 | 0.952 |
| 18:1 | g | 10.110 | 0 | 28.915 | 8.593 |
| 20:1 | g | 0.060 | 0 | 0.172 | 0.051 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.950 | 0 | 2.717 | 0.808 |
| 18:2 | g | 0.630 | 0 | 1.802 | 0.536 |
| 18:3 | g | 0.300 | 0 | 0.858 | 0.255 |
| 18:4 | g | | | | |
| 20:4 | g | 0.010 | 0 | 0.029 | 0.009 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 83 | 0 | 237 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.252 | 0 | 0.721 | 0.214 |
| Threonine | g | 0.981 | 0 | 2.806 | 0.834 |
| Isoleucine | g | 1.010 | 0 | 2.889 | 0.859 |
| Leucine | g | 1.776 | 0 | 5.079 | 1.510 |
| Lysine | g | 1.869 | 0 | 5.345 | 1.589 |
| Methionine | g | 0.575 | 0 | 1.644 | 0.489 |
| Cystine | g | 0.252 | 0 | 0.721 | 0.214 |
| Phenylalanine | g | 0.877 | 0 | 2.508 | 0.745 |
| Tyrosine | g | 0.755 | 0 | 2.159 | 0.642 |
| Valine | g | 1.093 | 0 | 3.126 | 0.929 |
| Arginine | g | 1.420 | 0 | 4.061 | 1.207 |
| Histidine | g | 0.769 | 0 | 2.199 | 0.654 |
| Alanine | g | 1.355 | 0 | 3.875 | 1.152 |
| Aspartic acid | g | 2.053 | 0 | 5.872 | 1.745 |
| Glutamic acid | g | 3.376 | 0 | 9.655 | 2.870 |
| Glycine | g | 1.226 | 0 | 3.506 | 1.042 |
| Proline | g | 0.992 | 0 | 2.837 | 0.843 |
| Serine | g | 0.859 | 0 | 2.457 | 0.730 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13132 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, prime, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 52.51 | | 0 | 14.89 | 238.19 | |
| Energy | kcal | 342 | | 0 | 97 | 1551 | |
| Energy | kj | 1431 | | 0 | 406 | 6491 | |
| Protein (N x 5.95) | g | 16.56 | | 0 | 4.69 | 75.12 | |
| Total lipid (fat) | g | 30.08 | | 0 | 8.53 | 136.44 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.79 | | 0 | 0.22 | 3.58 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 3 | 45 | |
| Iron | mg | 1.75 | | 0 | 0.50 | 7.94 | |
| Magnesium | mg | 16 | | 0 | 5 | 73 | |
| Phosphorus | mg | 158 | | 0 | 45 | 717 | |
| Potassium | mg | 281 | | 0 | 80 | 1275 | |
| Sodium | mg | 53 | | 0 | 15 | 240 | |
| Zinc | mg | 3.56 | | 0 | 1.01 | 16.15 | |
| Copper | mg | 0.057 | | 0 | 0.016 | 0.259 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.054 | |
| Selenium | :g | 16.1 | | 0 | 4.6 | 73.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.023 | 0.363 | |
| Riboflavin | mg | 0.120 | | 0 | 0.034 | 0.544 | |
| Niacin | mg | 3.050 | | 0 | 0.865 | 13.835 | |
| Pantothenic acid | mg | 0.280 | | 0 | 0.079 | 1.270 | |
| Vitamin B-6 | mg | 0.340 | | 0 | 0.096 | 1.542 | |
| Folate | :g | 5 | | 0 | 1 | 23 | |
| Vitamin B-12 | :g | 2.94 | | 0 | 0.83 | 13.34 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 12.450 | | 0 | 3.530 | 56.473 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.100 | | 0 | 0.028 | 0.454 | |
| 12:0 | g | 0.070 | | 0 | 0.020 | 0.318 | |
| 14:0 | g | 0.970 | | 0 | 0.275 | 4.400 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 7.370 | | 0 | 2.089 | 33.430 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.770 | | 0 | 1.069 | 17.101 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 13.230 | 0 | 3.751 | 60.011 |
| 14:1 | g | | | | |
| 16:1 | g | 1.470 | 0 | 0.417 | 6.668 |
| 18:1 | g | 11.550 | 0 | 3.274 | 52.391 |
| 20:1 | g | 0.040 | 0 | 0.011 | 0.181 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.070 | 0 | 0.303 | 4.854 |
| 18:2 | g | 0.700 | 0 | 0.198 | 3.175 |
| 18:3 | g | 0.330 | 0 | 0.094 | 1.497 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 71 | 0 | 20 | 322 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.185 | 0 | 0.052 | 0.839 |
| Threonine | g | 0.723 | 0 | 0.205 | 3.280 |
| Isoleucine | g | 0.744 | 0 | 0.211 | 3.375 |
| Leucine | g | 1.309 | 0 | 0.371 | 5.938 |
| Lysine | g | 1.377 | 0 | 0.390 | 6.246 |
| Methionine | g | 0.424 | 0 | 0.120 | 1.923 |
| Cystine | g | 0.185 | 0 | 0.052 | 0.839 |
| Phenylalanine | g | 0.646 | 0 | 0.183 | 2.930 |
| Tyrosine | g | 0.556 | 0 | 0.158 | 2.522 |
| Valine | g | 0.805 | 0 | 0.228 | 3.651 |
| Arginine | g | 1.046 | 0 | 0.297 | 4.745 |
| Histidine | g | 0.567 | 0 | 0.161 | 2.572 |
| Alanine | g | 0.999 | 0 | 0.283 | 4.531 |
| Aspartic acid | g | 1.513 | 0 | 0.429 | 6.863 |
| Glutamic acid | g | 2.487 | 0 | 0.705 | 11.281 |
| Glycine | g | 0.903 | 0 | 0.256 | 4.096 |
| Proline | g | 0.731 | 0 | 0.207 | 3.316 |
| Serine | g | 0.633 | 0 | 0.179 | 2.871 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13133 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, prime, 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 | Samples | Measure 1* 272g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 46.81 | | 0 | 127.32 | 39.79 | |
| Energy | kcal | 361 | | 0 | 982 | 307 | |
| Energy | kj | 1510 | | 0 | 4107 | 1284 | |
| Protein (N x 5.95) | g | 23.86 | | 0 | 64.90 | 20.28 | |
| Total lipid (fat) | g | 28.68 | | 0 | 78.01 | 24.38 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.04 | | 0 | 2.83 | 0.88 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 35 | 11 | |
| Iron | mg | 2.21 | | 0 | 6.01 | 1.88 | |
| Magnesium | mg | 22 | | 0 | 60 | 19 | |
| Phosphorus | mg | 176 | | 0 | 479 | 150 | |
| Potassium | mg | 328 | | 0 | 892 | 279 | |
| Sodium | mg | 62 | | 0 | 169 | 53 | |
| Zinc | mg | 5.65 | | 0 | 15.37 | 4.80 | |
| Copper | mg | 0.087 | | 0 | 0.237 | 0.074 | |
| Manganese | mg | 0.014 | | 0 | 0.038 | 0.012 | |
| Selenium | :g | 21.5 | | 0 | 58.5 | 18.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.245 | 0.077 | |
| Riboflavin | mg | 0.190 | | 0 | 0.517 | 0.161 | |
| Niacin | mg | 4.020 | | 0 | 10.934 | 3.417 | |
| Pantothenic acid | mg | 0.290 | | 0 | 0.789 | 0.247 | |
| Vitamin B-6 | mg | 0.340 | | 0 | 0.925 | 0.289 | |
| Folate | :g | 7 | | 0 | 19 | 6 | |
| Vitamin B-12 | :g | 2.91 | | 0 | 7.92 | 2.47 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 11.840 | | 0 | 32.205 | 10.064 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.070 | | 0 | 0.190 | 0.060 | |
| 12:0 | g | 0.070 | | 0 | 0.190 | 0.060 | |
| 14:0 | g | 0.940 | | 0 | 2.557 | 0.799 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 7.090 | | 0 | 19.285 | 6.026 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.450 | | 0 | 9.384 | 2.933 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 12.480 | 0 | 33.946 | 10.608 |
| 14:1 | g | | | | |
| 16:1 | g | 1.160 | 0 | 3.155 | 0.986 |
| 18:1 | g | 11.100 | 0 | 30.192 | 9.435 |
| 20:1 | g | 0.050 | 0 | 0.136 | 0.043 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.000 | 0 | 2.720 | 0.850 |
| 18:2 | g | 0.670 | 0 | 1.822 | 0.570 |
| 18:3 | g | 0.270 | 0 | 0.734 | 0.230 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.109 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 84 | 0 | 228 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.267 | 0 | 0.726 | 0.227 |
| Threonine | g | 1.042 | 0 | 2.834 | 0.886 |
| Isoleucine | g | 1.073 | 0 | 2.919 | 0.912 |
| Leucine | g | 1.886 | 0 | 5.130 | 1.603 |
| Lysine | g | 1.986 | 0 | 5.402 | 1.688 |
| Methionine | g | 0.611 | 0 | 1.662 | 0.519 |
| Cystine | g | 0.267 | 0 | 0.726 | 0.227 |
| Phenylalanine | g | 0.932 | 0 | 2.535 | 0.792 |
| Tyrosine | g | 0.802 | 0 | 2.181 | 0.682 |
| Valine | g | 1.161 | 0 | 3.158 | 0.987 |
| Arginine | g | 1.508 | 0 | 4.102 | 1.282 |
| Histidine | g | 0.817 | 0 | 2.222 | 0.694 |
| Alanine | g | 1.440 | 0 | 3.917 | 1.224 |
| Aspartic acid | g | 2.180 | 0 | 5.930 | 1.853 |
| Glutamic acid | g | 3.585 | 0 | 9.751 | 3.047 |
| Glycine | g | 1.302 | 0 | 3.541 | 1.107 |
| Proline | g | 1.054 | 0 | 2.867 | 0.896 |
| Serine | g | 0.913 | 0 | 2.483 | 0.776 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13134 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, prime, cooked, roasted

**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 | Samples | Measure 1* 276g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 41.33 | | 0 | 114.07 | 35.13 | |
| Energy | kcal | 417 | | 0 | 1151 | 354 | |
| Energy | kj | 1745 | | 0 | 4816 | 1483 | |
| Protein (N x 5.95) | g | 21.91 | | 0 | 60.47 | 18.62 | |
| Total lipid (fat) | g | 35.86 | | 0 | 98.97 | 30.48 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.90 | | 0 | 2.48 | 0.77 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 36 | 11 | |
| Iron | mg | 1.93 | | 0 | 5.33 | 1.64 | |
| Magnesium | mg | 19 | | 0 | 52 | 16 | |
| Phosphorus | mg | 176 | | 0 | 486 | 150 | |
| Potassium | mg | 318 | | 0 | 878 | 270 | |
| Sodium | mg | 65 | | 0 | 179 | 55 | |
| Zinc | mg | 4.75 | | 0 | 13.11 | 4.04 | |
| Copper | mg | 0.076 | | 0 | 0.210 | 0.065 | |
| Manganese | mg | 0.013 | | 0 | 0.036 | 0.011 | |
| Selenium | :g | 22.1 | | 0 | 61.0 | 18.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.060 | | 0 | 0.166 | 0.051 | |
| Riboflavin | mg | 0.160 | | 0 | 0.442 | 0.136 | |
| Niacin | mg | 3.010 | | 0 | 8.308 | 2.559 | |
| Pantothenic acid | mg | 0.350 | | 0 | 0.966 | 0.298 | |
| Vitamin B-6 | mg | 0.300 | | 0 | 0.828 | 0.255 | |
| Folate | :g | 6 | | 0 | 17 | 5 | |
| Vitamin B-12 | :g | 2.84 | | 0 | 7.84 | 2.41 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 14.810 | | 0 | 40.876 | 12.589 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.090 | | 0 | 0.248 | 0.077 | |
| 12:0 | g | 0.080 | | 0 | 0.221 | 0.068 | |
| 14:0 | g | 1.170 | | 0 | 3.229 | 0.995 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 8.870 | | 0 | 24.481 | 7.539 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 4.310 | | 0 | 11.896 | 3.663 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 15.600 | 0 | 43.056 | 13.260 |
| 14:1 | g | | | | |
| 16:1 | g | 1.450 | 0 | 4.002 | 1.232 |
| 18:1 | g | 13.870 | 0 | 38.281 | 11.790 |
| 20:1 | g | 0.060 | 0 | 0.166 | 0.051 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.250 | 0 | 3.450 | 1.063 |
| 18:2 | g | 0.840 | 0 | 2.318 | 0.714 |
| 18:3 | g | 0.350 | 0 | 0.966 | 0.298 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.110 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 84 | 0 | 232 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.245 | 0 | 0.676 | 0.208 |
| Threonine | g | 0.957 | 0 | 2.641 | 0.813 |
| Isoleucine | g | 0.985 | 0 | 2.719 | 0.837 |
| Leucine | g | 1.732 | 0 | 4.780 | 1.472 |
| Lysine | g | 1.823 | 0 | 5.031 | 1.550 |
| Methionine | g | 0.561 | 0 | 1.548 | 0.477 |
| Cystine | g | 0.245 | 0 | 0.676 | 0.208 |
| Phenylalanine | g | 0.855 | 0 | 2.360 | 0.727 |
| Tyrosine | g | 0.736 | 0 | 2.031 | 0.626 |
| Valine | g | 1.066 | 0 | 2.942 | 0.906 |
| Arginine | g | 1.385 | 0 | 3.823 | 1.177 |
| Histidine | g | 0.750 | 0 | 2.070 | 0.637 |
| Alanine | g | 1.322 | 0 | 3.649 | 1.124 |
| Aspartic acid | g | 2.002 | 0 | 5.526 | 1.702 |
| Glutamic acid | g | 3.292 | 0 | 9.086 | 2.798 |
| Glycine | g | 1.195 | 0 | 3.298 | 1.016 |
| Proline | g | 0.968 | 0 | 2.672 | 0.823 |
| Serine | g | 0.838 | 0 | 2.313 | 0.712 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13135 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, all grades, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 69.50 | | 1 | 19.70 | 315.25 | |
| Energy | kcal | 152 | | 0 | 43 | 689 | |
| Energy | kj | 636 | | 0 | 180 | 2885 | |
| Protein (N x 5.95) | g | 20.13 | 0.186 | 100 | 5.71 | 91.31 | |
| Total lipid (fat) | g | 7.30 | | 1 | 2.07 | 33.11 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.01 | 0.016 | 23 | 0.29 | 4.58 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | 0.912 | 10 | 3 | 45 | |
| Iron | mg | 2.18 | 0.046 | 65 | 0.62 | 9.89 | |
| Magnesium | mg | 22 | 0.270 | 37 | 6 | 100 | |
| Phosphorus | mg | 196 | 3.293 | 27 | 56 | 889 | |
| Potassium | mg | 373 | 8.242 | 37 | 106 | 1692 | |
| Sodium | mg | 63 | 1.607 | 37 | 18 | 286 | |
| Zinc | mg | 4.66 | 0.077 | 36 | 1.32 | 21.14 | |
| Copper | mg | 0.067 | 0.002 | 34 | 0.019 | 0.304 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 17.1 | | 0 | 4.8 | 77.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | 0.003 | 38 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.150 | 0.005 | 35 | 0.043 | 0.680 | |
| Niacin | mg | 3.740 | 0.183 | 38 | 1.060 | 16.965 | |
| Pantothenic acid | mg | 0.340 | | 1 | 0.096 | 1.542 | |
| Vitamin B-6 | mg | 0.420 | | 1 | 0.119 | 1.905 | |
| Folate | :g | 6 | 0.678 | 14 | 2 | 27 | |
| Vitamin B-12 | :g | 3.57 | 0.223 | 38 | 1.01 | 16.19 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.840 | | 0 | 0.805 | 12.882 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 40 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 40 | 0.000 | 0.000 | |
| 14:0 | g | 0.210 | | 40 | 0.060 | 0.953 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.700 | | 40 | 0.482 | 7.711 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.930 | | 40 | 0.264 | 4.218 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.130 | | 0 | 0.887 | 14.198 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.250 | | 40 | 0.071 | 1.134 |
| 18:1 | g | 2.870 | | 40 | 0.814 | 13.018 |
| 20:1 | g | 0.010 | | 40 | 0.003 | 0.045 |
| 22.1 | g | | | | | |
| Polyunsaturated, total | g | 0.240 | | 0 | 0.068 | 1.089 |
| 18:2 | g | 0.210 | | 40 | 0.060 | 0.953 |
| 18:3 | g | 0.010 | | 40 | 0.003 | 0.045 |
| 18:4 | g | | | | | |
| 20:4 | g | 0.020 | | 40 | 0.006 | 0.091 |
| 20:5 | g | | | | | |
| 22:5 | g | | | | | |
| 22:6 | g | | | | | |
| Cholesterol | mg | 59 | 0.712 | 33 | 17 | 268 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.225 | | 0 | 0.064 | 1.021 |
| Threonine | g | 0.879 | | 0 | 0.249 | 3.987 |
| Isoleucine | g | 0.905 | | 0 | 0.257 | 4.105 |
| Leucine | g | 1.591 | | 0 | 0.451 | 7.217 |
| Lysine | g | 1.675 | | 0 | 0.475 | 7.598 |
| Methionine | g | 0.515 | | 0 | 0.146 | 2.336 |
| Cystine | g | 0.225 | | 0 | 0.064 | 1.021 |
| Phenylalanine | g | 0.786 | | 0 | 0.223 | 3.565 |
| Tyrosine | g | 0.676 | | 0 | 0.192 | 3.066 |
| Valine | g | 0.979 | | 0 | 0.278 | 4.441 |
| Arginine | g | 1.272 | | 0 | 0.361 | 5.770 |
| Histidine | g | 0.689 | | 0 | 0.195 | 3.125 |
| Alanine | g | 1.214 | | 0 | 0.344 | 5.507 |
| Aspartic acid | g | 1.839 | | 0 | 0.521 | 8.342 |
| Glutamic acid | g | 3.025 | | 0 | 0.858 | 13.721 |
| Glycine | g | 1.098 | | 0 | 0.311 | 4.981 |
| Proline | g | 0.889 | | 0 | 0.252 | 4.033 |
| Serine | g | 0.770 | | 0 | 0.218 | 3.493 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13136 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

**Refuse:** 41% 21% bone, 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 | Samples | Measure 1* 201g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.00 | | 1 | 116.58 | 49.30 | |
| Energy | kcal | 221 | | 0 | 444 | 188 | |
| Energy | kj | 925 | | 0 | 1859 | 786 | |
| Protein (N x 5.95) | g | 28.04 | 0.520 | 10 | 56.36 | 23.83 | |
| Total lipid (fat) | g | 11.20 | | 1 | 22.51 | 9.52 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.23 | 0.036 | 9 | 2.47 | 1.05 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | 1.314 | 9 | 26 | 11 | |
| Iron | mg | 2.57 | 0.142 | 9 | 5.17 | 2.18 | |
| Magnesium | mg | 27 | 0.821 | 9 | 54 | 23 | |
| Phosphorus | mg | 208 | | 1 | 418 | 177 | |
| Potassium | mg | 394 | 10.256 | 9 | 792 | 335 | |
| Sodium | mg | 69 | 4.965 | 9 | 139 | 59 | |
| Zinc | mg | 6.99 | 0.696 | 8 | 14.05 | 5.94 | |
| Copper | mg | 0.100 | 0.006 | 8 | 0.201 | 0.085 | |
| Manganese | mg | 0.016 | | 1 | 0.032 | 0.014 | |
| Selenium | :g | 21.9 | | 0 | 44.0 | 18.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | 0.010 | 10 | 0.201 | 0.085 | |
| Riboflavin | mg | 0.220 | 0.007 | 9 | 0.442 | 0.187 | |
| Niacin | mg | 4.800 | 0.140 | 10 | 9.648 | 4.080 | |
| Pantothenic acid | mg | 0.340 | | 1 | 0.683 | 0.289 | |
| Vitamin B-6 | mg | 0.400 | | 1 | 0.804 | 0.340 | |
| Folate | :g | 8 | 0.733 | 10 | 16 | 7 | |
| Vitamin B-12 | :g | 3.32 | 0.570 | 10 | 6.67 | 2.82 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.281 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.520 | | 0 | 9.085 | 3.842 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 7 | 0.020 | 0.009 | |
| 12:0 | g | 0.010 | | 7 | 0.020 | 0.009 | |
| 14:0 | g | 0.350 | | 7 | 0.703 | 0.298 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.680 | | 7 | 5.387 | 2.278 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.480 | | 7 | 2.975 | 1.258 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.720 | | 0 | 9.487 | 4.012 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.380 | | 7 | 0.764 | 0.323 |
| 18:1 | g | 4.350 | | 7 | 8.743 | 3.697 |
| 20:1 | g | 0.000 | | 7 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.320 | | 0 | 0.643 | 0.272 |
| 18:2 | g | 0.270 | | 7 | 0.543 | 0.230 |
| 18:3 | g | 0.020 | | 7 | 0.040 | 0.017 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | | 7 | 0.060 | 0.026 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 80 | 1.472 | 7 | 161 | 68 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.314 | | 0 | 0.631 | 0.267 |
| Threonine | g | 1.225 | | 0 | 2.462 | 1.041 |
| Isoleucine | g | 1.261 | | 0 | 2.535 | 1.072 |
| Leucine | g | 2.216 | | 0 | 4.454 | 1.884 |
| Lysine | g | 2.333 | | 0 | 4.689 | 1.983 |
| Methionine | g | 0.718 | | 0 | 1.443 | 0.610 |
| Cystine | g | 0.314 | | 0 | 0.631 | 0.267 |
| Phenylalanine | g | 1.095 | | 0 | 2.201 | 0.931 |
| Tyrosine | g | 0.942 | | 0 | 1.893 | 0.801 |
| Valine | g | 1.364 | | 0 | 2.742 | 1.159 |
| Arginine | g | 1.772 | | 0 | 3.562 | 1.506 |
| Histidine | g | 0.960 | | 0 | 1.930 | 0.816 |
| Alanine | g | 1.691 | | 0 | 3.399 | 1.437 |
| Aspartic acid | g | 2.562 | | 0 | 5.150 | 2.178 |
| Glutamic acid | g | 4.212 | | 0 | 8.466 | 3.580 |
| Glycine | g | 1.530 | | 0 | 3.075 | 1.301 |
| Proline | g | 1.238 | | 0 | 2.488 | 1.052 |
| Serine | g | 1.072 | | 0 | 2.155 | 0.911 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13137 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

**Refuse:** 42% 19% bone, 23% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 203g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.98 | | 0 | 121.76 | 50.98 | |
| Energy | kcal | 218 | | 0 | 443 | 185 | |
| Energy | kj | 912 | | 0 | 1851 | 775 | |
| Protein (N x 5.95) | g | 26.84 | | 0 | 54.49 | 22.81 | |
| Total lipid (fat) | g | 11.49 | | 0 | 23.32 | 9.77 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.35 | | 0 | 2.74 | 1.15 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 12 | | 0 | 24 | 10 | |
| Iron | mg | 2.91 | | 0 | 5.91 | 2.47 | |
| Magnesium | mg | 25 | | 0 | 51 | 21 | |
| Phosphorus | mg | 222 | | 0 | 451 | 189 | |
| Potassium | mg | 398 | | 0 | 808 | 338 | |
| Sodium | mg | 71 | | 0 | 144 | 60 | |
| Zinc | mg | 6.21 | | 0 | 12.61 | 5.28 | |
| Copper | mg | 0.089 | | 0 | 0.181 | 0.076 | |
| Manganese | mg | 0.016 | | 0 | 0.032 | 0.014 | |
| Selenium | :g | 22.8 | | 0 | 46.3 | 19.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.142 | 0.060 | |
| Riboflavin | mg | 0.190 | | 0 | 0.386 | 0.161 | |
| Niacin | mg | 3.740 | | 0 | 7.592 | 3.179 | |
| Pantothenic acid | mg | 0.270 | | 0 | 0.548 | 0.230 | |
| Vitamin B-6 | mg | 0.280 | | 0 | 0.568 | 0.238 | |
| Folate | :g | 8 | | 0 | 16 | 7 | |
| Vitamin B-12 | :g | 3.33 | | 0 | 6.76 | 2.83 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.550 | | 0 | 9.236 | 3.868 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 14:0 | g | 0.340 | | 0 | 0.690 | 0.289 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.730 | | 0 | 5.542 | 2.321 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.450 | | 0 | 2.943 | 1.232 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.950 | 0 | 10.049 | 4.207 |
| 14:1 | g | | | | |
| 16:1 | g | 0.460 | 0 | 0.934 | 0.391 |
| 18:1 | g | 4.470 | 0 | 9.074 | 3.800 |
| 20:1 | g | 0.020 | 0 | 0.041 | 0.017 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.380 | 0 | 0.771 | 0.323 |
| 18:2 | g | 0.300 | 0 | 0.609 | 0.255 |
| 18:3 | g | 0.060 | 0 | 0.122 | 0.051 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.041 | 0.017 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 79 | 0 | 160 | 67 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.301 | 0 | 0.611 | 0.256 |
| Threonine | g | 1.172 | 0 | 2.379 | 0.996 |
| Isoleucine | g | 1.207 | 0 | 2.450 | 1.026 |
| Leucine | g | 2.122 | 0 | 4.308 | 1.804 |
| Lysine | g | 2.233 | 0 | 4.533 | 1.898 |
| Methionine | g | 0.687 | 0 | 1.395 | 0.584 |
| Cystine | g | 0.301 | 0 | 0.611 | 0.256 |
| Phenylalanine | g | 1.048 | 0 | 2.127 | 0.891 |
| Tyrosine | g | 0.902 | 0 | 1.831 | 0.767 |
| Valine | g | 1.306 | 0 | 2.651 | 1.110 |
| Arginine | g | 1.696 | 0 | 3.443 | 1.442 |
| Histidine | g | 0.919 | 0 | 1.866 | 0.781 |
| Alanine | g | 1.619 | 0 | 3.287 | 1.376 |
| Aspartic acid | g | 2.452 | 0 | 4.978 | 2.084 |
| Glutamic acid | g | 4.033 | 0 | 8.187 | 3.428 |
| Glycine | g | 1.465 | 0 | 2.974 | 1.245 |
| Proline | g | 1.185 | 0 | 2.406 | 1.007 |
| Serine | g | 1.026 | 0 | 2.083 | 0.872 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13138 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, choice, raw

**Refuse:** 42% Bone 17%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 68.70 | | 1 | 19.48 | 311.62 | |
| Energy | kcal | 161 | | 0 | 46 | 730 | |
| Energy | kj | 674 | | 0 | 191 | 3057 | |
| Protein (N x 5.95) | g | 20.13 | | 1 | 5.71 | 91.31 | |
| Total lipid (fat) | g | 8.30 | | 1 | 2.35 | 37.65 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.01 | | 1 | 0.29 | 4.58 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 1 | 3 | 45 | |
| Iron | mg | 2.18 | | 1 | 0.62 | 9.89 | |
| Magnesium | mg | 22 | | 1 | 6 | 100 | |
| Phosphorus | mg | 196 | | 1 | 56 | 889 | |
| Potassium | mg | 373 | | 1 | 106 | 1692 | |
| Sodium | mg | 63 | | 1 | 18 | 286 | |
| Zinc | mg | 4.66 | | 1 | 1.32 | 21.14 | |
| Copper | mg | 0.067 | | 1 | 0.019 | 0.304 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 17.1 | | 0 | 4.8 | 77.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 1 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.150 | | 1 | 0.043 | 0.680 | |
| Niacin | mg | 3.740 | | 1 | 1.060 | 16.965 | |
| Pantothenic acid | mg | 0.340 | | 1 | 0.096 | 1.542 | |
| Vitamin B-6 | mg | 0.420 | | 1 | 0.119 | 1.905 | |
| Folate | :g | 6 | | 1 | 2 | 27 | |
| Vitamin B-12 | :g | 3.57 | | 1 | 1.01 | 16.19 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.230 | | 0 | 0.916 | 14.651 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 40 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 40 | 0.000 | 0.000 | |
| 14:0 | g | 0.240 | | 40 | 0.068 | 1.089 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.930 | | 40 | 0.547 | 8.754 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.060 | | 40 | 0.301 | 4.808 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.560 | 0 | 1.009 | 16.148 |
| 14:1 | g | | | | |
| 16:1 | g | 0.290 | 40 | 0.082 | 1.315 |
| 18:1 | g | 3.260 | 40 | 0.924 | 14.787 |
| 20:1 | g | 0.010 | 40 | 0.003 | 0.045 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.270 | 0 | 0.077 | 1.225 |
| 18:2 | g | 0.240 | 40 | 0.068 | 1.089 |
| 18:3 | g | 0.010 | 40 | 0.003 | 0.045 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 40 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 59 | 1 | 17 | 268 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.225 | 0 | 0.064 | 1.021 |
| Threonine | g | 0.879 | 0 | 0.249 | 3.987 |
| Isoleucine | g | 0.905 | 0 | 0.257 | 4.105 |
| Leucine | g | 1.591 | 0 | 0.451 | 7.217 |
| Lysine | g | 1.675 | 0 | 0.475 | 7.598 |
| Methionine | g | 0.515 | 0 | 0.146 | 2.336 |
| Cystine | g | 0.225 | 0 | 0.064 | 1.021 |
| Phenylalanine | g | 0.786 | 0 | 0.223 | 3.565 |
| Tyrosine | g | 0.676 | 0 | 0.192 | 3.066 |
| Valine | g | 0.979 | 0 | 0.278 | 4.441 |
| Arginine | g | 1.272 | 0 | 0.361 | 5.770 |
| Histidine | g | 0.689 | 0 | 0.195 | 3.125 |
| Alanine | g | 1.214 | 0 | 0.344 | 5.507 |
| Aspartic acid | g | 1.839 | 0 | 0.521 | 8.342 |
| Glutamic acid | g | 3.025 | 0 | 0.858 | 13.721 |
| Glycine | g | 1.098 | 0 | 0.311 | 4.981 |
| Proline | g | 0.889 | 0 | 0.252 | 4.033 |
| Serine | g | 0.770 | 0 | 0.218 | 3.493 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13139 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

**Refuse:** 41% 20% bone, 21% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 201g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 57.30 | | 0 | 115.17 | 48.70 | |
| Energy | kcal | 233 | | 0 | 468 | 198 | |
| Energy | kj | 975 | | 0 | 1960 | 829 | |
| Protein (N x 5.95) | g | 28.04 | | 0 | 56.36 | 23.83 | |
| Total lipid (fat) | g | 12.60 | | 0 | 25.33 | 10.71 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.23 | | 0 | 2.47 | 1.05 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 26 | 11 | |
| Iron | mg | 2.57 | | 0 | 5.17 | 2.18 | |
| Magnesium | mg | 27 | | 0 | 54 | 23 | |
| Phosphorus | mg | 208 | | 0 | 418 | 177 | |
| Potassium | mg | 394 | | 0 | 792 | 335 | |
| Sodium | mg | 69 | | 0 | 139 | 59 | |
| Zinc | mg | 6.99 | | 0 | 14.05 | 5.94 | |
| Copper | mg | 0.100 | | 0 | 0.201 | 0.085 | |
| Manganese | mg | 0.016 | | 0 | 0.032 | 0.014 | |
| Selenium | :g | 21.9 | | 0 | 44.0 | 18.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.201 | 0.085 | |
| Riboflavin | mg | 0.220 | | 0 | 0.442 | 0.187 | |
| Niacin | mg | 4.800 | | 0 | 9.648 | 4.080 | |
| Pantothenic acid | mg | 0.340 | | 0 | 0.683 | 0.289 | |
| Vitamin B-6 | mg | 0.400 | | 0 | 0.804 | 0.340 | |
| Folate | :g | 8 | | 0 | 16 | 7 | |
| Vitamin B-12 | :g | 3.32 | | 0 | 6.67 | 2.82 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.090 | | 0 | 10.231 | 4.326 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 14:0 | g | 0.390 | | 0 | 0.784 | 0.331 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.010 | | 0 | 6.050 | 2.559 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.660 | | 0 | 3.337 | 1.411 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.320 | 0 | 10.693 | 4.522 |
| 14:1 | g | | | | |
| 16:1 | g | 0.430 | 0 | 0.864 | 0.366 |
| 18:1 | g | 4.890 | 0 | 9.829 | 4.156 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.360 | 0 | 0.724 | 0.306 |
| 18:2 | g | 0.300 | 0 | 0.603 | 0.255 |
| 18:3 | g | 0.020 | 0 | 0.040 | 0.017 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.060 | 0.026 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 80 | 0 | 161 | 68 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.314 | 0 | 0.631 | 0.267 |
| Threonine | g | 1.225 | 0 | 2.462 | 1.041 |
| Isoleucine | g | 1.261 | 0 | 2.535 | 1.072 |
| Leucine | g | 2.216 | 0 | 4.454 | 1.884 |
| Lysine | g | 2.333 | 0 | 4.689 | 1.983 |
| Methionine | g | 0.718 | 0 | 1.443 | 0.610 |
| Cystine | g | 0.314 | 0 | 0.631 | 0.267 |
| Phenylalanine | g | 1.095 | 0 | 2.201 | 0.931 |
| Tyrosine | g | 0.942 | 0 | 1.893 | 0.801 |
| Valine | g | 1.364 | 0 | 2.742 | 1.159 |
| Arginine | g | 1.772 | 0 | 3.562 | 1.506 |
| Histidine | g | 0.960 | 0 | 1.930 | 0.816 |
| Alanine | g | 1.691 | 0 | 3.399 | 1.437 |
| Aspartic acid | g | 2.562 | 0 | 5.150 | 2.178 |
| Glutamic acid | g | 4.212 | 0 | 8.466 | 3.580 |
| Glycine | g | 1.530 | 0 | 3.075 | 1.301 |
| Proline | g | 1.238 | 0 | 2.488 | 1.052 |
| Serine | g | 1.072 | 0 | 2.155 | 0.911 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13140 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

**Refuse:** 44% 20% bone, 24% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 196g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.41 | | 0 | 114.48 | 49.65 | |
| Energy | kcal | 232 | | 0 | 455 | 197 | |
| Energy | kj | 971 | | 0 | 1903 | 825 | |
| Protein (N x 5.95) | g | 26.84 | | 0 | 52.61 | 22.81 | |
| Total lipid (fat) | g | 13.06 | | 0 | 25.60 | 11.10 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.35 | | 0 | 2.65 | 1.15 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 12 | | 0 | 24 | 10 | |
| Iron | mg | 2.91 | | 0 | 5.70 | 2.47 | |
| Magnesium | mg | 25 | | 0 | 49 | 21 | |
| Phosphorus | mg | 222 | | 0 | 435 | 189 | |
| Potassium | mg | 398 | | 0 | 780 | 338 | |
| Sodium | mg | 71 | | 0 | 139 | 60 | |
| Zinc | mg | 6.21 | | 0 | 12.17 | 5.28 | |
| Copper | mg | 0.089 | | 0 | 0.174 | 0.076 | |
| Manganese | mg | 0.016 | | 0 | 0.031 | 0.014 | |
| Selenium | :g | 22.8 | | 0 | 44.7 | 19.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.137 | 0.060 | |
| Riboflavin | mg | 0.190 | | 0 | 0.372 | 0.161 | |
| Niacin | mg | 3.740 | | 0 | 7.330 | 3.179 | |
| Pantothenic acid | mg | 0.270 | | 0 | 0.529 | 0.230 | |
| Vitamin B-6 | mg | 0.280 | | 0 | 0.549 | 0.238 | |
| Folate | :g | 8 | | 0 | 16 | 7 | |
| Vitamin B-12 | :g | 3.33 | | 0 | 6.53 | 2.83 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.210 | | 0 | 10.212 | 4.429 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.020 | | 0 | 0.039 | 0.017 | |
| 12:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 14:0 | g | 0.400 | | 0 | 0.784 | 0.340 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.120 | | 0 | 6.115 | 2.652 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.650 | | 0 | 3.234 | 1.403 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.630 | 0 | 11.035 | 4.785 |
| 14:1 | g | | | | |
| 16:1 | g | 0.550 | 0 | 1.078 | 0.468 |
| 18:1 | g | 5.070 | 0 | 9.937 | 4.310 |
| 20:1 | g | 0.020 | 0 | 0.039 | 0.017 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.440 | 0 | 0.862 | 0.374 |
| 18:2 | g | 0.340 | 0 | 0.666 | 0.289 |
| 18:3 | g | 0.080 | 0 | 0.157 | 0.068 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.039 | 0.017 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 79 | 0 | 155 | 67 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.301 | 0 | 0.590 | 0.256 |
| Threonine | g | 1.172 | 0 | 2.297 | 0.996 |
| Isoleucine | g | 1.207 | 0 | 2.366 | 1.026 |
| Leucine | g | 2.122 | 0 | 4.159 | 1.804 |
| Lysine | g | 2.233 | 0 | 4.377 | 1.898 |
| Methionine | g | 0.687 | 0 | 1.347 | 0.584 |
| Cystine | g | 0.301 | 0 | 0.590 | 0.256 |
| Phenylalanine | g | 1.048 | 0 | 2.054 | 0.891 |
| Tyrosine | g | 0.902 | 0 | 1.768 | 0.767 |
| Valine | g | 1.306 | 0 | 2.560 | 1.110 |
| Arginine | g | 1.696 | 0 | 3.324 | 1.442 |
| Histidine | g | 0.919 | 0 | 1.801 | 0.781 |
| Alanine | g | 1.619 | 0 | 3.173 | 1.376 |
| Aspartic acid | g | 2.452 | 0 | 4.806 | 2.084 |
| Glutamic acid | g | 4.033 | 0 | 7.905 | 3.428 |
| Glycine | g | 1.464 | 0 | 2.869 | 1.244 |
| Proline | g | 1.185 | 0 | 2.323 | 1.007 |
| Serine | g | 1.026 | 0 | 2.011 | 0.872 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13141 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, select, raw

**Refuse:** 38% Bone 15%, separable fat 23%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 72.40 | | 1 | 20.53 | 328.41 | |
| Energy | kcal | 142 | | 0 | 40 | 644 | |
| Energy | kj | 594 | | 0 | 168 | 2694 | |
| Protein (N x 5.95) | g | 20.13 | | 1 | 5.71 | 91.31 | |
| Total lipid (fat) | g | 6.20 | | 1 | 1.76 | 28.12 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.01 | | 1 | 0.29 | 4.58 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 1 | 3 | 45 | |
| Iron | mg | 2.18 | | 1 | 0.62 | 9.89 | |
| Magnesium | mg | 22 | | 1 | 6 | 100 | |
| Phosphorus | mg | 196 | | 1 | 56 | 889 | |
| Potassium | mg | 373 | | 1 | 106 | 1692 | |
| Sodium | mg | 63 | | 1 | 18 | 286 | |
| Zinc | mg | 4.66 | | 1 | 1.32 | 21.14 | |
| Copper | mg | 0.067 | | 1 | 0.019 | 0.304 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 17.1 | | 0 | 4.8 | 77.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 1 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.150 | | 1 | 0.043 | 0.680 | |
| Niacin | mg | 3.740 | | 1 | 1.060 | 16.965 | |
| Pantothenic acid | mg | 0.340 | | 1 | 0.096 | 1.542 | |
| Vitamin B-6 | mg | 0.420 | | 1 | 0.119 | 1.905 | |
| Folate | :g | 6 | | 1 | 2 | 27 | |
| Vitamin B-12 | :g | 3.57 | | 1 | 1.01 | 16.19 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.410 | | 0 | 0.683 | 10.932 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 40 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 40 | 0.000 | 0.000 | |
| 14:0 | g | 0.180 | | 40 | 0.051 | 0.816 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.440 | | 40 | 0.408 | 6.532 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.790 | | 40 | 0.224 | 3.583 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.660 | 0 | 0.754 | 12.066 |
| 14:1 | g | | | | |
| 16:1 | g | 0.220 | 40 | 0.062 | 0.998 |
| 18:1 | g | 2.430 | 40 | 0.689 | 11.022 |
| 20:1 | g | 0.010 | 40 | 0.003 | 0.045 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.200 | 0 | 0.057 | 0.907 |
| 18:2 | g | 0.180 | 40 | 0.051 | 0.816 |
| 18:3 | g | 0.010 | 40 | 0.003 | 0.045 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 40 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 59 | 1 | 17 | 268 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.225 | 0 | 0.064 | 1.021 |
| Threonine | g | 0.879 | 0 | 0.249 | 3.987 |
| Isoleucine | g | 0.905 | 0 | 0.257 | 4.105 |
| Leucine | g | 1.591 | 0 | 0.451 | 7.217 |
| Lysine | g | 1.675 | 0 | 0.475 | 7.598 |
| Methionine | g | 0.515 | 0 | 0.146 | 2.336 |
| Cystine | g | 0.225 | 0 | 0.064 | 1.021 |
| Phenylalanine | g | 0.786 | 0 | 0.223 | 3.565 |
| Tyrosine | g | 0.676 | 0 | 0.192 | 3.066 |
| Valine | g | 0.979 | 0 | 0.278 | 4.441 |
| Arginine | g | 1.272 | 0 | 0.361 | 5.770 |
| Histidine | g | 0.689 | 0 | 0.195 | 3.125 |
| Alanine | g | 1.214 | 0 | 0.344 | 5.507 |
| Aspartic acid | g | 1.839 | 0 | 0.521 | 8.342 |
| Glutamic acid | g | 3.025 | 0 | 0.858 | 13.721 |
| Glycine | g | 1.098 | 0 | 0.311 | 4.981 |
| Proline | g | 0.889 | 0 | 0.252 | 4.033 |
| Serine | g | 0.770 | 0 | 0.218 | 3.493 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13142 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, select, cooked, broiled

**Refuse:** 41% 22% bone, 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 | Samples | Measure 1* 201g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.70 | | 0 | 117.99 | 49.90 | |
| Energy | kcal | 207 | | 0 | 416 | 176 | |
| Energy | kj | 866 | | 0 | 1741 | 736 | |
| Protein (N x 5.95) | g | 28.04 | | 0 | 56.36 | 23.83 | |
| Total lipid (fat) | g | 9.70 | | 0 | 19.50 | 8.24 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.23 | | 0 | 2.47 | 1.05 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 26 | 11 | |
| Iron | mg | 2.57 | | 0 | 5.17 | 2.18 | |
| Magnesium | mg | 27 | | 0 | 54 | 23 | |
| Phosphorus | mg | 208 | | 0 | 418 | 177 | |
| Potassium | mg | 394 | | 0 | 792 | 335 | |
| Sodium | mg | 69 | | 0 | 139 | 59 | |
| Zinc | mg | 6.99 | | 0 | 14.05 | 5.94 | |
| Copper | mg | 0.100 | | 0 | 0.201 | 0.085 | |
| Manganese | mg | 0.016 | | 0 | 0.032 | 0.014 | |
| Selenium | :g | 21.9 | | 0 | 44.0 | 18.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.201 | 0.085 | |
| Riboflavin | mg | 0.220 | | 0 | 0.442 | 0.187 | |
| Niacin | mg | 4.800 | | 0 | 9.648 | 4.080 | |
| Pantothenic acid | mg | 0.340 | | 0 | 0.683 | 0.289 | |
| Vitamin B-6 | mg | 0.400 | | 0 | 0.804 | 0.340 | |
| Folate | :g | 8 | | 0 | 16 | 7 | |
| Vitamin B-12 | :g | 3.32 | | 0 | 6.67 | 2.82 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.920 | | 0 | 7.879 | 3.332 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.020 | 0.009 | |
| 14:0 | g | 0.300 | | 0 | 0.603 | 0.255 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.320 | | 0 | 4.663 | 1.972 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.280 | | 0 | 2.573 | 1.088 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.090 | 0 | 8.221 | 3.476 |
| 14:1 | g | | | | |
| 16:1 | g | 0.330 | 0 | 0.663 | 0.281 |
| 18:1 | g | 3.760 | 0 | 7.558 | 3.196 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.280 | 0 | 0.563 | 0.238 |
| 18:2 | g | 0.230 | 0 | 0.462 | 0.196 |
| 18:3 | g | 0.020 | 0 | 0.040 | 0.017 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.060 | 0.026 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 80 | 0 | 161 | 68 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.314 | 0 | 0.631 | 0.267 |
| Threonine | g | 1.225 | 0 | 2.462 | 1.041 |
| Isoleucine | g | 1.261 | 0 | 2.535 | 1.072 |
| Leucine | g | 2.216 | 0 | 4.454 | 1.884 |
| Lysine | g | 2.333 | 0 | 4.689 | 1.983 |
| Methionine | g | 0.718 | 0 | 1.443 | 0.610 |
| Cystine | g | 0.314 | 0 | 0.631 | 0.267 |
| Phenylalanine | g | 1.095 | 0 | 2.201 | 0.931 |
| Tyrosine | g | 0.942 | 0 | 1.893 | 0.801 |
| Valine | g | 1.364 | 0 | 2.742 | 1.159 |
| Arginine | g | 1.772 | 0 | 3.562 | 1.506 |
| Histidine | g | 0.960 | 0 | 1.930 | 0.816 |
| Alanine | g | 1.691 | 0 | 3.399 | 1.437 |
| Aspartic acid | g | 2.562 | 0 | 5.150 | 2.178 |
| Glutamic acid | g | 4.212 | 0 | 8.466 | 3.580 |
| Glycine | g | 1.530 | 0 | 3.075 | 1.301 |
| Proline | g | 1.238 | 0 | 2.488 | 1.052 |
| Serine | g | 1.072 | 0 | 2.155 | 0.911 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13143 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, select, cooked, roasted

**Refuse:** 4% 18% 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 | Samples | Measure 1* 210g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 61.71 | | 0 | 129.59 | 52.45 | |
| Energy | kcal | 203 | | 0 | 426 | 173 | |
| Energy | kj | 849 | | 0 | 1783 | 722 | |
| Protein (N x 5.95) | g | 26.84 | | 0 | 56.36 | 22.81 | |
| Total lipid (fat) | g | 9.75 | | 0 | 20.48 | 8.29 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.35 | | 0 | 2.84 | 1.15 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 12 | | 0 | 25 | 10 | |
| Iron | mg | 2.91 | | 0 | 6.11 | 2.47 | |
| Magnesium | mg | 25 | | 0 | 53 | 21 | |
| Phosphorus | mg | 222 | | 0 | 466 | 189 | |
| Potassium | mg | 398 | | 0 | 836 | 338 | |
| Sodium | mg | 71 | | 0 | 149 | 60 | |
| Zinc | mg | 6.21 | | 0 | 13.04 | 5.28 | |
| Copper | mg | 0.089 | | 0 | 0.187 | 0.076 | |
| Manganese | mg | 0.016 | | 0 | 0.034 | 0.014 | |
| Selenium | :g | 22.8 | | 0 | 47.9 | 19.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.147 | 0.060 | |
| Riboflavin | mg | 0.190 | | 0 | 0.399 | 0.161 | |
| Niacin | mg | 3.740 | | 0 | 7.854 | 3.179 | |
| Pantothenic acid | mg | 0.270 | | 0 | 0.567 | 0.230 | |
| Vitamin B-6 | mg | 0.280 | | 0 | 0.588 | 0.238 | |
| Folate | :g | 8 | | 0 | 17 | 7 | |
| Vitamin B-12 | :g | 3.33 | | 0 | 6.99 | 2.83 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.294 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.830 | | 0 | 8.043 | 3.256 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.021 | 0.009 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.290 | | 0 | 0.609 | 0.247 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.300 | | 0 | 4.830 | 1.955 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.240 | | 0 | 2.604 | 1.054 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.190 | 0 | 8.799 | 3.562 |
| 14:1 | g | | | | |
| 16:1 | g | 0.370 | 0 | 0.777 | 0.315 |
| 18:1 | g | 3.810 | 0 | 8.001 | 3.239 |
| 20:1 | g | 0.010 | 0 | 0.021 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.320 | 0 | 0.672 | 0.272 |
| 18:2 | g | 0.270 | 0 | 0.567 | 0.230 |
| 18:3 | g | 0.030 | 0 | 0.063 | 0.026 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.020 | 0 | 0.042 | 0.017 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 79 | 0 | 166 | 67 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.301 | 0 | 0.632 | 0.256 |
| Threonine | g | 1.172 | 0 | 2.461 | 0.996 |
| Isoleucine | g | 1.207 | 0 | 2.535 | 1.026 |
| Leucine | g | 2.122 | 0 | 4.456 | 1.804 |
| Lysine | g | 2.233 | 0 | 4.689 | 1.898 |
| Methionine | g | 0.687 | 0 | 1.443 | 0.584 |
| Cystine | g | 0.301 | 0 | 0.632 | 0.256 |
| Phenylalanine | g | 1.048 | 0 | 2.201 | 0.891 |
| Tyrosine | g | 0.902 | 0 | 1.894 | 0.767 |
| Valine | g | 1.306 | 0 | 2.743 | 1.110 |
| Arginine | g | 1.696 | 0 | 3.562 | 1.442 |
| Histidine | g | 0.919 | 0 | 1.930 | 0.781 |
| Alanine | g | 1.619 | 0 | 3.400 | 1.376 |
| Aspartic acid | g | 2.452 | 0 | 5.149 | 2.084 |
| Glutamic acid | g | 4.033 | 0 | 8.469 | 3.428 |
| Glycine | g | 1.464 | 0 | 3.074 | 1.244 |
| Proline | g | 1.185 | 0 | 2.489 | 1.007 |
| Serine | g | 1.026 | 0 | 2.155 | 0.872 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13144 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, prime, raw

**Refuse:** 43% Bone 18%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 66.35 | | 1 | 18.81 | 300.96 | |
| Energy | kcal | 200 | | 0 | 57 | 907 | |
| Energy | kj | 837 | | 0 | 237 | 3797 | |
| Protein (N x 5.95) | g | 20.13 | | 1 | 5.71 | 91.31 | |
| Total lipid (fat) | g | 12.59 | | 1 | 3.57 | 57.11 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.01 | | 1 | 0.29 | 4.58 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 1 | 3 | 45 | |
| Iron | mg | 2.18 | | 1 | 0.62 | 9.89 | |
| Magnesium | mg | 22 | | 1 | 6 | 100 | |
| Phosphorus | mg | 196 | | 1 | 56 | 889 | |
| Potassium | mg | 373 | | 1 | 106 | 1692 | |
| Sodium | mg | 63 | | 1 | 18 | 286 | |
| Zinc | mg | 4.66 | | 1 | 1.32 | 21.14 | |
| Copper | mg | 0.067 | | 1 | 0.019 | 0.304 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 17.1 | | 0 | 4.8 | 77.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 1 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.150 | | 1 | 0.043 | 0.680 | |
| Niacin | mg | 3.740 | | 1 | 1.060 | 16.965 | |
| Pantothenic acid | mg | 0.340 | | 1 | 0.096 | 1.542 | |
| Vitamin B-6 | mg | 0.420 | | 1 | 0.119 | 1.905 | |
| Folate | :g | 6 | | 1 | 2 | 27 | |
| Vitamin B-12 | :g | 3.57 | | 1 | 1.01 | 16.19 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.160 | | 0 | 1.463 | 23.406 | |
| 4:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 1 | 0.003 | 0.045 | |
| 12:0 | g | 0.010 | | 1 | 0.003 | 0.045 | |
| 14:0 | g | 0.360 | | 1 | 0.102 | 1.633 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.930 | | 1 | 0.831 | 13.290 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.610 | | 1 | 0.456 | 7.303 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.640 | 0 | 1.599 | 25.583 |
| 14:1 | g | | | | |
| 16:1 | g | 0.440 | 1 | 0.125 | 1.996 |
| 18:1 | g | 4.950 | 1 | 1.403 | 22.453 |
| 20:1 | g | 0.010 | 1 | 0.003 | 0.045 |
| 22.1 | g | 0.000 | 1 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.430 | 0 | 0.122 | 1.950 |
| 18:2 | g | 0.360 | 1 | 0.102 | 1.633 |
| 18:3 | g | 0.020 | 1 | 0.006 | 0.091 |
| 18:4 | g | 0.000 | 1 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 1 | 0.011 | 0.181 |
| 20:5 | g | 0.000 | 1 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 1 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 1 | 0.000 | 0.000 |
| Cholesterol | mg | 59 | 1 | 17 | 268 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.225 | 0 | 0.064 | 1.021 |
| Threonine | g | 0.879 | 0 | 0.249 | 3.987 |
| Isoleucine | g | 0.905 | 0 | 0.257 | 4.105 |
| Leucine | g | 1.591 | 0 | 0.451 | 7.217 |
| Lysine | g | 1.675 | 0 | 0.475 | 7.598 |
| Methionine | g | 0.515 | 0 | 0.146 | 2.336 |
| Cystine | g | 0.225 | 0 | 0.064 | 1.021 |
| Phenylalanine | g | 0.786 | 0 | 0.223 | 3.565 |
| Tyrosine | g | 0.676 | 0 | 0.192 | 3.066 |
| Valine | g | 0.979 | 0 | 0.278 | 4.441 |
| Arginine | g | 1.272 | 0 | 0.361 | 5.770 |
| Histidine | g | 0.689 | 0 | 0.195 | 3.125 |
| Alanine | g | 1.214 | 0 | 0.344 | 5.507 |
| Aspartic acid | g | 1.839 | 0 | 0.521 | 8.342 |
| Glutamic acid | g | 3.025 | 0 | 0.858 | 13.721 |
| Glycine | g | 1.098 | 0 | 0.311 | 4.981 |
| Proline | g | 0.889 | 0 | 0.252 | 4.033 |
| Serine | g | 0.770 | 0 | 0.218 | 3.493 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13145 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, prime, cooked, broiled

**Refuse:** 4% 21% bone, 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 | Samples | Measure 1* 208g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 55.72 | | 0 | 115.90 | 47.36 | |
| Energy | kcal | 260 | | 0 | 541 | 221 | |
| Energy | kj | 1088 | | 0 | 2263 | 925 | |
| Protein (N x 5.95) | g | 28.04 | | 0 | 58.32 | 23.83 | |
| Total lipid (fat) | g | 15.53 | | 0 | 32.30 | 13.20 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.23 | | 0 | 2.56 | 1.05 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 27 | 11 | |
| Iron | mg | 2.57 | | 0 | 5.35 | 2.18 | |
| Magnesium | mg | 27 | | 0 | 56 | 23 | |
| Phosphorus | mg | 208 | | 0 | 433 | 177 | |
| Potassium | mg | 394 | | 0 | 820 | 335 | |
| Sodium | mg | 69 | | 0 | 144 | 59 | |
| Zinc | mg | 6.99 | | 0 | 14.54 | 5.94 | |
| Copper | mg | 0.100 | | 0 | 0.208 | 0.085 | |
| Manganese | mg | 0.016 | | 0 | 0.033 | 0.014 | |
| Selenium | :g | 21.9 | | 0 | 45.6 | 18.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.208 | 0.085 | |
| Riboflavin | mg | 0.220 | | 0 | 0.458 | 0.187 | |
| Niacin | mg | 4.800 | | 0 | 9.984 | 4.080 | |
| Pantothenic acid | mg | 0.340 | | 0 | 0.707 | 0.289 | |
| Vitamin B-6 | mg | 0.400 | | 0 | 0.832 | 0.340 | |
| Folate | :g | 8 | | 0 | 17 | 7 | |
| Vitamin B-12 | :g | 3.32 | | 0 | 6.91 | 2.82 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.580 | | 0 | 13.686 | 5.593 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.021 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.021 | 0.009 | |
| 14:0 | g | 0.490 | | 0 | 1.019 | 0.417 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.720 | | 0 | 7.738 | 3.162 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.060 | | 0 | 4.285 | 1.751 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.800 | 0 | 14.144 | 5.780 |
| 14:1 | g | | | | |
| 16:1 | g | 0.530 | 0 | 1.102 | 0.451 |
| 18:1 | g | 6.030 | 0 | 12.542 | 5.126 |
| 20:1 | g | 0.010 | 0 | 0.021 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.470 | 0 | 0.978 | 0.400 |
| 18:2 | g | 0.370 | 0 | 0.770 | 0.315 |
| 18:3 | g | 0.030 | 0 | 0.062 | 0.026 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 0 | 0.104 | 0.043 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 80 | 0 | 166 | 68 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.314 | 0 | 0.653 | 0.267 |
| Threonine | g | 1.225 | 0 | 2.548 | 1.041 |
| Isoleucine | g | 1.261 | 0 | 2.623 | 1.072 |
| Leucine | g | 2.216 | 0 | 4.609 | 1.884 |
| Lysine | g | 2.333 | 0 | 4.853 | 1.983 |
| Methionine | g | 0.718 | 0 | 1.493 | 0.610 |
| Cystine | g | 0.314 | 0 | 0.653 | 0.267 |
| Phenylalanine | g | 1.095 | 0 | 2.278 | 0.931 |
| Tyrosine | g | 0.942 | 0 | 1.959 | 0.801 |
| Valine | g | 1.364 | 0 | 2.837 | 1.159 |
| Arginine | g | 1.772 | 0 | 3.686 | 1.506 |
| Histidine | g | 0.960 | 0 | 1.997 | 0.816 |
| Alanine | g | 1.691 | 0 | 3.517 | 1.437 |
| Aspartic acid | g | 2.562 | 0 | 5.329 | 2.178 |
| Glutamic acid | g | 4.212 | 0 | 8.761 | 3.580 |
| Glycine | g | 1.530 | 0 | 3.182 | 1.301 |
| Proline | g | 1.238 | 0 | 2.575 | 1.052 |
| Serine | g | 1.072 | 0 | 2.230 | 0.911 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13146 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, prime, cooked, roasted

**Refuse:** 45% 21% bone, 24% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 192g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 51.08 | | 0 | 98.07 | 43.42 | |
| Energy | kcal | 304 | | 0 | 584 | 258 | |
| Energy | kj | 1272 | | 0 | 2442 | 1081 | |
| Protein (N x 5.95) | g | 26.74 | | 0 | 51.34 | 22.73 | |
| Total lipid (fat) | g | 21.09 | | 0 | 40.49 | 17.93 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.09 | | 0 | 2.09 | 0.93 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 25 | 11 | |
| Iron | mg | 2.30 | | 0 | 4.42 | 1.95 | |
| Magnesium | mg | 25 | | 0 | 48 | 21 | |
| Phosphorus | mg | 219 | | 0 | 420 | 186 | |
| Potassium | mg | 404 | | 0 | 776 | 343 | |
| Sodium | mg | 75 | | 0 | 144 | 64 | |
| Zinc | mg | 6.19 | | 0 | 11.88 | 5.26 | |
| Copper | mg | 0.089 | | 0 | 0.171 | 0.076 | |
| Manganese | mg | 0.016 | | 0 | 0.031 | 0.014 | |
| Selenium | :g | 22.8 | | 0 | 43.8 | 19.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.154 | 0.068 | |
| Riboflavin | mg | 0.190 | | 0 | 0.365 | 0.161 | |
| Niacin | mg | 3.630 | | 0 | 6.970 | 3.086 | |
| Pantothenic acid | mg | 0.440 | | 0 | 0.845 | 0.374 | |
| Vitamin B-6 | mg | 0.370 | | 0 | 0.710 | 0.315 | |
| Folate | :g | 8 | | 0 | 15 | 7 | |
| Vitamin B-12 | :g | 3.37 | | 0 | 6.47 | 2.86 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 8.940 | | 0 | 17.165 | 7.599 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.019 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.019 | 0.009 | |
| 14:0 | g | 0.660 | | 0 | 1.267 | 0.561 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.050 | | 0 | 9.696 | 4.293 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.790 | | 0 | 5.357 | 2.372 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.230 | 0 | 17.722 | 7.846 |
| 14:1 | g | | | | |
| 16:1 | g | 0.720 | 0 | 1.382 | 0.612 |
| 18:1 | g | 8.180 | 0 | 15.706 | 6.953 |
| 20:1 | g | 0.010 | 0 | 0.019 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.640 | 0 | 1.229 | 0.544 |
| 18:2 | g | 0.500 | 0 | 0.960 | 0.425 |
| 18:3 | g | 0.050 | 0 | 0.096 | 0.043 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.060 | 0 | 0.115 | 0.051 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 80 | 0 | 154 | 68 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.299 | 0 | 0.574 | 0.254 |
| Threonine | g | 1.168 | 0 | 2.243 | 0.993 |
| Isoleucine | g | 1.202 | 0 | 2.308 | 1.022 |
| Leucine | g | 2.113 | 0 | 4.057 | 1.796 |
| Lysine | g | 2.225 | 0 | 4.272 | 1.891 |
| Methionine | g | 0.684 | 0 | 1.313 | 0.581 |
| Cystine | g | 0.299 | 0 | 0.574 | 0.254 |
| Phenylalanine | g | 1.044 | 0 | 2.004 | 0.887 |
| Tyrosine | g | 0.898 | 0 | 1.724 | 0.763 |
| Valine | g | 1.301 | 0 | 2.498 | 1.106 |
| Arginine | g | 1.690 | 0 | 3.245 | 1.437 |
| Histidine | g | 0.915 | 0 | 1.757 | 0.778 |
| Alanine | g | 1.613 | 0 | 3.097 | 1.371 |
| Aspartic acid | g | 2.443 | 0 | 4.691 | 2.077 |
| Glutamic acid | g | 4.017 | 0 | 7.713 | 3.414 |
| Glycine | g | 1.459 | 0 | 2.801 | 1.240 |
| Proline | g | 1.181 | 0 | 2.268 | 1.004 |
| Serine | g | 1.022 | 0 | 1.962 | 0.869 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13147 Beef, rib, shortribs, separable lean and fat, choice, raw

**Refuse:** 27% Bone

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 48.29 | | 0 | 13.69 | 219.04 | |
| Energy | kcal | 388 | | 0 | 110 | 1760 | |
| Energy | kj | 1623 | | 0 | 460 | 7362 | |
| Protein (N x 5.95) | g | 14.40 | | 0 | 4.08 | 65.32 | |
| Total lipid (fat) | g | 36.23 | | 0 | 10.27 | 164.34 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.68 | | 0 | 0.19 | 3.08 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 3 | 41 | |
| Iron | mg | 1.55 | | 0 | 0.44 | 7.03 | |
| Magnesium | mg | 14 | | 0 | 4 | 64 | |
| Phosphorus | mg | 137 | | 0 | 39 | 621 | |
| Potassium | mg | 232 | | 0 | 66 | 1052 | |
| Sodium | mg | 49 | | 0 | 14 | 222 | |
| Zinc | mg | 3.16 | | 0 | 0.90 | 14.33 | |
| Copper | mg | 0.053 | | 0 | 0.015 | 0.240 | |
| Manganese | mg | 0.011 | | 0 | 0.003 | 0.050 | |
| Selenium | :g | 14.2 | | 0 | 4.0 | 64.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.071 | | 0 | 0.020 | 0.322 | |
| Riboflavin | mg | 0.118 | | 0 | 0.033 | 0.535 | |
| Niacin | mg | 2.556 | | 0 | 0.725 | 11.594 | |
| Pantothenic acid | mg | 0.241 | | 0 | 0.068 | 1.093 | |
| Vitamin B-6 | mg | 0.300 | | 0 | 0.085 | 1.361 | |
| Folate | :g | 5 | | 0 | 1 | 23 | |
| Vitamin B-12 | :g | 2.56 | | 0 | 0.73 | 11.61 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 15.760 | | 0 | 4.468 | 71.487 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.140 | | 0 | 0.040 | 0.635 | |
| 12:0 | g | 0.090 | | 0 | 0.026 | 0.408 | |
| 14:0 | g | 1.200 | | 0 | 0.340 | 5.443 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 9.000 | | 0 | 2.551 | 40.824 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 4.540 | | 0 | 1.287 | 20.593 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 16.390 | 0 | 4.647 | 74.345 |
| 14:1 | g | | | | |
| 16:1 | g | 1.880 | 0 | 0.533 | 8.528 |
| 18:1 | g | 13.730 | 0 | 3.892 | 62.279 |
| 20:1 | g | 0.050 | 0 | 0.014 | 0.227 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.320 | 0 | 0.374 | 5.988 |
| 18:2 | g | 0.810 | 0 | 0.230 | 3.674 |
| 18:3 | g | 0.480 | 0 | 0.136 | 2.177 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.091 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 76 | 0 | 22 | 345 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.161 | 0 | 0.046 | 0.730 |
| Threonine | g | 0.629 | 0 | 0.178 | 2.853 |
| Isoleucine | g | 0.647 | 0 | 0.183 | 2.935 |
| Leucine | g | 1.138 | 0 | 0.323 | 5.162 |
| Lysine | g | 1.198 | 0 | 0.340 | 5.434 |
| Methionine | g | 0.368 | 0 | 0.104 | 1.669 |
| Cystine | g | 0.161 | 0 | 0.046 | 0.730 |
| Phenylalanine | g | 0.562 | 0 | 0.159 | 2.549 |
| Tyrosine | g | 0.484 | 0 | 0.137 | 2.195 |
| Valine | g | 0.700 | 0 | 0.198 | 3.175 |
| Arginine | g | 0.910 | 0 | 0.258 | 4.128 |
| Histidine | g | 0.493 | 0 | 0.140 | 2.236 |
| Alanine | g | 0.868 | 0 | 0.246 | 3.937 |
| Aspartic acid | g | 1.315 | 0 | 0.373 | 5.965 |
| Glutamic acid | g | 2.163 | 0 | 0.613 | 9.811 |
| Glycine | g | 0.785 | 0 | 0.223 | 3.561 |
| Proline | g | 0.636 | 0 | 0.180 | 2.885 |
| Serine | g | 0.550 | 0 | 0.156 | 2.495 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13148 Beef, rib, shortribs, separable lean and fat, choice, cooked, braised

**Refuse:** 29% Bone

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 225g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 35.72 | | 0 | 80.37 | 30.36 | |
| Energy | kcal | 471 | | 0 | 1060 | 400 | |
| Energy | kj | 1971 | | 0 | 4435 | 1675 | |
| Protein (N x 5.95) | g | 21.57 | | 0 | 48.53 | 18.33 | |
| Total lipid (fat) | g | 41.98 | | 0 | 94.45 | 35.68 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.74 | | 0 | 1.67 | 0.63 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 12 | | 0 | 27 | 10 | |
| Iron | mg | 2.31 | | 0 | 5.20 | 1.96 | |
| Magnesium | mg | 15 | | 0 | 34 | 13 | |
| Phosphorus | mg | 162 | | 0 | 365 | 138 | |
| Potassium | mg | 224 | | 0 | 504 | 190 | |
| Sodium | mg | 50 | | 0 | 113 | 43 | |
| Zinc | mg | 4.88 | | 0 | 10.98 | 4.15 | |
| Copper | mg | 0.099 | | 0 | 0.223 | 0.084 | |
| Manganese | mg | 0.013 | | 0 | 0.029 | 0.011 | |
| Selenium | :g | 20.8 | | 0 | 46.8 | 17.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.050 | | 0 | 0.113 | 0.043 | |
| Riboflavin | mg | 0.150 | | 0 | 0.338 | 0.128 | |
| Niacin | mg | 2.452 | | 0 | 5.517 | 2.084 | |
| Pantothenic acid | mg | 0.252 | | 0 | 0.567 | 0.214 | |
| Vitamin B-6 | mg | 0.220 | | 0 | 0.495 | 0.187 | |
| Folate | :g | 5 | | 0 | 11 | 4 | |
| Vitamin B-12 | :g | 2.62 | | 0 | 5.89 | 2.23 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.290 | | 0 | 0.653 | 0.247 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 17.800 | | 0 | 40.050 | 15.130 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.130 | | 0 | 0.293 | 0.111 | |
| 12:0 | g | 0.120 | | 0 | 0.270 | 0.102 | |
| 14:0 | g | 1.380 | | 0 | 3.105 | 1.173 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 10.480 | | 0 | 23.580 | 8.908 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 4.920 | | 0 | 11.070 | 4.182 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 18.880 | 0 | 42.480 | 16.048 |
| 14:1 | g | | | | |
| 16:1 | g | 1.780 | 0 | 4.005 | 1.513 |
| 18:1 | g | 16.230 | 0 | 36.517 | 13.795 |
| 20:1 | g | 0.080 | 0 | 0.180 | 0.068 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.530 | 0 | 3.442 | 1.301 |
| 18:2 | g | 0.980 | 0 | 2.205 | 0.833 |
| 18:3 | g | 0.500 | 0 | 1.125 | 0.425 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.068 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 94 | 0 | 212 | 80 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.242 | 0 | 0.545 | 0.206 |
| Threonine | g | 0.942 | 0 | 2.119 | 0.801 |
| Isoleucine | g | 0.969 | 0 | 2.180 | 0.824 |
| Leucine | g | 1.704 | 0 | 3.834 | 1.448 |
| Lysine | g | 1.794 | 0 | 4.037 | 1.525 |
| Methionine | g | 0.552 | 0 | 1.242 | 0.469 |
| Cystine | g | 0.242 | 0 | 0.545 | 0.206 |
| Phenylalanine | g | 0.842 | 0 | 1.894 | 0.716 |
| Tyrosine | g | 0.725 | 0 | 1.631 | 0.616 |
| Valine | g | 1.049 | 0 | 2.360 | 0.892 |
| Arginine | g | 1.363 | 0 | 3.067 | 1.159 |
| Histidine | g | 0.738 | 0 | 1.661 | 0.627 |
| Alanine | g | 1.301 | 0 | 2.927 | 1.106 |
| Aspartic acid | g | 1.970 | 0 | 4.433 | 1.674 |
| Glutamic acid | g | 3.240 | 0 | 7.290 | 2.754 |
| Glycine | g | 1.176 | 0 | 2.646 | 1.000 |
| Proline | g | 0.952 | 0 | 2.142 | 0.809 |
| Serine | g | 0.825 | 0 | 1.856 | 0.701 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13149 Beef, rib, shortribs, separable lean only, choice, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 69.38 | 1.133 | 4 | 19.67 | 314.71 | |
| Energy | kcal | 173 | | 0 | 49 | 785 | |
| Energy | kj | 724 | | 0 | 205 | 3284 | |
| Protein (N x 5.95) | g | 19.05 | 0.299 | 4 | 5.40 | 86.41 | |
| Total lipid (fat) | g | 10.19 | 1.425 | 4 | 2.89 | 46.22 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.98 | | 0 | 0.28 | 4.45 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 2 | 36 | |
| Iron | mg | 2.16 | | 0 | 0.61 | 9.80 | |
| Magnesium | mg | 22 | | 0 | 6 | 100 | |
| Phosphorus | mg | 190 | | 0 | 54 | 862 | |
| Potassium | mg | 357 | | 0 | 101 | 1619 | |
| Sodium | mg | 65 | | 0 | 18 | 295 | |
| Zinc | mg | 4.78 | | 0 | 1.36 | 21.68 | |
| Copper | mg | 0.069 | | 0 | 0.020 | 0.313 | |
| Manganese | mg | 0.014 | | 0 | 0.004 | 0.064 | |
| Selenium | :g | 14.4 | | 0 | 4.1 | 65.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.094 | | 0 | 0.027 | 0.426 | |
| Riboflavin | mg | 0.154 | | 0 | 0.044 | 0.699 | |
| Niacin | mg | 3.412 | | 0 | 0.967 | 15.477 | |
| Pantothenic acid | mg | 0.320 | | 0 | 0.091 | 1.452 | |
| Vitamin B-6 | mg | 0.390 | | 0 | 0.111 | 1.769 | |
| Folate | :g | 6 | | 0 | 2 | 27 | |
| Vitamin B-12 | :g | 3.39 | | 0 | 0.96 | 15.38 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.330 | | 0 | 1.228 | 19.641 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.003 | 0.045 | |
| 12:0 | g | 0.010 | | 0 | 0.003 | 0.045 | |
| 14:0 | g | 0.310 | | 0 | 0.088 | 1.406 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.450 | | 0 | 0.695 | 11.113 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.340 | | 0 | 0.380 | 6.078 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.380 | 0 | 1.242 | 19.868 |
| 14:1 | g | | | | |
| 16:1 | g | 0.380 | 0 | 0.108 | 1.724 |
| 18:1 | g | 3.790 | 0 | 1.074 | 17.191 |
| 20:1 | g | 0.010 | 0 | 0.003 | 0.045 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.380 | 0 | 0.108 | 1.724 |
| 18:2 | g | 0.300 | 0 | 0.085 | 1.361 |
| 18:3 | g | 0.030 | 0 | 0.009 | 0.136 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.011 | 0.181 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 59 | 0 | 17 | 268 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.213 | 0 | 0.060 | 0.966 |
| Threonine | g | 0.832 | 0 | 0.236 | 3.774 |
| Isoleucine | g | 0.856 | 0 | 0.243 | 3.883 |
| Leucine | g | 1.506 | 0 | 0.427 | 6.831 |
| Lysine | g | 1.585 | 0 | 0.449 | 7.190 |
| Methionine | g | 0.488 | 0 | 0.138 | 2.214 |
| Cystine | g | 0.213 | 0 | 0.060 | 0.966 |
| Phenylalanine | g | 0.744 | 0 | 0.211 | 3.375 |
| Tyrosine | g | 0.640 | 0 | 0.181 | 2.903 |
| Valine | g | 0.927 | 0 | 0.263 | 4.205 |
| Arginine | g | 1.204 | 0 | 0.341 | 5.461 |
| Histidine | g | 0.652 | 0 | 0.185 | 2.957 |
| Alanine | g | 1.149 | 0 | 0.326 | 5.212 |
| Aspartic acid | g | 1.740 | 0 | 0.493 | 7.893 |
| Glutamic acid | g | 2.862 | 0 | 0.811 | 12.982 |
| Glycine | g | 1.039 | 0 | 0.295 | 4.713 |
| Proline | g | 0.841 | 0 | 0.238 | 3.815 |
| Serine | g | 0.728 | 0 | 0.206 | 3.302 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13150 Beef, rib, shortribs, separable lean only, choice, cooked, braised

**Refuse:** 62% 29% bone, 33% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 121g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 50.15 | 0.895 | 4 | 60.68 | 42.63 | |
| Energy | kcal | 295 | | 0 | 357 | 251 | |
| Energy | kj | 1234 | | 0 | 1493 | 1049 | |
| Protein (N x 5.95) | g | 30.76 | 0.951 | 4 | 37.22 | 26.15 | |
| Total lipid (fat) | g | 18.13 | 1.787 | 4 | 21.94 | 15.41 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.98 | | 0 | 1.19 | 0.83 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | | 0 | 13 | 9 | |
| Iron | mg | 3.36 | | 0 | 4.07 | 2.86 | |
| Magnesium | mg | 22 | | 0 | 27 | 19 | |
| Phosphorus | mg | 235 | | 0 | 284 | 200 | |
| Potassium | mg | 313 | | 0 | 379 | 266 | |
| Sodium | mg | 58 | | 0 | 70 | 49 | |
| Zinc | mg | 7.80 | | 0 | 9.44 | 6.63 | |
| Copper | mg | 0.107 | | 0 | 0.129 | 0.091 | |
| Manganese | mg | 0.018 | | 0 | 0.022 | 0.015 | |
| Selenium | :g | 22.1 | | 0 | 26.7 | 18.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.065 | | 0 | 0.079 | 0.055 | |
| Riboflavin | mg | 0.202 | | 0 | 0.244 | 0.172 | |
| Niacin | mg | 3.208 | | 0 | 3.882 | 2.727 | |
| Pantothenic acid | mg | 0.337 | | 0 | 0.408 | 0.286 | |
| Vitamin B-6 | mg | 0.280 | | 0 | 0.339 | 0.238 | |
| Folate | :g | 7 | | 0 | 8 | 6 | |
| Vitamin B-12 | :g | 3.46 | | 0 | 4.19 | 2.94 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.169 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.740 | | 0 | 9.365 | 6.579 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.012 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.012 | 0.009 | |
| 14:0 | g | 0.570 | | 0 | 0.690 | 0.484 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.350 | | 0 | 5.263 | 3.697 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.440 | | 0 | 2.952 | 2.074 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.980 | 0 | 9.656 | 6.783 |
| 14:1 | g | | | | |
| 16:1 | g | 0.630 | 0 | 0.762 | 0.536 |
| 18:1 | g | 7.040 | 0 | 8.518 | 5.984 |
| 20:1 | g | 0.010 | 0 | 0.012 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.550 | 0 | 0.666 | 0.468 |
| 18:2 | g | 0.430 | 0 | 0.520 | 0.366 |
| 18:3 | g | 0.050 | 0 | 0.061 | 0.043 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 0 | 0.061 | 0.043 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 93 | 0 | 113 | 79 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.344 | 0 | 0.416 | 0.292 |
| Threonine | g | 1.343 | 0 | 1.625 | 1.142 |
| Isoleucine | g | 1.383 | 0 | 1.673 | 1.176 |
| Leucine | g | 2.431 | 0 | 2.942 | 2.066 |
| Lysine | g | 2.559 | 0 | 3.096 | 2.175 |
| Methionine | g | 0.787 | 0 | 0.952 | 0.669 |
| Cystine | g | 0.344 | 0 | 0.416 | 0.292 |
| Phenylalanine | g | 1.201 | 0 | 1.453 | 1.021 |
| Tyrosine | g | 1.033 | 0 | 1.250 | 0.878 |
| Valine | g | 1.496 | 0 | 1.810 | 1.272 |
| Arginine | g | 1.944 | 0 | 2.352 | 1.652 |
| Histidine | g | 1.053 | 0 | 1.274 | 0.895 |
| Alanine | g | 1.855 | 0 | 2.245 | 1.577 |
| Aspartic acid | g | 2.810 | 0 | 3.400 | 2.389 |
| Glutamic acid | g | 4.621 | 0 | 5.591 | 3.928 |
| Glycine | g | 1.678 | 0 | 2.030 | 1.426 |
| Proline | g | 1.358 | 0 | 1.643 | 1.154 |
| Serine | g | 1.176 | 0 | 1.423 | 1.000 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13151 Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, choice, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 64.75 | | 0 | 18.36 | 293.71 | |
| Energy | kcal | 203 | | 0 | 58 | 921 | |
| Energy | kj | 849 | | 0 | 241 | 3851 | |
| Protein (N x 5.95) | g | 20.37 | | 0 | 5.77 | 92.40 | |
| Total lipid (fat) | g | 12.81 | | 0 | 3.63 | 58.11 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.97 | | 0 | 0.27 | 4.40 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 4 | | 0 | 1 | 18 | |
| Iron | mg | 1.97 | | 0 | 0.56 | 8.94 | |
| Magnesium | mg | 22 | | 0 | 6 | 100 | |
| Phosphorus | mg | 197 | | 0 | 56 | 894 | |
| Potassium | mg | 338 | | 0 | 96 | 1533 | |
| Sodium | mg | 53 | | 0 | 15 | 240 | |
| Zinc | mg | 3.20 | | 0 | 0.91 | 14.52 | |
| Copper | mg | 0.075 | | 0 | 0.021 | 0.340 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | :g | 19.5 | | 0 | 5.5 | 88.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.028 | 0.454 | |
| Riboflavin | mg | 0.170 | | 0 | 0.048 | 0.771 | |
| Niacin | mg | 3.710 | | 0 | 1.052 | 16.829 | |
| Pantothenic acid | mg | 0.360 | | 0 | 0.102 | 1.633 | |
| Vitamin B-6 | mg | 0.470 | | 0 | 0.133 | 2.132 | |
| Folate | :g | 8 | | 0 | 2 | 36 | |
| Vitamin B-12 | :g | 2.80 | | 0 | 0.79 | 12.70 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.181 | | 0 | 0.051 | 0.821 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.000 | | 0 | 1.418 | 22.680 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.040 | | 0 | 0.011 | 0.181 | |
| 12:0 | g | 0.030 | | 0 | 0.009 | 0.136 | |
| 14:0 | g | 0.390 | | 0 | 0.111 | 1.769 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.060 | | 0 | 0.868 | 13.880 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.490 | | 0 | 0.422 | 6.759 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.530 | 0 | 1.568 | 25.084 |
| 14:1 | g | | | | |
| 16:1 | g | 0.650 | 0 | 0.184 | 2.948 |
| 18:1 | g | 4.870 | 0 | 1.381 | 22.090 |
| 20:1 | g | 0.020 | 0 | 0.006 | 0.091 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.490 | 0 | 0.139 | 2.223 |
| 18:2 | g | 0.320 | 0 | 0.091 | 1.452 |
| 18:3 | g | 0.140 | 0 | 0.040 | 0.635 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 63 | 0 | 18 | 286 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.228 | 0 | 0.065 | 1.034 |
| Threonine | g | 0.890 | 0 | 0.252 | 4.037 |
| Isoleucine | g | 0.916 | 0 | 0.260 | 4.155 |
| Leucine | g | 1.610 | 0 | 0.456 | 7.303 |
| Lysine | g | 1.695 | 0 | 0.481 | 7.689 |
| Methionine | g | 0.522 | 0 | 0.148 | 2.368 |
| Cystine | g | 0.228 | 0 | 0.065 | 1.034 |
| Phenylalanine | g | 0.795 | 0 | 0.225 | 3.606 |
| Tyrosine | g | 0.685 | 0 | 0.194 | 3.107 |
| Valine | g | 0.991 | 0 | 0.281 | 4.495 |
| Arginine | g | 1.288 | 0 | 0.365 | 5.842 |
| Histidine | g | 0.698 | 0 | 0.198 | 3.166 |
| Alanine | g | 1.229 | 0 | 0.348 | 5.575 |
| Aspartic acid | g | 1.861 | 0 | 0.528 | 8.441 |
| Glutamic acid | g | 3.061 | 0 | 0.868 | 13.885 |
| Glycine | g | 1.112 | 0 | 0.315 | 5.044 |
| Proline | g | 0.900 | 0 | 0.255 | 4.082 |
| Serine | g | 0.779 | 0 | 0.221 | 3.534 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13152 Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

**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 | Samples | Measure 1* 313g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 56.31 | | 0 | 176.25 | 47.86 | |
| Energy | kcal | 240 | | 0 | 751 | 204 | |
| Energy | kj | 1004 | | 0 | 3143 | 853 | |
| Protein (N x 5.95) | g | 27.35 | | 0 | 85.61 | 23.25 | |
| Total lipid (fat) | g | 13.62 | | 0 | 42.63 | 11.58 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.31 | | 0 | 4.10 | 1.11 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 19 | 5 | |
| Iron | mg | 2.53 | | 0 | 7.92 | 2.15 | |
| Magnesium | mg | 25 | | 0 | 78 | 21 | |
| Phosphorus | mg | 238 | | 0 | 745 | 202 | |
| Potassium | mg | 392 | | 0 | 1227 | 333 | |
| Sodium | mg | 61 | | 0 | 191 | 52 | |
| Zinc | mg | 4.32 | | 0 | 13.52 | 3.67 | |
| Copper | mg | 0.100 | | 0 | 0.313 | 0.085 | |
| Manganese | mg | 0.015 | | 0 | 0.047 | 0.013 | |
| Selenium | :g | 27.0 | | 0 | 84.5 | 22.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.282 | 0.077 | |
| Riboflavin | mg | 0.210 | | 0 | 0.657 | 0.179 | |
| Niacin | mg | 3.990 | | 0 | 12.489 | 3.392 | |
| Pantothenic acid | mg | 0.380 | | 0 | 1.189 | 0.323 | |
| Vitamin B-6 | mg | 0.380 | | 0 | 1.189 | 0.323 | |
| Folate | :g | 9 | | 0 | 28 | 8 | |
| Vitamin B-12 | :g | 3.01 | | 0 | 9.42 | 2.56 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.190 | | 0 | 0.595 | 0.161 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.160 | | 0 | 16.151 | 4.386 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.030 | | 0 | 0.094 | 0.026 | |
| 12:0 | g | 0.030 | | 0 | 0.094 | 0.026 | |
| 14:0 | g | 0.400 | | 0 | 1.252 | 0.340 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.230 | | 0 | 10.110 | 2.746 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.470 | | 0 | 4.601 | 1.250 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.840 | 0 | 18.279 | 4.964 |
| 14:1 | g | | | | |
| 16:1 | g | 0.600 | 0 | 1.878 | 0.510 |
| 18:1 | g | 5.210 | 0 | 16.307 | 4.429 |
| 20:1 | g | 0.020 | 0 | 0.063 | 0.017 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.540 | 0 | 1.690 | 0.459 |
| 18:2 | g | 0.370 | 0 | 1.158 | 0.315 |
| 18:3 | g | 0.130 | 0 | 0.407 | 0.111 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.125 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 80 | 0 | 250 | 68 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.306 | 0 | 0.958 | 0.260 |
| Threonine | g | 1.195 | 0 | 3.740 | 1.016 |
| Isoleucine | g | 1.230 | 0 | 3.850 | 1.045 |
| Leucine | g | 2.162 | 0 | 6.767 | 1.838 |
| Lysine | g | 2.276 | 0 | 7.124 | 1.935 |
| Methionine | g | 0.700 | 0 | 2.191 | 0.595 |
| Cystine | g | 0.306 | 0 | 0.958 | 0.260 |
| Phenylalanine | g | 1.068 | 0 | 3.343 | 0.908 |
| Tyrosine | g | 0.919 | 0 | 2.876 | 0.781 |
| Valine | g | 1.330 | 0 | 4.163 | 1.131 |
| Arginine | g | 1.729 | 0 | 5.412 | 1.470 |
| Histidine | g | 0.937 | 0 | 2.933 | 0.796 |
| Alanine | g | 1.650 | 0 | 5.164 | 1.403 |
| Aspartic acid | g | 2.499 | 0 | 7.822 | 2.124 |
| Glutamic acid | g | 4.110 | 0 | 12.864 | 3.494 |
| Glycine | g | 1.492 | 0 | 4.670 | 1.268 |
| Proline | g | 1.208 | 0 | 3.781 | 1.027 |
| Serine | g | 1.046 | 0 | 3.274 | 0.889 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13153 Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, select, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 65.92 | | 0 | 18.69 | 299.01 | |
| Energy | kcal | 191 | | 0 | 54 | 866 | |
| Energy | kj | 799 | | 0 | 227 | 3624 | |
| Protein (N x 5.95) | g | 20.37 | | 0 | 5.77 | 92.40 | |
| Total lipid (fat) | g | 11.59 | | 0 | 3.29 | 52.57 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.97 | | 0 | 0.27 | 4.40 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 4 | | 0 | 1 | 18 | |
| Iron | mg | 1.98 | | 0 | 0.56 | 8.98 | |
| Magnesium | mg | 22 | | 0 | 6 | 100 | |
| Phosphorus | mg | 197 | | 0 | 56 | 894 | |
| Potassium | mg | 338 | | 0 | 96 | 1533 | |
| Sodium | mg | 53 | | 0 | 15 | 240 | |
| Zinc | mg | 3.21 | | 0 | 0.91 | 14.56 | |
| Copper | mg | 0.075 | | 0 | 0.021 | 0.340 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | :g | 19.5 | | 0 | 5.5 | 88.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.028 | 0.454 | |
| Riboflavin | mg | 0.170 | | 0 | 0.048 | 0.771 | |
| Niacin | mg | 3.710 | | 0 | 1.052 | 16.829 | |
| Pantothenic acid | mg | 0.360 | | 0 | 0.102 | 1.633 | |
| Vitamin B-6 | mg | 0.470 | | 0 | 0.133 | 2.132 | |
| Folate | :g | 8 | | 0 | 2 | 36 | |
| Vitamin B-12 | :g | 2.80 | | 0 | 0.79 | 12.70 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.590 | | 0 | 1.301 | 20.820 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.040 | | 0 | 0.011 | 0.181 | |
| 12:0 | g | 0.030 | | 0 | 0.009 | 0.136 | |
| 14:0 | g | 0.360 | | 0 | 0.102 | 1.633 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.800 | | 0 | 0.794 | 12.701 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.370 | | 0 | 0.388 | 6.214 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.020 | 0 | 1.423 | 22.771 |
| 14:1 | g | | | | |
| 16:1 | g | 0.600 | 0 | 0.170 | 2.722 |
| 18:1 | g | 4.410 | 0 | 1.250 | 20.004 |
| 20:1 | g | 0.020 | 0 | 0.006 | 0.091 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.440 | 0 | 0.125 | 1.996 |
| 18:2 | g | 0.280 | 0 | 0.079 | 1.270 |
| 18:3 | g | 0.130 | 0 | 0.037 | 0.590 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 63 | 0 | 18 | 286 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.228 | 0 | 0.065 | 1.034 |
| Threonine | g | 0.890 | 0 | 0.252 | 4.037 |
| Isoleucine | g | 0.916 | 0 | 0.260 | 4.155 |
| Leucine | g | 1.610 | 0 | 0.456 | 7.303 |
| Lysine | g | 1.695 | 0 | 0.481 | 7.689 |
| Methionine | g | 0.521 | 0 | 0.148 | 2.363 |
| Cystine | g | 0.228 | 0 | 0.065 | 1.034 |
| Phenylalanine | g | 0.795 | 0 | 0.225 | 3.606 |
| Tyrosine | g | 0.684 | 0 | 0.194 | 3.103 |
| Valine | g | 0.991 | 0 | 0.281 | 4.495 |
| Arginine | g | 1.287 | 0 | 0.365 | 5.838 |
| Histidine | g | 0.697 | 0 | 0.198 | 3.162 |
| Alanine | g | 1.229 | 0 | 0.348 | 5.575 |
| Aspartic acid | g | 1.861 | 0 | 0.528 | 8.441 |
| Glutamic acid | g | 3.060 | 0 | 0.868 | 13.880 |
| Glycine | g | 1.111 | 0 | 0.315 | 5.039 |
| Proline | g | 0.899 | 0 | 0.255 | 4.078 |
| Serine | g | 0.779 | 0 | 0.221 | 3.534 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13154 Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, select, cooked, broiled

**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 | Samples | Measure 1* 313g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.06 | | 0 | 181.73 | 49.35 | |
| Energy | kcal | 223 | | 0 | 698 | 190 | |
| Energy | kj | 933 | | 0 | 2920 | 793 | |
| Protein (N x 5.95) | g | 27.39 | | 0 | 85.73 | 23.28 | |
| Total lipid (fat) | g | 11.73 | | 0 | 36.71 | 9.97 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.32 | | 0 | 4.13 | 1.12 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 19 | 5 | |
| Iron | mg | 2.54 | | 0 | 7.95 | 2.16 | |
| Magnesium | mg | 26 | | 0 | 81 | 22 | |
| Phosphorus | mg | 238 | | 0 | 745 | 202 | |
| Potassium | mg | 392 | | 0 | 1227 | 333 | |
| Sodium | mg | 62 | | 0 | 194 | 53 | |
| Zinc | mg | 4.33 | | 0 | 13.55 | 3.68 | |
| Copper | mg | 0.101 | | 0 | 0.316 | 0.086 | |
| Manganese | mg | 0.015 | | 0 | 0.047 | 0.013 | |
| Selenium | :g | 27.1 | | 0 | 84.8 | 23.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.282 | 0.077 | |
| Riboflavin | mg | 0.210 | | 0 | 0.657 | 0.179 | |
| Niacin | mg | 4.000 | | 0 | 12.520 | 3.400 | |
| Pantothenic acid | mg | 0.390 | | 0 | 1.221 | 0.331 | |
| Vitamin B-6 | mg | 0.380 | | 0 | 1.189 | 0.323 | |
| Folate | :g | 9 | | 0 | 28 | 8 | |
| Vitamin B-12 | :g | 3.02 | | 0 | 9.45 | 2.57 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.130 | | 0 | 12.927 | 3.510 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.030 | | 0 | 0.094 | 0.026 | |
| 12:0 | g | 0.030 | | 0 | 0.094 | 0.026 | |
| 14:0 | g | 0.330 | | 0 | 1.033 | 0.281 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.590 | | 0 | 8.107 | 2.201 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.160 | | 0 | 3.631 | 0.986 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.630 | 0 | 14.492 | 3.936 |
| 14:1 | g | | | | |
| 16:1 | g | 0.490 | 0 | 1.534 | 0.417 |
| 18:1 | g | 4.130 | 0 | 12.927 | 3.510 |
| 20:1 | g | 0.020 | 0 | 0.063 | 0.017 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.410 | 0 | 1.283 | 0.349 |
| 18:2 | g | 0.280 | 0 | 0.876 | 0.238 |
| 18:3 | g | 0.120 | 0 | 0.376 | 0.102 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.063 | 0.017 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 55 | 0 | 172 | 47 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.307 | 0 | 0.961 | 0.261 |
| Threonine | g | 1.197 | 0 | 3.747 | 1.017 |
| Isoleucine | g | 1.232 | 0 | 3.856 | 1.047 |
| Leucine | g | 2.165 | 0 | 6.776 | 1.840 |
| Lysine | g | 2.279 | 0 | 7.133 | 1.937 |
| Methionine | g | 0.701 | 0 | 2.194 | 0.596 |
| Cystine | g | 0.307 | 0 | 0.961 | 0.261 |
| Phenylalanine | g | 1.069 | 0 | 3.346 | 0.909 |
| Tyrosine | g | 0.920 | 0 | 2.880 | 0.782 |
| Valine | g | 1.332 | 0 | 4.169 | 1.132 |
| Arginine | g | 1.731 | 0 | 5.418 | 1.471 |
| Histidine | g | 0.938 | 0 | 2.936 | 0.797 |
| Alanine | g | 1.652 | 0 | 5.171 | 1.404 |
| Aspartic acid | g | 2.503 | 0 | 7.834 | 2.128 |
| Glutamic acid | g | 4.116 | 0 | 12.883 | 3.499 |
| Glycine | g | 1.495 | 0 | 4.679 | 1.271 |
| Proline | g | 1.210 | 0 | 3.787 | 1.028 |
| Serine | g | 1.048 | 0 | 3.280 | 0.891 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13155 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, raw

**Refuse:** 17% Bone 6%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 70.83 | | 0 | 20.08 | 321.28 | |
| Energy | kcal | 138 | | 0 | 39 | 626 | |
| Energy | kj | 577 | | 0 | 164 | 2617 | |
| Protein (N x 5.95) | g | 22.03 | | 0 | 6.25 | 99.93 | |
| Total lipid (fat) | g | 4.89 | | 0 | 1.39 | 22.18 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.07 | | 0 | 0.30 | 4.85 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 4 | | 0 | 1 | 18 | |
| Iron | mg | 2.14 | | 0 | 0.61 | 9.71 | |
| Magnesium | mg | 25 | | 0 | 7 | 113 | |
| Phosphorus | mg | 215 | | 0 | 61 | 975 | |
| Potassium | mg | 375 | | 0 | 106 | 1701 | |
| Sodium | mg | 57 | | 0 | 16 | 259 | |
| Zinc | mg | 3.51 | | 0 | 1.00 | 15.92 | |
| Copper | mg | 0.080 | | 0 | 0.023 | 0.363 | |
| Manganese | mg | 0.014 | | 0 | 0.004 | 0.064 | |
| Selenium | :g | 20.8 | 1.897 | 32 | 5.9 | 94.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.190 | | 0 | 0.054 | 0.862 | |
| Niacin | mg | 4.020 | | 0 | 1.140 | 18.235 | |
| Pantothenic acid | mg | 0.390 | | 0 | 0.111 | 1.769 | |
| Vitamin B-6 | mg | 0.510 | | 0 | 0.145 | 2.313 | |
| Folate | :g | 9 | | 0 | 3 | 41 | |
| Vitamin B-12 | :g | 2.98 | | 0 | 0.84 | 13.52 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.670 | | 0 | 0.473 | 7.575 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.110 | | 0 | 0.031 | 0.499 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.060 | | 0 | 0.301 | 4.808 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.500 | | 0 | 0.142 | 2.268 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.070 | 0 | 0.587 | 9.390 |
| 14:1 | g | | | | |
| 16:1 | g | 0.200 | 0 | 0.057 | 0.907 |
| 18:1 | g | 1.860 | 0 | 0.527 | 8.437 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.210 | 0 | 0.060 | 0.953 |
| 18:2 | g | 0.160 | 0 | 0.045 | 0.726 |
| 18:3 | g | 0.010 | 0 | 0.003 | 0.045 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 58 | 0 | 16 | 263 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.247 | 0 | 0.070 | 1.120 |
| Threonine | g | 0.962 | 0 | 0.273 | 4.364 |
| Isoleucine | g | 0.991 | 0 | 0.281 | 4.495 |
| Leucine | g | 1.741 | 0 | 0.494 | 7.897 |
| Lysine | g | 1.833 | 0 | 0.520 | 8.314 |
| Methionine | g | 0.564 | 0 | 0.160 | 2.558 |
| Cystine | g | 0.247 | 0 | 0.070 | 1.120 |
| Phenylalanine | g | 0.860 | 0 | 0.244 | 3.901 |
| Tyrosine | g | 0.740 | 0 | 0.210 | 3.357 |
| Valine | g | 1.072 | 0 | 0.304 | 4.863 |
| Arginine | g | 1.392 | 0 | 0.395 | 6.314 |
| Histidine | g | 0.754 | 0 | 0.214 | 3.420 |
| Alanine | g | 1.329 | 0 | 0.377 | 6.028 |
| Aspartic acid | g | 2.013 | 0 | 0.571 | 9.131 |
| Glutamic acid | g | 3.310 | 0 | 0.938 | 15.014 |
| Glycine | g | 1.202 | 0 | 0.341 | 5.452 |
| Proline | g | 0.973 | 0 | 0.276 | 4.414 |
| Serine | g | 0.842 | 0 | 0.239 | 3.819 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## 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 | Samples | Measure 1* 285g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 60.50 | | 0 | 172.43 | 51.42 | |
| Energy | kcal | 191 | | 0 | 544 | 162 | |
| Energy | kj | 799 | | 0 | 2277 | 679 | |
| Protein (N x 5.95) | g | 29.21 | | 0 | 83.25 | 24.83 | |
| Total lipid (fat) | g | 7.31 | | 0 | 20.83 | 6.21 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.41 | | 0 | 4.02 | 1.20 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 0 | 14 | 4 | |
| Iron | mg | 2.70 | | 0 | 7.70 | 2.30 | |
| Magnesium | mg | 28 | | 0 | 80 | 24 | |
| Phosphorus | mg | 256 | | 0 | 730 | 218 | |
| Potassium | mg | 422 | | 0 | 1203 | 359 | |
| Sodium | mg | 64 | | 0 | 182 | 54 | |
| Zinc | mg | 4.64 | | 0 | 13.22 | 3.94 | |
| Copper | mg | 0.106 | | 0 | 0.302 | 0.090 | |
| Manganese | mg | 0.016 | | 0 | 0.046 | 0.014 | |
| Selenium | :g | 27.7 | | 0 | 78.9 | 23.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.285 | 0.085 | |
| Riboflavin | mg | 0.220 | | 0 | 0.627 | 0.187 | |
| Niacin | mg | 4.260 | | 0 | 12.141 | 3.621 | |
| Pantothenic acid | mg | 0.410 | | 0 | 1.168 | 0.349 | |
| Vitamin B-6 | mg | 0.400 | | 0 | 1.140 | 0.340 | |
| Folate | :g | 10 | | 0 | 29 | 9 | |
| Vitamin B-12 | :g | 3.17 | | 0 | 9.03 | 2.69 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.399 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.560 | | 0 | 7.296 | 2.176 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.180 | | 0 | 0.513 | 0.153 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.610 | | 0 | 4.588 | 1.369 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.760 | | 0 | 2.166 | 0.646 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.100 | 0 | 8.835 | 2.635 |
| 14:1 | g | | | | |
| 16:1 | g | 0.320 | 0 | 0.912 | 0.272 |
| 18:1 | g | 2.780 | 0 | 7.923 | 2.363 |
| 20:1 | g | 0.010 | 0 | 0.029 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.310 | 0 | 0.884 | 0.264 |
| 18:2 | g | 0.240 | 0 | 0.684 | 0.204 |
| 18:3 | g | 0.030 | 0 | 0.086 | 0.026 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.114 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 78 | 0 | 222 | 66 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.327 | 0 | 0.932 | 0.278 |
| Threonine | g | 1.276 | 0 | 3.637 | 1.085 |
| Isoleucine | g | 1.313 | 0 | 3.742 | 1.116 |
| Leucine | g | 2.309 | 0 | 6.581 | 1.963 |
| Lysine | g | 2.430 | 0 | 6.926 | 2.066 |
| Methionine | g | 0.748 | 0 | 2.132 | 0.636 |
| Cystine | g | 0.327 | 0 | 0.932 | 0.278 |
| Phenylalanine | g | 1.140 | 0 | 3.249 | 0.969 |
| Tyrosine | g | 0.981 | 0 | 2.796 | 0.834 |
| Valine | g | 1.421 | 0 | 4.050 | 1.208 |
| Arginine | g | 1.846 | 0 | 5.261 | 1.569 |
| Histidine | g | 1.000 | 0 | 2.850 | 0.850 |
| Alanine | g | 1.762 | 0 | 5.022 | 1.498 |
| Aspartic acid | g | 2.669 | 0 | 7.607 | 2.269 |
| Glutamic acid | g | 4.388 | 0 | 12.506 | 3.730 |
| Glycine | g | 1.594 | 0 | 4.543 | 1.355 |
| Proline | g | 1.290 | 0 | 3.677 | 1.097 |
| Serine | g | 1.117 | 0 | 3.183 | 0.949 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13157 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, raw

**Refuse:** 17% Bone 6%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 72.15 | | 0 | 20.45 | 327.27 | |
| Energy | kcal | 126 | | 0 | 36 | 572 | |
| Energy | kj | 527 | | 0 | 149 | 2390 | |
| Protein (N x 5.95) | g | 22.03 | | 0 | 6.25 | 99.93 | |
| Total lipid (fat) | g | 3.50 | | 0 | 0.99 | 15.88 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.06 | | 0 | 0.30 | 4.81 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 4 | | 0 | 1 | 18 | |
| Iron | mg | 2.15 | | 0 | 0.61 | 9.75 | |
| Magnesium | mg | 25 | | 0 | 7 | 113 | |
| Phosphorus | mg | 215 | | 0 | 61 | 975 | |
| Potassium | mg | 375 | | 0 | 106 | 1701 | |
| Sodium | mg | 57 | | 0 | 16 | 259 | |
| Zinc | mg | 3.51 | | 0 | 1.00 | 15.92 | |
| Copper | mg | 0.080 | | 0 | 0.023 | 0.363 | |
| Manganese | mg | 0.014 | | 0 | 0.004 | 0.064 | |
| Selenium | :g | 20.8 | | 0 | 5.9 | 94.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.190 | | 0 | 0.054 | 0.862 | |
| Niacin | mg | 4.020 | | 0 | 1.140 | 18.235 | |
| Pantothenic acid | mg | 0.390 | | 0 | 0.111 | 1.769 | |
| Vitamin B-6 | mg | 0.510 | | 0 | 0.145 | 2.313 | |
| Folate | :g | 9 | | 0 | 3 | 41 | |
| Vitamin B-12 | :g | 2.98 | | 0 | 0.84 | 13.52 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.200 | | 0 | 0.340 | 5.443 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.080 | | 0 | 0.023 | 0.363 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.760 | | 0 | 0.215 | 3.447 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.350 | | 0 | 0.099 | 1.588 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.480 | 0 | 0.420 | 6.713 |
| 14:1 | g | | | | |
| 16:1 | g | 0.150 | 0 | 0.043 | 0.680 |
| 18:1 | g | 1.330 | 0 | 0.377 | 6.033 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.150 | 0 | 0.043 | 0.680 |
| 18:2 | g | 0.120 | 0 | 0.034 | 0.544 |
| 18:3 | g | 0.010 | 0 | 0.003 | 0.045 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 58 | 0 | 16 | 263 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.247 | 0 | 0.070 | 1.120 |
| Threonine | g | 0.962 | 0 | 0.273 | 4.364 |
| Isoleucine | g | 0.990 | 0 | 0.281 | 4.491 |
| Leucine | g | 1.741 | 0 | 0.494 | 7.897 |
| Lysine | g | 1.833 | 0 | 0.520 | 8.314 |
| Methionine | g | 0.564 | 0 | 0.160 | 2.558 |
| Cystine | g | 0.247 | 0 | 0.070 | 1.120 |
| Phenylalanine | g | 0.860 | 0 | 0.244 | 3.901 |
| Tyrosine | g | 0.740 | 0 | 0.210 | 3.357 |
| Valine | g | 1.071 | 0 | 0.304 | 4.858 |
| Arginine | g | 1.392 | 0 | 0.395 | 6.314 |
| Histidine | g | 0.754 | 0 | 0.214 | 3.420 |
| Alanine | g | 1.329 | 0 | 0.377 | 6.028 |
| Aspartic acid | g | 2.012 | 0 | 0.570 | 9.126 |
| Glutamic acid | g | 3.309 | 0 | 0.938 | 15.010 |
| Glycine | g | 1.202 | 0 | 0.341 | 5.452 |
| Proline | g | 0.973 | 0 | 0.276 | 4.414 |
| Serine | g | 0.842 | 0 | 0.239 | 3.819 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13158 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, 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 | Samples | Measure 1* 282g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 62.44 | | 0 | 176.08 | 53.07 | |
| Energy | kcal | 172 | | 0 | 485 | 146 | |
| Energy | kj | 720 | | 0 | 2030 | 612 | |
| Protein (N x 5.95) | g | 29.25 | | 0 | 82.48 | 24.86 | |
| Total lipid (fat) | g | 5.22 | | 0 | 14.72 | 4.44 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.41 | | 0 | 3.98 | 1.20 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 0 | 14 | 4 | |
| Iron | mg | 2.71 | | 0 | 7.64 | 2.30 | |
| Magnesium | mg | 28 | | 0 | 79 | 24 | |
| Phosphorus | mg | 256 | | 0 | 722 | 218 | |
| Potassium | mg | 423 | | 0 | 1193 | 360 | |
| Sodium | mg | 64 | | 0 | 180 | 54 | |
| Zinc | mg | 4.66 | | 0 | 13.14 | 3.96 | |
| Copper | mg | 0.107 | | 0 | 0.302 | 0.091 | |
| Manganese | mg | 0.016 | | 0 | 0.045 | 0.014 | |
| Selenium | :g | 27.7 | | 0 | 78.1 | 23.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.282 | 0.085 | |
| Riboflavin | mg | 0.220 | | 0 | 0.620 | 0.187 | |
| Niacin | mg | 4.270 | | 0 | 12.041 | 3.629 | |
| Pantothenic acid | mg | 0.410 | | 0 | 1.156 | 0.349 | |
| Vitamin B-6 | mg | 0.410 | | 0 | 1.156 | 0.349 | |
| Folate | :g | 10 | | 0 | 28 | 9 | |
| Vitamin B-12 | :g | 3.17 | | 0 | 8.94 | 2.69 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.830 | | 0 | 5.161 | 1.556 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.130 | | 0 | 0.367 | 0.111 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.150 | | 0 | 3.243 | 0.977 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.540 | | 0 | 1.523 | 0.459 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.220 | 0 | 6.260 | 1.887 |
| 14:1 | g | | | | |
| 16:1 | g | 0.230 | 0 | 0.649 | 0.196 |
| 18:1 | g | 1.990 | 0 | 5.612 | 1.692 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.220 | 0 | 0.620 | 0.187 |
| 18:2 | g | 0.170 | 0 | 0.479 | 0.145 |
| 18:3 | g | 0.020 | 0 | 0.056 | 0.017 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.085 | 0.026 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 78 | 0 | 220 | 66 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.328 | 0 | 0.925 | 0.279 |
| Threonine | g | 1.278 | 0 | 3.604 | 1.086 |
| Isoleucine | g | 1.315 | 0 | 3.708 | 1.118 |
| Leucine | g | 2.312 | 0 | 6.520 | 1.965 |
| Lysine | g | 2.434 | 0 | 6.864 | 2.069 |
| Methionine | g | 0.749 | 0 | 2.112 | 0.637 |
| Cystine | g | 0.328 | 0 | 0.925 | 0.279 |
| Phenylalanine | g | 1.142 | 0 | 3.220 | 0.971 |
| Tyrosine | g | 0.983 | 0 | 2.772 | 0.836 |
| Valine | g | 1.423 | 0 | 4.013 | 1.210 |
| Arginine | g | 1.849 | 0 | 5.214 | 1.572 |
| Histidine | g | 1.002 | 0 | 2.826 | 0.852 |
| Alanine | g | 1.765 | 0 | 4.977 | 1.500 |
| Aspartic acid | g | 2.673 | 0 | 7.538 | 2.272 |
| Glutamic acid | g | 4.395 | 0 | 12.394 | 3.736 |
| Glycine | g | 1.596 | 0 | 4.501 | 1.357 |
| Proline | g | 1.292 | 0 | 3.643 | 1.098 |
| Serine | g | 1.119 | 0 | 3.156 | 0.951 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13159 Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 64.03 | | 0 | 18.15 | 290.44 | |
| Energy | kcal | 208 | | 0 | 59 | 943 | |
| Energy | kj | 870 | | 0 | 247 | 3946 | |
| Protein (N x 5.95) | g | 20.23 | | 0 | 5.74 | 91.76 | |
| Total lipid (fat) | g | 13.43 | | 0 | 3.81 | 60.92 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.94 | | 0 | 0.27 | 4.26 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 0 | 1 | 23 | |
| Iron | mg | 2.18 | | 0 | 0.62 | 9.89 | |
| Magnesium | mg | 22 | | 0 | 6 | 100 | |
| Phosphorus | mg | 196 | | 0 | 56 | 889 | |
| Potassium | mg | 334 | | 0 | 95 | 1515 | |
| Sodium | mg | 55 | | 0 | 16 | 249 | |
| Zinc | mg | 3.21 | | 0 | 0.91 | 14.56 | |
| Copper | mg | 0.077 | | 0 | 0.022 | 0.349 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | :g | 19.8 | | 0 | 5.6 | 89.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.180 | | 0 | 0.051 | 0.816 | |
| Niacin | mg | 3.800 | | 0 | 1.077 | 17.237 | |
| Pantothenic acid | mg | 0.410 | | 0 | 0.116 | 1.860 | |
| Vitamin B-6 | mg | 0.520 | | 0 | 0.147 | 2.359 | |
| Folate | :g | 9 | | 0 | 3 | 41 | |
| Vitamin B-12 | :g | 2.75 | | 0 | 0.78 | 12.47 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.210 | | 0 | 1.477 | 23.633 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.040 | | 0 | 0.011 | 0.181 | |
| 12:0 | g | 0.030 | | 0 | 0.009 | 0.136 | |
| 14:0 | g | 0.410 | | 0 | 0.116 | 1.860 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.230 | | 0 | 0.916 | 14.651 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.510 | | 0 | 0.428 | 6.849 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.940 | 0 | 1.684 | 26.944 |
| 14:1 | g | | | | |
| 16:1 | g | 0.720 | 0 | 0.204 | 3.266 |
| 18:1 | g | 5.200 | 0 | 1.474 | 23.587 |
| 20:1 | g | 0.020 | 0 | 0.006 | 0.091 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.500 | 0 | 0.142 | 2.268 |
| 18:2 | g | 0.330 | 0 | 0.094 | 1.497 |
| 18:3 | g | 0.140 | 0 | 0.040 | 0.635 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 64 | 0 | 18 | 290 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.227 | 0 | 0.064 | 1.030 |
| Threonine | g | 0.884 | 0 | 0.251 | 4.010 |
| Isoleucine | g | 0.910 | 0 | 0.258 | 4.128 |
| Leucine | g | 1.599 | 0 | 0.453 | 7.253 |
| Lysine | g | 1.683 | 0 | 0.477 | 7.634 |
| Methionine | g | 0.518 | 0 | 0.147 | 2.350 |
| Cystine | g | 0.227 | 0 | 0.064 | 1.030 |
| Phenylalanine | g | 0.790 | 0 | 0.224 | 3.583 |
| Tyrosine | g | 0.680 | 0 | 0.193 | 3.084 |
| Valine | g | 0.984 | 0 | 0.279 | 4.463 |
| Arginine | g | 1.279 | 0 | 0.363 | 5.802 |
| Histidine | g | 0.693 | 0 | 0.196 | 3.143 |
| Alanine | g | 1.220 | 0 | 0.346 | 5.534 |
| Aspartic acid | g | 1.848 | 0 | 0.524 | 8.383 |
| Glutamic acid | g | 3.039 | 0 | 0.862 | 13.785 |
| Glycine | g | 1.104 | 0 | 0.313 | 5.008 |
| Proline | g | 0.893 | 0 | 0.253 | 4.051 |
| Serine | g | 0.774 | 0 | 0.219 | 3.511 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13160 Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised

**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 | Samples | Measure 1* 282g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 52.14 | | 0 | 147.03 | 44.32 | |
| Energy | kcal | 275 | | 0 | 776 | 234 | |
| Energy | kj | 1151 | | 0 | 3246 | 978 | |
| Protein (N x 5.95) | g | 28.66 | | 0 | 80.82 | 24.36 | |
| Total lipid (fat) | g | 16.90 | | 0 | 47.66 | 14.36 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.04 | | 0 | 2.93 | 0.88 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 17 | 5 | |
| Iron | mg | 3.12 | | 0 | 8.80 | 2.65 | |
| Magnesium | mg | 22 | | 0 | 62 | 19 | |
| Phosphorus | mg | 245 | | 0 | 691 | 208 | |
| Potassium | mg | 282 | | 0 | 795 | 240 | |
| Sodium | mg | 50 | | 0 | 141 | 43 | |
| Zinc | mg | 4.91 | | 0 | 13.85 | 4.17 | |
| Copper | mg | 0.122 | | 0 | 0.344 | 0.104 | |
| Manganese | mg | 0.016 | | 0 | 0.045 | 0.014 | |
| Selenium | :g | 31.5 | | 0 | 88.8 | 26.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.197 | 0.060 | |
| Riboflavin | mg | 0.240 | | 0 | 0.677 | 0.204 | |
| Niacin | mg | 3.730 | | 0 | 10.519 | 3.171 | |
| Pantothenic acid | mg | 0.380 | | 0 | 1.072 | 0.323 | |
| Vitamin B-6 | mg | 0.330 | | 0 | 0.931 | 0.281 | |
| Folate | :g | 10 | | 0 | 28 | 9 | |
| Vitamin B-12 | :g | 2.35 | | 0 | 6.63 | 2.00 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.190 | | 0 | 0.536 | 0.161 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.370 | | 0 | 17.963 | 5.415 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.040 | | 0 | 0.113 | 0.034 | |
| 12:0 | g | 0.040 | | 0 | 0.113 | 0.034 | |
| 14:0 | g | 0.510 | | 0 | 1.438 | 0.434 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.990 | | 0 | 11.252 | 3.392 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.790 | | 0 | 5.048 | 1.522 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.350 | 0 | 20.727 | 6.247 |
| 14:1 | g | | | | |
| 16:1 | g | 0.750 | 0 | 2.115 | 0.637 |
| 18:1 | g | 6.580 | 0 | 18.556 | 5.593 |
| 20:1 | g | 0.020 | 0 | 0.056 | 0.017 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.640 | 0 | 1.805 | 0.544 |
| 18:2 | g | 0.430 | 0 | 1.213 | 0.366 |
| 18:3 | g | 0.170 | 0 | 0.479 | 0.145 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.113 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 96 | 0 | 271 | 82 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.321 | 0 | 0.905 | 0.273 |
| Threonine | g | 1.252 | 0 | 3.531 | 1.064 |
| Isoleucine | g | 1.288 | 0 | 3.632 | 1.095 |
| Leucine | g | 2.265 | 0 | 6.387 | 1.925 |
| Lysine | g | 2.384 | 0 | 6.723 | 2.026 |
| Methionine | g | 0.734 | 0 | 2.070 | 0.624 |
| Cystine | g | 0.321 | 0 | 0.905 | 0.273 |
| Phenylalanine | g | 1.119 | 0 | 3.156 | 0.951 |
| Tyrosine | g | 0.963 | 0 | 2.716 | 0.819 |
| Valine | g | 1.394 | 0 | 3.931 | 1.185 |
| Arginine | g | 1.811 | 0 | 5.107 | 1.539 |
| Histidine | g | 0.981 | 0 | 2.766 | 0.834 |
| Alanine | g | 1.729 | 0 | 4.876 | 1.470 |
| Aspartic acid | g | 2.618 | 0 | 7.383 | 2.225 |
| Glutamic acid | g | 4.305 | 0 | 12.140 | 3.659 |
| Glycine | g | 1.563 | 0 | 4.408 | 1.329 |
| Proline | g | 1.265 | 0 | 3.567 | 1.075 |
| Serine | g | 1.096 | 0 | 3.091 | 0.932 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13161 Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, choice, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 63.27 | | 0 | 17.94 | 286.99 | |
| Energy | kcal | 218 | | 0 | 62 | 989 | |
| Energy | kj | 912 | | 0 | 259 | 4137 | |
| Protein (N x 5.95) | g | 20.09 | | 0 | 5.70 | 91.13 | |
| Total lipid (fat) | g | 14.70 | | 0 | 4.17 | 66.68 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.93 | | 0 | 0.26 | 4.22 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 0 | 1 | 23 | |
| Iron | mg | 2.17 | | 0 | 0.62 | 9.84 | |
| Magnesium | mg | 22 | | 0 | 6 | 100 | |
| Phosphorus | mg | 195 | | 0 | 55 | 885 | |
| Potassium | mg | 331 | | 0 | 94 | 1501 | |
| Sodium | mg | 55 | | 0 | 16 | 249 | |
| Zinc | mg | 3.18 | | 0 | 0.90 | 14.42 | |
| Copper | mg | 0.076 | | 0 | 0.022 | 0.345 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | :g | 19.8 | | 0 | 5.6 | 89.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.180 | | 0 | 0.051 | 0.816 | |
| Niacin | mg | 3.780 | | 0 | 1.072 | 17.146 | |
| Pantothenic acid | mg | 0.400 | | 0 | 0.113 | 1.814 | |
| Vitamin B-6 | mg | 0.520 | | 0 | 0.147 | 2.359 | |
| Folate | :g | 9 | | 0 | 3 | 41 | |
| Vitamin B-12 | :g | 2.74 | | 0 | 0.78 | 12.43 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.700 | | 0 | 1.616 | 25.855 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.040 | | 0 | 0.011 | 0.181 | |
| 12:0 | g | 0.030 | | 0 | 0.009 | 0.136 | |
| 14:0 | g | 0.440 | | 0 | 0.125 | 1.996 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.530 | | 0 | 1.001 | 16.012 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.650 | | 0 | 0.468 | 7.484 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.500 | 0 | 1.843 | 29.484 |
| 14:1 | g | | | | |
| 16:1 | g | 0.790 | 0 | 0.224 | 3.583 |
| 18:1 | g | 5.690 | 0 | 1.613 | 25.810 |
| 20:1 | g | 0.020 | 0 | 0.006 | 0.091 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.550 | 0 | 0.156 | 2.495 |
| 18:2 | g | 0.360 | 0 | 0.102 | 1.633 |
| 18:3 | g | 0.150 | 0 | 0.043 | 0.680 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.011 | 0.181 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 64 | 0 | 18 | 290 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.225 | 0 | 0.064 | 1.021 |
| Threonine | g | 0.878 | 0 | 0.249 | 3.983 |
| Isoleucine | g | 0.903 | 0 | 0.256 | 4.096 |
| Leucine | g | 1.588 | 0 | 0.450 | 7.203 |
| Lysine | g | 1.672 | 0 | 0.474 | 7.584 |
| Methionine | g | 0.514 | 0 | 0.146 | 2.332 |
| Cystine | g | 0.225 | 0 | 0.064 | 1.021 |
| Phenylalanine | g | 0.784 | 0 | 0.222 | 3.556 |
| Tyrosine | g | 0.675 | 0 | 0.191 | 3.062 |
| Valine | g | 0.977 | 0 | 0.277 | 4.432 |
| Arginine | g | 1.270 | 0 | 0.360 | 5.761 |
| Histidine | g | 0.688 | 0 | 0.195 | 3.121 |
| Alanine | g | 1.212 | 0 | 0.344 | 5.498 |
| Aspartic acid | g | 1.836 | 0 | 0.521 | 8.328 |
| Glutamic acid | g | 3.019 | 0 | 0.856 | 13.694 |
| Glycine | g | 1.096 | 0 | 0.311 | 4.971 |
| Proline | g | 0.887 | 0 | 0.251 | 4.023 |
| Serine | g | 0.768 | 0 | 0.218 | 3.484 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13162 Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

**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 | Samples | Measure 1* 282g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 51.45 | | 0 | 145.09 | 43.73 | |
| Energy | kcal | 284 | | 0 | 801 | 241 | |
| Energy | kj | 1188 | | 0 | 3350 | 1010 | |
| Protein (N x 5.95) | g | 28.66 | | 0 | 80.82 | 24.36 | |
| Total lipid (fat) | g | 17.93 | | 0 | 50.56 | 15.24 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.04 | | 0 | 2.93 | 0.88 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 17 | 5 | |
| Iron | mg | 3.12 | | 0 | 8.80 | 2.65 | |
| Magnesium | mg | 22 | | 0 | 62 | 19 | |
| Phosphorus | mg | 245 | | 0 | 691 | 208 | |
| Potassium | mg | 282 | | 0 | 795 | 240 | |
| Sodium | mg | 50 | | 0 | 141 | 43 | |
| Zinc | mg | 4.91 | | 0 | 13.85 | 4.17 | |
| Copper | mg | 0.122 | | 0 | 0.344 | 0.104 | |
| Manganese | mg | 0.016 | | 0 | 0.045 | 0.014 | |
| Selenium | :g | 31.4 | | 0 | 88.5 | 26.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.197 | 0.060 | |
| Riboflavin | mg | 0.240 | | 0 | 0.677 | 0.204 | |
| Niacin | mg | 3.730 | | 0 | 10.519 | 3.171 | |
| Pantothenic acid | mg | 0.380 | | 0 | 1.072 | 0.323 | |
| Vitamin B-6 | mg | 0.330 | | 0 | 0.931 | 0.281 | |
| Folate | :g | 10 | | 0 | 28 | 9 | |
| Vitamin B-12 | :g | 2.35 | | 0 | 6.63 | 2.00 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.180 | | 0 | 0.508 | 0.153 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.720 | | 0 | 18.950 | 5.712 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.040 | | 0 | 0.113 | 0.034 | |
| 12:0 | g | 0.040 | | 0 | 0.113 | 0.034 | |
| 14:0 | g | 0.540 | | 0 | 1.523 | 0.459 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.210 | | 0 | 11.872 | 3.579 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.900 | | 0 | 5.358 | 1.615 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.800 | 0 | 21.996 | 6.630 |
| 14:1 | g | | | | |
| 16:1 | g | 0.800 | 0 | 2.256 | 0.680 |
| 18:1 | g | 6.980 | 0 | 19.684 | 5.933 |
| 20:1 | g | 0.020 | 0 | 0.056 | 0.017 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.680 | 0 | 1.918 | 0.578 |
| 18:2 | g | 0.460 | 0 | 1.297 | 0.391 |
| 18:3 | g | 0.170 | 0 | 0.479 | 0.145 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 0 | 0.141 | 0.043 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 96 | 0 | 271 | 82 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.321 | 0 | 0.905 | 0.273 |
| Threonine | g | 1.252 | 0 | 3.531 | 1.064 |
| Isoleucine | g | 1.288 | 0 | 3.632 | 1.095 |
| Leucine | g | 2.265 | 0 | 6.387 | 1.925 |
| Lysine | g | 2.384 | 0 | 6.723 | 2.026 |
| Methionine | g | 0.734 | 0 | 2.070 | 0.624 |
| Cystine | g | 0.321 | 0 | 0.905 | 0.273 |
| Phenylalanine | g | 1.119 | 0 | 3.156 | 0.951 |
| Tyrosine | g | 0.963 | 0 | 2.716 | 0.819 |
| Valine | g | 1.394 | 0 | 3.931 | 1.185 |
| Arginine | g | 1.811 | 0 | 5.107 | 1.539 |
| Histidine | g | 0.981 | 0 | 2.766 | 0.834 |
| Alanine | g | 1.729 | 0 | 4.876 | 1.470 |
| Aspartic acid | g | 2.618 | 0 | 7.383 | 2.225 |
| Glutamic acid | g | 4.305 | 0 | 12.140 | 3.659 |
| Glycine | g | 1.563 | 0 | 4.408 | 1.329 |
| Proline | g | 1.265 | 0 | 3.567 | 1.075 |
| Serine | g | 1.096 | 0 | 3.091 | 0.932 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13163 Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, select, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 64.88 | | 0 | 18.39 | 294.30 | |
| Energy | kcal | 195 | | 0 | 55 | 885 | |
| Energy | kj | 816 | | 0 | 231 | 3701 | |
| Protein (N x 5.95) | g | 20.37 | | 0 | 5.77 | 92.40 | |
| Total lipid (fat) | g | 11.98 | | 0 | 3.40 | 54.34 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.95 | | 0 | 0.27 | 4.31 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 0 | 1 | 23 | |
| Iron | mg | 2.20 | | 0 | 0.62 | 9.98 | |
| Magnesium | mg | 23 | | 0 | 7 | 104 | |
| Phosphorus | mg | 198 | | 0 | 56 | 898 | |
| Potassium | mg | 337 | | 0 | 96 | 1529 | |
| Sodium | mg | 56 | | 0 | 16 | 254 | |
| Zinc | mg | 3.23 | | 0 | 0.92 | 14.65 | |
| Copper | mg | 0.077 | | 0 | 0.022 | 0.349 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | :g | 19.9 | | 0 | 5.6 | 90.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.180 | | 0 | 0.051 | 0.816 | |
| Niacin | mg | 3.830 | | 0 | 1.086 | 17.373 | |
| Pantothenic acid | mg | 0.410 | | 0 | 0.116 | 1.860 | |
| Vitamin B-6 | mg | 0.530 | | 0 | 0.150 | 2.404 | |
| Folate | :g | 9 | | 0 | 3 | 41 | |
| Vitamin B-12 | :g | 2.77 | | 0 | 0.79 | 12.56 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.670 | | 0 | 1.324 | 21.183 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.030 | | 0 | 0.009 | 0.136 | |
| 12:0 | g | 0.020 | | 0 | 0.006 | 0.091 | |
| 14:0 | g | 0.360 | | 0 | 0.102 | 1.633 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.890 | | 0 | 0.819 | 13.109 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.360 | | 0 | 0.386 | 6.169 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.300 | 0 | 1.503 | 24.041 |
| 14:1 | g | | | | |
| 16:1 | g | 0.640 | 0 | 0.181 | 2.903 |
| 18:1 | g | 4.630 | 0 | 1.313 | 21.002 |
| 20:1 | g | 0.020 | 0 | 0.006 | 0.091 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.440 | 0 | 0.125 | 1.996 |
| 18:2 | g | 0.290 | 0 | 0.082 | 1.315 |
| 18:3 | g | 0.120 | 0 | 0.034 | 0.544 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 63 | 0 | 18 | 286 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.228 | 0 | 0.065 | 1.034 |
| Threonine | g | 0.890 | 0 | 0.252 | 4.037 |
| Isoleucine | g | 0.916 | 0 | 0.260 | 4.155 |
| Leucine | g | 1.610 | 0 | 0.456 | 7.303 |
| Lysine | g | 1.694 | 0 | 0.480 | 7.684 |
| Methionine | g | 0.521 | 0 | 0.148 | 2.363 |
| Cystine | g | 0.228 | 0 | 0.065 | 1.034 |
| Phenylalanine | g | 0.795 | 0 | 0.225 | 3.606 |
| Tyrosine | g | 0.684 | 0 | 0.194 | 3.103 |
| Valine | g | 0.991 | 0 | 0.281 | 4.495 |
| Arginine | g | 1.287 | 0 | 0.365 | 5.838 |
| Histidine | g | 0.697 | 0 | 0.198 | 3.162 |
| Alanine | g | 1.229 | 0 | 0.348 | 5.575 |
| Aspartic acid | g | 1.861 | 0 | 0.528 | 8.441 |
| Glutamic acid | g | 3.060 | 0 | 0.868 | 13.880 |
| Glycine | g | 1.111 | 0 | 0.315 | 5.039 |
| Proline | g | 0.899 | 0 | 0.255 | 4.078 |
| Serine | g | 0.779 | 0 | 0.221 | 3.534 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13164 Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, select, cooked, braised

**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 | Samples | Measure 1* 282g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 53.40 | | 0 | 150.59 | 45.39 | |
| Energy | kcal | 259 | | 0 | 730 | 220 | |
| Energy | kj | 1084 | | 0 | 3057 | 921 | |
| Protein (N x 5.95) | g | 28.87 | | 0 | 81.41 | 24.54 | |
| Total lipid (fat) | g | 15.06 | | 0 | 42.47 | 12.80 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.05 | | 0 | 2.96 | 0.89 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 17 | 5 | |
| Iron | mg | 3.15 | | 0 | 8.88 | 2.68 | |
| Magnesium | mg | 23 | | 0 | 65 | 20 | |
| Phosphorus | mg | 247 | | 0 | 697 | 210 | |
| Potassium | mg | 283 | | 0 | 798 | 241 | |
| Sodium | mg | 50 | | 0 | 141 | 43 | |
| Zinc | mg | 4.95 | | 0 | 13.96 | 4.21 | |
| Copper | mg | 0.122 | | 0 | 0.344 | 0.104 | |
| Manganese | mg | 0.017 | | 0 | 0.048 | 0.014 | |
| Selenium | :g | 31.6 | | 0 | 89.1 | 26.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.197 | 0.060 | |
| Riboflavin | mg | 0.240 | | 0 | 0.677 | 0.204 | |
| Niacin | mg | 3.750 | | 0 | 10.575 | 3.188 | |
| Pantothenic acid | mg | 0.390 | | 0 | 1.100 | 0.331 | |
| Vitamin B-6 | mg | 0.330 | | 0 | 0.931 | 0.281 | |
| Folate | :g | 10 | | 0 | 28 | 9 | |
| Vitamin B-12 | :g | 2.36 | | 0 | 6.66 | 2.01 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.700 | | 0 | 16.074 | 4.845 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.040 | | 0 | 0.113 | 0.034 | |
| 12:0 | g | 0.030 | | 0 | 0.085 | 0.026 | |
| 14:0 | g | 0.460 | | 0 | 1.297 | 0.391 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.570 | | 0 | 10.067 | 3.034 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.600 | | 0 | 4.512 | 1.360 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.550 | 0 | 18.471 | 5.567 |
| 14:1 | g | | | | |
| 16:1 | g | 0.670 | 0 | 1.889 | 0.570 |
| 18:1 | g | 5.860 | 0 | 16.525 | 4.981 |
| 20:1 | g | 0.020 | 0 | 0.056 | 0.017 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.570 | 0 | 1.607 | 0.484 |
| 18:2 | g | 0.380 | 0 | 1.072 | 0.323 |
| 18:3 | g | 0.150 | 0 | 0.423 | 0.128 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.113 | 0.034 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 96 | 0 | 271 | 82 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.323 | 0 | 0.911 | 0.275 |
| Threonine | g | 1.261 | 0 | 3.556 | 1.072 |
| Isoleucine | g | 1.298 | 0 | 3.660 | 1.103 |
| Leucine | g | 2.282 | 0 | 6.435 | 1.940 |
| Lysine | g | 2.402 | 0 | 6.774 | 2.042 |
| Methionine | g | 0.739 | 0 | 2.084 | 0.628 |
| Cystine | g | 0.323 | 0 | 0.911 | 0.275 |
| Phenylalanine | g | 1.127 | 0 | 3.178 | 0.958 |
| Tyrosine | g | 0.970 | 0 | 2.735 | 0.825 |
| Valine | g | 1.404 | 0 | 3.959 | 1.193 |
| Arginine | g | 1.824 | 0 | 5.144 | 1.550 |
| Histidine | g | 0.988 | 0 | 2.786 | 0.840 |
| Alanine | g | 1.741 | 0 | 4.910 | 1.480 |
| Aspartic acid | g | 2.637 | 0 | 7.436 | 2.241 |
| Glutamic acid | g | 4.337 | 0 | 12.230 | 3.686 |
| Glycine | g | 1.575 | 0 | 4.441 | 1.339 |
| Proline | g | 1.275 | 0 | 3.595 | 1.084 |
| Serine | g | 1.104 | 0 | 3.113 | 0.938 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13167 Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, raw

**Refuse:** 15% Connective tissue 3%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 70.00 | | 1 | 19.84 | 317.52 | |
| Energy | kcal | 144 | | 0 | 41 | 653 | |
| Energy | kj | 602 | | 0 | 171 | 2731 | |
| Protein (N x 5.95) | g | 21.87 | 0.329 | 26 | 6.20 | 99.20 | |
| Total lipid (fat) | g | 5.60 | | 1 | 1.59 | 25.40 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.03 | 0.021 | 19 | 0.29 | 4.67 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 4 | 0.172 | 10 | 1 | 18 | |
| Iron | mg | 2.38 | 0.093 | 48 | 0.67 | 10.80 | |
| Magnesium | mg | 25 | 0.409 | 20 | 7 | 113 | |
| Phosphorus | mg | 214 | 4.619 | 10 | 61 | 971 | |
| Potassium | mg | 371 | 3.571 | 72 | 105 | 1683 | |
| Sodium | mg | 59 | 1.791 | 36 | 17 | 268 | |
| Zinc | mg | 3.51 | 0.114 | 19 | 1.00 | 15.92 | |
| Copper | mg | 0.083 | 0.003 | 17 | 0.024 | 0.376 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 20.8 | | 0 | 5.9 | 94.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.120 | 0.004 | 25 | 0.034 | 0.544 | |
| Riboflavin | mg | 0.200 | 0.006 | 23 | 0.057 | 0.907 | |
| Niacin | mg | 4.130 | 0.169 | 25 | 1.171 | 18.734 | |
| Pantothenic acid | mg | 0.440 | 0.045 | 4 | 0.125 | 1.996 | |
| Vitamin B-6 | mg | 0.570 | 0.025 | 4 | 0.162 | 2.586 | |
| Folate | :g | 10 | 1.034 | 19 | 3 | 45 | |
| Vitamin B-12 | :g | 2.93 | 0.230 | 23 | 0.83 | 13.29 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.910 | | 0 | 0.541 | 8.664 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 23 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 23 | 0.000 | 0.000 | |
| 14:0 | g | 0.140 | | 23 | 0.040 | 0.635 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.250 | | 23 | 0.354 | 5.670 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.520 | | 23 | 0.147 | 2.359 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.540 | | 0 | 0.720 | 11.521 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.290 | | 23 | 0.082 | 1.315 |
| 18:1 | g | 2.240 | | 23 | 0.635 | 10.161 |
| 20:1 | g | 0.010 | | 23 | 0.003 | 0.045 |
| 22.1 | g | | | | | |
| Polyunsaturated, total | g | 0.220 | | 0 | 0.062 | 0.998 |
| 18:2 | g | 0.170 | | 23 | 0.048 | 0.771 |
| 18:3 | g | 0.010 | | 23 | 0.003 | 0.045 |
| 18:4 | g | | | | | |
| 20:4 | g | 0.040 | | 23 | 0.011 | 0.181 |
| 20:5 | g | | | | | |
| 22:5 | g | | | | | |
| 22:6 | g | | | | | |
| Cholesterol | mg | 59 | 1.426 | 16 | 17 | 268 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.245 | | 0 | 0.069 | 1.111 |
| Threonine | g | 0.955 | | 0 | 0.271 | 4.332 |
| Isoleucine | g | 0.983 | | 0 | 0.279 | 4.459 |
| Leucine | g | 1.729 | | 0 | 0.490 | 7.843 |
| Lysine | g | 1.819 | | 0 | 0.516 | 8.251 |
| Methionine | g | 0.560 | | 0 | 0.159 | 2.540 |
| Cystine | g | 0.245 | | 0 | 0.069 | 1.111 |
| Phenylalanine | g | 0.854 | | 0 | 0.242 | 3.874 |
| Tyrosine | g | 0.735 | | 0 | 0.208 | 3.334 |
| Valine | g | 1.064 | | 0 | 0.302 | 4.826 |
| Arginine | g | 1.382 | | 0 | 0.392 | 6.269 |
| Histidine | g | 0.749 | | 0 | 0.212 | 3.397 |
| Alanine | g | 1.319 | | 0 | 0.374 | 5.983 |
| Aspartic acid | g | 1.998 | | 0 | 0.566 | 9.063 |
| Glutamic acid | g | 3.286 | | 0 | 0.932 | 14.905 |
| Glycine | g | 1.193 | | 0 | 0.338 | 5.411 |
| Proline | g | 0.966 | | 0 | 0.274 | 4.382 |
| Serine | g | 0.836 | | 0 | 0.237 | 3.792 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13168 Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

**Refuse:** 16% 3% connective tissue, 13% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 244g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 57.60 | | 1 | 140.54 | 48.96 | |
| Energy | kcal | 209 | | 0 | 510 | 178 | |
| Energy | kj | 874 | | 0 | 2133 | 743 | |
| Protein (N x 5.95) | g | 31.59 | 0.766 | 15 | 77.08 | 26.85 | |
| Total lipid (fat) | g | 8.20 | | 1 | 20.01 | 6.97 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.14 | 0.081 | 15 | 2.78 | 0.97 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | 0.336 | 11 | 12 | 4 | |
| Iron | mg | 3.46 | 0.191 | 11 | 8.44 | 2.94 | |
| Magnesium | mg | 25 | 0.433 | 11 | 61 | 21 | |
| Phosphorus | mg | 272 | | 1 | 664 | 231 | |
| Potassium | mg | 308 | 10.395 | 11 | 752 | 262 | |
| Sodium | mg | 51 | 5.005 | 11 | 124 | 43 | |
| Zinc | mg | 5.48 | 0.396 | 8 | 13.37 | 4.66 | |
| Copper | mg | 0.134 | 0.008 | 8 | 0.327 | 0.114 | |
| Manganese | mg | 0.018 | | 1 | 0.044 | 0.015 | |
| Selenium | :g | 28.1 | 2.823 | 7 | 68.6 | 23.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | 0.005 | 15 | 0.171 | 0.060 | |
| Riboflavin | mg | 0.260 | 0.012 | 12 | 0.634 | 0.221 | |
| Niacin | mg | 4.080 | 0.163 | 15 | 9.955 | 3.468 | |
| Pantothenic acid | mg | 0.420 | 0.038 | 4 | 1.025 | 0.357 | |
| Vitamin B-6 | mg | 0.360 | 0.021 | 4 | 0.878 | 0.306 | |
| Folate | :g | 11 | 2.252 | 15 | 27 | 9 | |
| Vitamin B-12 | :g | 2.47 | 0.337 | 15 | 6.03 | 2.10 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.342 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.770 | | 0 | 6.759 | 2.354 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 8 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 8 | 0.000 | 0.000 | |
| 14:0 | g | 0.210 | | 8 | 0.512 | 0.179 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.750 | | 8 | 4.270 | 1.488 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.810 | | 8 | 1.976 | 0.689 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.590 | | 0 | 8.760 | 3.051 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.370 | | 8 | 0.903 | 0.315 |
| 18:1 | g | 3.230 | | 8 | 7.881 | 2.746 |
| 20:1 | g | 0.000 | | 8 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.310 | | 0 | 0.756 | 0.264 |
| 18:2 | g | 0.240 | | 8 | 0.586 | 0.204 |
| 18:3 | g | 0.030 | | 8 | 0.073 | 0.026 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | | 8 | 0.122 | 0.043 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 96 | 4.386 | 8 | 234 | 82 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.354 | | 0 | 0.864 | 0.301 |
| Threonine | g | 1.380 | | 0 | 3.367 | 1.173 |
| Isoleucine | g | 1.420 | | 0 | 3.465 | 1.207 |
| Leucine | g | 2.497 | | 0 | 6.093 | 2.122 |
| Lysine | g | 2.628 | | 0 | 6.412 | 2.234 |
| Methionine | g | 0.809 | | 0 | 1.974 | 0.688 |
| Cystine | g | 0.354 | | 0 | 0.864 | 0.301 |
| Phenylalanine | g | 1.233 | | 0 | 3.009 | 1.048 |
| Tyrosine | g | 1.061 | | 0 | 2.589 | 0.902 |
| Valine | g | 1.536 | | 0 | 3.748 | 1.306 |
| Arginine | g | 1.996 | | 0 | 4.870 | 1.697 |
| Histidine | g | 1.082 | | 0 | 2.640 | 0.920 |
| Alanine | g | 1.905 | | 0 | 4.648 | 1.619 |
| Aspartic acid | g | 2.886 | | 0 | 7.042 | 2.453 |
| Glutamic acid | g | 4.746 | | 0 | 11.580 | 4.034 |
| Glycine | g | 1.723 | | 0 | 4.204 | 1.465 |
| Proline | g | 1.395 | | 0 | 3.404 | 1.186 |
| Serine | g | 1.208 | | 0 | 2.948 | 1.027 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13169 Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, choice, raw

**Refuse:** 15% Connective tissue 3%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 69.70 | | 1 | 19.76 | 316.16 | |
| Energy | kcal | 150 | | 0 | 43 | 680 | |
| Energy | kj | 628 | | 0 | 178 | 2849 | |
| Protein (N x 5.95) | g | 21.87 | | 1 | 6.20 | 99.20 | |
| Total lipid (fat) | g | 6.30 | | 1 | 1.79 | 28.58 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.03 | | 1 | 0.29 | 4.67 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 4 | | 1 | 1 | 18 | |
| Iron | mg | 2.38 | | 1 | 0.67 | 10.80 | |
| Magnesium | mg | 25 | | 1 | 7 | 113 | |
| Phosphorus | mg | 214 | | 1 | 61 | 971 | |
| Potassium | mg | 371 | | 1 | 105 | 1683 | |
| Sodium | mg | 59 | | 1 | 17 | 268 | |
| Zinc | mg | 3.51 | | 1 | 1.00 | 15.92 | |
| Copper | mg | 0.083 | | 1 | 0.024 | 0.376 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 20.8 | | 0 | 5.9 | 94.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.120 | | 1 | 0.034 | 0.544 | |
| Riboflavin | mg | 0.200 | | 1 | 0.057 | 0.907 | |
| Niacin | mg | 4.130 | | 1 | 1.171 | 18.734 | |
| Pantothenic acid | mg | 0.440 | | 1 | 0.125 | 1.996 | |
| Vitamin B-6 | mg | 0.570 | | 1 | 0.162 | 2.586 | |
| Folate | :g | 10 | | 1 | 3 | 45 | |
| Vitamin B-12 | :g | 2.93 | | 1 | 0.83 | 13.29 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.150 | | 0 | 0.610 | 9.752 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 23 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 23 | 0.000 | 0.000 | |
| 14:0 | g | 0.150 | | 23 | 0.043 | 0.680 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.410 | | 23 | 0.400 | 6.396 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.580 | | 23 | 0.164 | 2.631 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.850 | 0 | 0.808 | 12.928 |
| 14:1 | g | | | | |
| 16:1 | g | 0.330 | 23 | 0.094 | 1.497 |
| 18:1 | g | 2.520 | 23 | 0.714 | 11.431 |
| 20:1 | g | 0.010 | 23 | 0.003 | 0.045 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.250 | 0 | 0.071 | 1.134 |
| 18:2 | g | 0.190 | 23 | 0.054 | 0.862 |
| 18:3 | g | 0.010 | 23 | 0.003 | 0.045 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 23 | 0.011 | 0.181 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 59 | 1 | 17 | 268 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.245 | 0 | 0.069 | 1.111 |
| Threonine | g | 0.955 | 0 | 0.271 | 4.332 |
| Isoleucine | g | 0.983 | 0 | 0.279 | 4.459 |
| Leucine | g | 1.729 | 0 | 0.490 | 7.843 |
| Lysine | g | 1.819 | 0 | 0.516 | 8.251 |
| Methionine | g | 0.560 | 0 | 0.159 | 2.540 |
| Cystine | g | 0.245 | 0 | 0.069 | 1.111 |
| Phenylalanine | g | 0.854 | 0 | 0.242 | 3.874 |
| Tyrosine | g | 0.735 | 0 | 0.208 | 3.334 |
| Valine | g | 1.064 | 0 | 0.302 | 4.826 |
| Arginine | g | 1.382 | 0 | 0.392 | 6.269 |
| Histidine | g | 0.749 | 0 | 0.212 | 3.397 |
| Alanine | g | 1.319 | 0 | 0.374 | 5.983 |
| Aspartic acid | g | 1.998 | 0 | 0.566 | 9.063 |
| Glutamic acid | g | 3.286 | 0 | 0.932 | 14.905 |
| Glycine | g | 1.193 | 0 | 0.338 | 5.411 |
| Proline | g | 0.966 | 0 | 0.274 | 4.382 |
| Serine | g | 0.836 | 0 | 0.237 | 3.792 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13170 Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

**Refuse:** 17% 3% connective tissue, 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 | Samples | Measure 1* 241g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 56.80 | | 0 | 136.89 | 48.28 | |
| Energy | kcal | 220 | | 0 | 530 | 187 | |
| Energy | kj | 920 | | 0 | 2217 | 782 | |
| Protein (N x 5.95) | g | 31.59 | | 0 | 76.13 | 26.85 | |
| Total lipid (fat) | g | 9.40 | | 0 | 22.65 | 7.99 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.14 | | 0 | 2.75 | 0.97 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 0 | 12 | 4 | |
| Iron | mg | 3.46 | | 0 | 8.34 | 2.94 | |
| Magnesium | mg | 25 | | 0 | 60 | 21 | |
| Phosphorus | mg | 272 | | 0 | 656 | 231 | |
| Potassium | mg | 308 | | 0 | 742 | 262 | |
| Sodium | mg | 51 | | 0 | 123 | 43 | |
| Zinc | mg | 5.48 | | 0 | 13.21 | 4.66 | |
| Copper | mg | 0.134 | | 0 | 0.323 | 0.114 | |
| Manganese | mg | 0.018 | | 0 | 0.043 | 0.015 | |
| Selenium | :g | 28.1 | | 0 | 67.7 | 23.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.169 | 0.060 | |
| Riboflavin | mg | 0.260 | | 0 | 0.627 | 0.221 | |
| Niacin | mg | 4.080 | | 0 | 9.833 | 3.468 | |
| Pantothenic acid | mg | 0.420 | | 0 | 1.012 | 0.357 | |
| Vitamin B-6 | mg | 0.360 | | 0 | 0.868 | 0.306 | |
| Folate | :g | 11 | | 0 | 27 | 9 | |
| Vitamin B-12 | :g | 2.47 | | 0 | 5.95 | 2.10 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.170 | | 0 | 7.640 | 2.694 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.240 | | 0 | 0.578 | 0.204 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.010 | | 0 | 4.844 | 1.708 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.920 | | 0 | 2.217 | 0.782 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.120 | 0 | 9.929 | 3.502 |
| 14:1 | g | | | | |
| 16:1 | g | 0.420 | 0 | 1.012 | 0.357 |
| 18:1 | g | 3.700 | 0 | 8.917 | 3.145 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.360 | 0 | 0.868 | 0.306 |
| 18:2 | g | 0.270 | 0 | 0.651 | 0.230 |
| 18:3 | g | 0.030 | 0 | 0.072 | 0.026 |
| 18:4 | g | | | | |
| 20:4 | g | 0.060 | 0 | 0.145 | 0.051 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 96 | 0 | 231 | 82 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.354 | 0 | 0.853 | 0.301 |
| Threonine | g | 1.380 | 0 | 3.326 | 1.173 |
| Isoleucine | g | 1.420 | 0 | 3.422 | 1.207 |
| Leucine | g | 2.497 | 0 | 6.018 | 2.122 |
| Lysine | g | 2.628 | 0 | 6.333 | 2.234 |
| Methionine | g | 0.809 | 0 | 1.950 | 0.688 |
| Cystine | g | 0.354 | 0 | 0.853 | 0.301 |
| Phenylalanine | g | 1.233 | 0 | 2.972 | 1.048 |
| Tyrosine | g | 1.061 | 0 | 2.557 | 0.902 |
| Valine | g | 1.536 | 0 | 3.702 | 1.306 |
| Arginine | g | 1.996 | 0 | 4.810 | 1.697 |
| Histidine | g | 1.082 | 0 | 2.608 | 0.920 |
| Alanine | g | 1.905 | 0 | 4.591 | 1.619 |
| Aspartic acid | g | 2.886 | 0 | 6.955 | 2.453 |
| Glutamic acid | g | 4.746 | 0 | 11.438 | 4.034 |
| Glycine | g | 1.723 | 0 | 4.152 | 1.465 |
| Proline | g | 1.395 | 0 | 3.362 | 1.186 |
| Serine | g | 1.208 | 0 | 2.911 | 1.027 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13171 Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, select, raw

**Refuse:** 13% Connective tissue 2%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 70.40 | | 1 | 19.96 | 319.33 | |
| Energy | kcal | 136 | | 0 | 39 | 617 | |
| Energy | kj | 569 | | 0 | 161 | 2581 | |
| Protein (N x 5.95) | g | 21.87 | | 1 | 6.20 | 99.20 | |
| Total lipid (fat) | g | 4.70 | | 1 | 1.33 | 21.32 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.03 | | 1 | 0.29 | 4.67 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 4 | | 1 | 1 | 18 | |
| Iron | mg | 2.38 | | 1 | 0.67 | 10.80 | |
| Magnesium | mg | 25 | | 1 | 7 | 113 | |
| Phosphorus | mg | 214 | | 1 | 61 | 971 | |
| Potassium | mg | 371 | | 1 | 105 | 1683 | |
| Sodium | mg | 59 | | 1 | 17 | 268 | |
| Zinc | mg | 3.51 | | 1 | 1.00 | 15.92 | |
| Copper | mg | 0.083 | | 1 | 0.024 | 0.376 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 20.8 | | 0 | 5.9 | 94.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.120 | | 1 | 0.034 | 0.544 | |
| Riboflavin | mg | 0.200 | | 1 | 0.057 | 0.907 | |
| Niacin | mg | 4.130 | | 1 | 1.171 | 18.734 | |
| Pantothenic acid | mg | 0.440 | | 1 | 0.125 | 1.996 | |
| Vitamin B-6 | mg | 0.570 | | 1 | 0.162 | 2.586 | |
| Folate | :g | 10 | | 1 | 3 | 45 | |
| Vitamin B-12 | :g | 2.93 | | 1 | 0.83 | 13.29 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.600 | | 0 | 0.454 | 7.258 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 23 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 23 | 0.000 | 0.000 | |
| 14:0 | g | 0.110 | | 23 | 0.031 | 0.499 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.050 | | 23 | 0.298 | 4.763 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.430 | | 23 | 0.122 | 1.950 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.130 | 0 | 0.604 | 9.662 |
| 14:1 | g | | | | |
| 16:1 | g | 0.240 | 23 | 0.068 | 1.089 |
| 18:1 | g | 1.880 | 23 | 0.533 | 8.528 |
| 20:1 | g | 0.010 | 23 | 0.003 | 0.045 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.180 | 0 | 0.051 | 0.816 |
| 18:2 | g | 0.140 | 23 | 0.040 | 0.635 |
| 18:3 | g | 0.010 | 23 | 0.003 | 0.045 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 23 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 59 | 1 | 17 | 268 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.245 | 0 | 0.069 | 1.111 |
| Threonine | g | 0.955 | 0 | 0.271 | 4.332 |
| Isoleucine | g | 0.983 | 0 | 0.279 | 4.459 |
| Leucine | g | 1.729 | 0 | 0.490 | 7.843 |
| Lysine | g | 1.819 | 0 | 0.516 | 8.251 |
| Methionine | g | 0.560 | 0 | 0.159 | 2.540 |
| Cystine | g | 0.245 | 0 | 0.069 | 1.111 |
| Phenylalanine | g | 0.854 | 0 | 0.242 | 3.874 |
| Tyrosine | g | 0.735 | 0 | 0.208 | 3.334 |
| Valine | g | 1.064 | 0 | 0.302 | 4.826 |
| Arginine | g | 1.382 | 0 | 0.392 | 6.269 |
| Histidine | g | 0.749 | 0 | 0.212 | 3.397 |
| Alanine | g | 1.319 | 0 | 0.374 | 5.983 |
| Aspartic acid | g | 1.998 | 0 | 0.566 | 9.063 |
| Glutamic acid | g | 3.286 | 0 | 0.932 | 14.905 |
| Glycine | g | 1.193 | 0 | 0.338 | 5.411 |
| Proline | g | 0.966 | 0 | 0.274 | 4.382 |
| Serine | g | 0.836 | 0 | 0.237 | 3.792 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13172 Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, select, cooked, braised

**Refuse:** 16% 3% connective tissue, 13% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 244g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.60 | | 0 | 142.98 | 49.81 | |
| Energy | kcal | 196 | | 0 | 478 | 167 | |
| Energy | kj | 820 | | 0 | 2001 | 697 | |
| Protein (N x 5.95) | g | 31.59 | | 0 | 77.08 | 26.85 | |
| Total lipid (fat) | g | 6.80 | | 0 | 16.59 | 5.78 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.14 | | 0 | 2.78 | 0.97 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 0 | 12 | 4 | |
| Iron | mg | 3.46 | | 0 | 8.44 | 2.94 | |
| Magnesium | mg | 25 | | 0 | 61 | 21 | |
| Phosphorus | mg | 272 | | 0 | 664 | 231 | |
| Potassium | mg | 308 | | 0 | 752 | 262 | |
| Sodium | mg | 51 | | 0 | 124 | 43 | |
| Zinc | mg | 5.48 | | 0 | 13.37 | 4.66 | |
| Copper | mg | 0.134 | | 0 | 0.327 | 0.114 | |
| Manganese | mg | 0.018 | | 0 | 0.044 | 0.015 | |
| Selenium | :g | 28.1 | | 0 | 68.6 | 23.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.171 | 0.060 | |
| Riboflavin | mg | 0.260 | | 0 | 0.634 | 0.221 | |
| Niacin | mg | 4.080 | | 0 | 9.955 | 3.468 | |
| Pantothenic acid | mg | 0.420 | | 0 | 1.025 | 0.357 | |
| Vitamin B-6 | mg | 0.360 | | 0 | 0.878 | 0.306 | |
| Folate | :g | 11 | | 0 | 27 | 9 | |
| Vitamin B-12 | :g | 2.47 | | 0 | 6.03 | 2.10 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.300 | | 0 | 5.612 | 1.955 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.180 | | 0 | 0.439 | 0.153 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.450 | | 0 | 3.538 | 1.232 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.670 | | 0 | 1.635 | 0.570 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.980 | 0 | 7.271 | 2.533 |
| 14:1 | g | | | | |
| 16:1 | g | 0.300 | 0 | 0.732 | 0.255 |
| 18:1 | g | 2.680 | 0 | 6.539 | 2.278 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.260 | 0 | 0.634 | 0.221 |
| 18:2 | g | 0.200 | 0 | 0.488 | 0.170 |
| 18:3 | g | 0.020 | 0 | 0.049 | 0.017 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.098 | 0.034 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 96 | 0 | 234 | 82 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.354 | 0 | 0.864 | 0.301 |
| Threonine | g | 1.380 | 0 | 3.367 | 1.173 |
| Isoleucine | g | 1.420 | 0 | 3.465 | 1.207 |
| Leucine | g | 2.497 | 0 | 6.093 | 2.122 |
| Lysine | g | 2.628 | 0 | 6.412 | 2.234 |
| Methionine | g | 0.809 | 0 | 1.974 | 0.688 |
| Cystine | g | 0.354 | 0 | 0.864 | 0.301 |
| Phenylalanine | g | 1.233 | 0 | 3.009 | 1.048 |
| Tyrosine | g | 1.061 | 0 | 2.589 | 0.902 |
| Valine | g | 1.536 | 0 | 3.748 | 1.306 |
| Arginine | g | 1.996 | 0 | 4.870 | 1.697 |
| Histidine | g | 1.082 | 0 | 2.640 | 0.920 |
| Alanine | g | 1.905 | 0 | 4.648 | 1.619 |
| Aspartic acid | g | 2.886 | 0 | 7.042 | 2.453 |
| Glutamic acid | g | 4.746 | 0 | 11.580 | 4.034 |
| Glycine | g | 1.723 | 0 | 4.204 | 1.465 |
| Proline | g | 1.395 | 0 | 3.404 | 1.186 |
| Serine | g | 1.208 | 0 | 2.948 | 1.027 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13175 Beef, round, eye of round, separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 63.64 | | 0 | 18.04 | 288.67 | |
| Energy | kcal | 213 | | 0 | 60 | 966 | |
| Energy | kj | 891 | | 0 | 253 | 4042 | |
| Protein (N x 5.95) | g | 19.72 | | 0 | 5.59 | 89.45 | |
| Total lipid (fat) | g | 14.29 | | 0 | 4.05 | 64.82 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.99 | | 0 | 0.28 | 4.49 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 0 | 1 | 23 | |
| Iron | mg | 1.35 | | 0 | 0.38 | 6.12 | |
| Magnesium | mg | 20 | | 0 | 6 | 91 | |
| Phosphorus | mg | 189 | | 0 | 54 | 857 | |
| Potassium | mg | 335 | | 0 | 95 | 1520 | |
| Sodium | mg | 49 | | 0 | 14 | 222 | |
| Zinc | mg | 2.63 | | 0 | 0.75 | 11.93 | |
| Copper | mg | 0.057 | | 0 | 0.016 | 0.259 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | :g | 20.0 | | 0 | 5.7 | 90.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| Niacin | mg | 3.360 | | 0 | 0.953 | 15.241 | |
| Pantothenic acid | mg | 0.330 | | 0 | 0.094 | 1.497 | |
| Vitamin B-6 | mg | 0.410 | | 0 | 0.116 | 1.860 | |
| Folate | :g | 6 | | 0 | 2 | 27 | |
| Vitamin B-12 | :g | 2.94 | | 0 | 0.83 | 13.34 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.680 | | 0 | 1.610 | 25.764 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.050 | | 0 | 0.014 | 0.227 | |
| 12:0 | g | 0.030 | | 0 | 0.009 | 0.136 | |
| 14:0 | g | 0.440 | | 0 | 0.125 | 1.996 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.460 | | 0 | 0.981 | 15.695 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.690 | | 0 | 0.479 | 7.666 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.160 | 0 | 1.746 | 27.942 |
| 14:1 | g | | | | |
| 16:1 | g | 0.730 | 0 | 0.207 | 3.311 |
| 18:1 | g | 5.410 | 0 | 1.534 | 24.540 |
| 20:1 | g | 0.020 | 0 | 0.006 | 0.091 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.540 | 0 | 0.153 | 2.449 |
| 18:2 | g | 0.340 | 0 | 0.096 | 1.542 |
| 18:3 | g | 0.170 | 0 | 0.048 | 0.771 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 61 | 0 | 17 | 277 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.221 | 0 | 0.063 | 1.002 |
| Threonine | g | 0.861 | 0 | 0.244 | 3.905 |
| Isoleucine | g | 0.887 | 0 | 0.251 | 4.023 |
| Leucine | g | 1.559 | 0 | 0.442 | 7.072 |
| Lysine | g | 1.641 | 0 | 0.465 | 7.444 |
| Methionine | g | 0.505 | 0 | 0.143 | 2.291 |
| Cystine | g | 0.221 | 0 | 0.063 | 1.002 |
| Phenylalanine | g | 0.770 | 0 | 0.218 | 3.493 |
| Tyrosine | g | 0.663 | 0 | 0.188 | 3.007 |
| Valine | g | 0.959 | 0 | 0.272 | 4.350 |
| Arginine | g | 1.246 | 0 | 0.353 | 5.652 |
| Histidine | g | 0.675 | 0 | 0.191 | 3.062 |
| Alanine | g | 1.189 | 0 | 0.337 | 5.393 |
| Aspartic acid | g | 1.802 | 0 | 0.511 | 8.174 |
| Glutamic acid | g | 2.963 | 0 | 0.840 | 13.440 |
| Glycine | g | 1.076 | 0 | 0.305 | 4.881 |
| Proline | g | 0.871 | 0 | 0.247 | 3.951 |
| Serine | g | 0.754 | 0 | 0.214 | 3.420 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13176 Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted

**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 | Samples | Measure 1* 333g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.43 | | 0 | 197.90 | 50.52 | |
| Energy | kcal | 229 | | 0 | 763 | 195 | |
| Energy | kj | 958 | | 0 | 3190 | 814 | |
| Protein (N x 5.95) | g | 26.79 | | 0 | 89.21 | 22.77 | |
| Total lipid (fat) | g | 12.75 | | 0 | 42.46 | 10.84 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.12 | | 0 | 3.73 | 0.95 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 20 | 5 | |
| Iron | mg | 1.84 | | 0 | 6.13 | 1.56 | |
| Magnesium | mg | 24 | | 0 | 80 | 20 | |
| Phosphorus | mg | 208 | | 0 | 693 | 177 | |
| Potassium | mg | 362 | | 0 | 1205 | 308 | |
| Sodium | mg | 59 | | 0 | 196 | 50 | |
| Zinc | mg | 4.34 | | 0 | 14.45 | 3.69 | |
| Copper | mg | 0.093 | | 0 | 0.310 | 0.079 | |
| Manganese | mg | 0.015 | | 0 | 0.050 | 0.013 | |
| Selenium | :g | 25.6 | | 0 | 85.2 | 21.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.266 | 0.068 | |
| Riboflavin | mg | 0.160 | | 0 | 0.533 | 0.136 | |
| Niacin | mg | 3.490 | | 0 | 11.622 | 2.967 | |
| Pantothenic acid | mg | 0.420 | | 0 | 1.399 | 0.357 | |
| Vitamin B-6 | mg | 0.350 | | 0 | 1.165 | 0.298 | |
| Folate | :g | 7 | | 0 | 23 | 6 | |
| Vitamin B-12 | :g | 2.10 | | 0 | 6.99 | 1.78 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.179 | | 0 | 0.596 | 0.152 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.980 | | 0 | 16.583 | 4.233 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.030 | | 0 | 0.100 | 0.026 | |
| 12:0 | g | 0.030 | | 0 | 0.100 | 0.026 | |
| 14:0 | g | 0.390 | | 0 | 1.299 | 0.331 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.110 | | 0 | 10.356 | 2.643 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.420 | | 0 | 4.729 | 1.207 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.480 | 0 | 18.248 | 4.658 |
| 14:1 | g | | | | |
| 16:1 | g | 0.540 | 0 | 1.798 | 0.459 |
| 18:1 | g | 4.930 | 0 | 16.417 | 4.190 |
| 20:1 | g | 0.020 | 0 | 0.067 | 0.017 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.460 | 0 | 1.532 | 0.391 |
| 18:2 | g | 0.310 | 0 | 1.032 | 0.264 |
| 18:3 | g | 0.130 | 0 | 0.433 | 0.111 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.020 | 0 | 0.067 | 0.017 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 72 | 0 | 240 | 61 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.300 | 0 | 0.999 | 0.255 |
| Threonine | g | 1.170 | 0 | 3.896 | 0.995 |
| Isoleucine | g | 1.204 | 0 | 4.009 | 1.023 |
| Leucine | g | 2.117 | 0 | 7.050 | 1.799 |
| Lysine | g | 2.229 | 0 | 7.423 | 1.895 |
| Methionine | g | 0.686 | 0 | 2.284 | 0.583 |
| Cystine | g | 0.300 | 0 | 0.999 | 0.255 |
| Phenylalanine | g | 1.046 | 0 | 3.483 | 0.889 |
| Tyrosine | g | 0.900 | 0 | 2.997 | 0.765 |
| Valine | g | 1.303 | 0 | 4.339 | 1.108 |
| Arginine | g | 1.693 | 0 | 5.638 | 1.439 |
| Histidine | g | 0.917 | 0 | 3.054 | 0.779 |
| Alanine | g | 1.616 | 0 | 5.381 | 1.374 |
| Aspartic acid | g | 2.447 | 0 | 8.149 | 2.080 |
| Glutamic acid | g | 4.024 | 0 | 13.400 | 3.420 |
| Glycine | g | 1.461 | 0 | 4.865 | 1.242 |
| Proline | g | 1.183 | 0 | 3.939 | 1.006 |
| Serine | g | 1.024 | 0 | 3.410 | 0.870 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13177 Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, choice, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 63.47 | | 0 | 17.99 | 287.90 | |
| Energy | kcal | 218 | | 0 | 62 | 989 | |
| Energy | kj | 912 | | 0 | 259 | 4137 | |
| Protein (N x 5.95) | g | 19.72 | | 0 | 5.59 | 89.45 | |
| Total lipid (fat) | g | 14.80 | | 0 | 4.20 | 67.13 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.99 | | 0 | 0.28 | 4.49 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 0 | 1 | 23 | |
| Iron | mg | 1.35 | | 0 | 0.38 | 6.12 | |
| Magnesium | mg | 20 | | 0 | 6 | 91 | |
| Phosphorus | mg | 189 | | 0 | 54 | 857 | |
| Potassium | mg | 335 | | 0 | 95 | 1520 | |
| Sodium | mg | 49 | | 0 | 14 | 222 | |
| Zinc | mg | 2.63 | | 0 | 0.75 | 11.93 | |
| Copper | mg | 0.057 | | 0 | 0.016 | 0.259 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | :g | 20.0 | | 0 | 5.7 | 90.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| Niacin | mg | 3.360 | | 0 | 0.953 | 15.241 | |
| Pantothenic acid | mg | 0.330 | | 0 | 0.094 | 1.497 | |
| Vitamin B-6 | mg | 0.410 | | 0 | 0.116 | 1.860 | |
| Folate | :g | 6 | | 0 | 2 | 27 | |
| Vitamin B-12 | :g | 2.94 | | 0 | 0.83 | 13.34 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.850 | | 0 | 1.658 | 26.536 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.050 | | 0 | 0.014 | 0.227 | |
| 12:0 | g | 0.030 | | 0 | 0.009 | 0.136 | |
| 14:0 | g | 0.460 | | 0 | 0.130 | 2.087 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.580 | | 0 | 1.015 | 16.239 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.740 | | 0 | 0.493 | 7.893 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.370 | 0 | 1.806 | 28.894 |
| 14:1 | g | | | | |
| 16:1 | g | 0.750 | 0 | 0.213 | 3.402 |
| 18:1 | g | 5.600 | 0 | 1.588 | 25.402 |
| 20:1 | g | 0.020 | 0 | 0.006 | 0.091 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.560 | 0 | 0.159 | 2.540 |
| 18:2 | g | 0.360 | 0 | 0.102 | 1.633 |
| 18:3 | g | 0.170 | 0 | 0.048 | 0.771 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 61 | 0 | 17 | 277 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.221 | 0 | 0.063 | 1.002 |
| Threonine | g | 0.861 | 0 | 0.244 | 3.905 |
| Isoleucine | g | 0.887 | 0 | 0.251 | 4.023 |
| Leucine | g | 1.559 | 0 | 0.442 | 7.072 |
| Lysine | g | 1.641 | 0 | 0.465 | 7.444 |
| Methionine | g | 0.505 | 0 | 0.143 | 2.291 |
| Cystine | g | 0.221 | 0 | 0.063 | 1.002 |
| Phenylalanine | g | 0.770 | 0 | 0.218 | 3.493 |
| Tyrosine | g | 0.663 | 0 | 0.188 | 3.007 |
| Valine | g | 0.959 | 0 | 0.272 | 4.350 |
| Arginine | g | 1.246 | 0 | 0.353 | 5.652 |
| Histidine | g | 0.675 | 0 | 0.191 | 3.062 |
| Alanine | g | 1.189 | 0 | 0.337 | 5.393 |
| Aspartic acid | g | 1.802 | 0 | 0.511 | 8.174 |
| Glutamic acid | g | 2.963 | 0 | 0.840 | 13.440 |
| Glycine | g | 1.076 | 0 | 0.305 | 4.881 |
| Proline | g | 0.871 | 0 | 0.247 | 3.951 |
| Serine | g | 0.754 | 0 | 0.214 | 3.420 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13178 Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

**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 | Samples | Measure 1* 333g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.88 | | 0 | 196.07 | 50.05 | |
| Energy | kcal | 241 | | 0 | 803 | 205 | |
| Energy | kj | 1008 | | 0 | 3357 | 857 | |
| Protein (N x 5.95) | g | 26.60 | | 0 | 88.58 | 22.61 | |
| Total lipid (fat) | g | 14.10 | | 0 | 46.95 | 11.98 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.11 | | 0 | 3.70 | 0.94 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 20 | 5 | |
| Iron | mg | 1.83 | | 0 | 6.09 | 1.56 | |
| Magnesium | mg | 24 | | 0 | 80 | 20 | |
| Phosphorus | mg | 206 | | 0 | 686 | 175 | |
| Potassium | mg | 359 | | 0 | 1195 | 305 | |
| Sodium | mg | 59 | | 0 | 196 | 50 | |
| Zinc | mg | 4.31 | | 0 | 14.35 | 3.66 | |
| Copper | mg | 0.093 | | 0 | 0.310 | 0.079 | |
| Manganese | mg | 0.015 | | 0 | 0.050 | 0.013 | |
| Selenium | ：g | 25.6 | | 0 | 85.2 | 21.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.266 | 0.068 | |
| Riboflavin | mg | 0.160 | | 0 | 0.533 | 0.136 | |
| Niacin | mg | 3.470 | | 0 | 11.555 | 2.950 | |
| Pantothenic acid | mg | 0.420 | | 0 | 1.399 | 0.357 | |
| Vitamin B-6 | mg | 0.350 | | 0 | 1.165 | 0.298 | |
| Folate | ：g | 6 | | 0 | 20 | 5 | |
| Vitamin B-12 | ：g | 2.10 | | 0 | 6.99 | 1.78 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.500 | | 0 | 18.315 | 4.675 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.040 | | 0 | 0.133 | 0.034 | |
| 12:0 | g | 0.030 | | 0 | 0.100 | 0.026 | |
| 14:0 | g | 0.430 | | 0 | 1.432 | 0.366 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.440 | | 0 | 11.455 | 2.924 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.570 | | 0 | 5.228 | 1.335 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.060 | 0 | 20.180 | 5.151 |
| 14:1 | g | | | | |
| 16:1 | g | 0.590 | 0 | 1.965 | 0.501 |
| 18:1 | g | 5.450 | 0 | 18.149 | 4.633 |
| 20:1 | g | 0.020 | 0 | 0.067 | 0.017 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.510 | 0 | 1.698 | 0.434 |
| 18:2 | g | 0.340 | 0 | 1.132 | 0.289 |
| 18:3 | g | 0.140 | 0 | 0.466 | 0.119 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.067 | 0.017 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 72 | 0 | 240 | 61 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.298 | 0 | 0.992 | 0.253 |
| Threonine | g | 1.162 | 0 | 3.869 | 0.988 |
| Isoleucine | g | 1.196 | 0 | 3.983 | 1.017 |
| Leucine | g | 2.103 | 0 | 7.003 | 1.788 |
| Lysine | g | 2.213 | 0 | 7.369 | 1.881 |
| Methionine | g | 0.681 | 0 | 2.268 | 0.579 |
| Cystine | g | 0.298 | 0 | 0.992 | 0.253 |
| Phenylalanine | g | 1.039 | 0 | 3.460 | 0.883 |
| Tyrosine | g | 0.894 | 0 | 2.977 | 0.760 |
| Valine | g | 1.294 | 0 | 4.309 | 1.100 |
| Arginine | g | 1.681 | 0 | 5.598 | 1.429 |
| Histidine | g | 0.911 | 0 | 3.034 | 0.774 |
| Alanine | g | 1.605 | 0 | 5.345 | 1.364 |
| Aspartic acid | g | 2.431 | 0 | 8.095 | 2.066 |
| Glutamic acid | g | 3.997 | 0 | 13.310 | 3.397 |
| Glycine | g | 1.451 | 0 | 4.832 | 1.233 |
| Proline | g | 1.175 | 0 | 3.913 | 0.999 |
| Serine | g | 1.017 | 0 | 3.387 | 0.864 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13179 Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, select, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 64.32 | | 0 | 18.23 | 291.76 | |
| Energy | kcal | 202 | | 0 | 57 | 916 | |
| Energy | kj | 845 | | 0 | 240 | 3833 | |
| Protein (N x 5.95) | g | 19.85 | | 0 | 5.63 | 90.04 | |
| Total lipid (fat) | g | 13.02 | | 0 | 3.69 | 59.06 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.99 | | 0 | 0.28 | 4.49 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 0 | 1 | 23 | |
| Iron | mg | 1.36 | | 0 | 0.39 | 6.17 | |
| Magnesium | mg | 20 | | 0 | 6 | 91 | |
| Phosphorus | mg | 190 | | 0 | 54 | 862 | |
| Potassium | mg | 339 | | 0 | 96 | 1538 | |
| Sodium | mg | 50 | | 0 | 14 | 227 | |
| Zinc | mg | 2.65 | | 0 | 0.75 | 12.02 | |
| Copper | mg | 0.057 | | 0 | 0.016 | 0.259 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | :g | 20.0 | | 0 | 5.7 | 90.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| Niacin | mg | 3.390 | | 0 | 0.961 | 15.377 | |
| Pantothenic acid | mg | 0.330 | | 0 | 0.094 | 1.497 | |
| Vitamin B-6 | mg | 0.410 | | 0 | 0.116 | 1.860 | |
| Folate | :g | 6 | | 0 | 2 | 27 | |
| Vitamin B-12 | :g | 2.96 | | 0 | 0.84 | 13.43 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.190 | | 0 | 1.471 | 23.542 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.040 | | 0 | 0.011 | 0.181 | |
| 12:0 | g | 0.030 | | 0 | 0.009 | 0.136 | |
| 14:0 | g | 0.410 | | 0 | 0.116 | 1.860 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.160 | | 0 | 0.896 | 14.334 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.550 | | 0 | 0.439 | 7.031 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.610 | 0 | 1.590 | 25.447 |
| 14:1 | g | | | | |
| 16:1 | g | 0.670 | 0 | 0.190 | 3.039 |
| 18:1 | g | 4.930 | 0 | 1.398 | 22.362 |
| 20:1 | g | 0.020 | 0 | 0.006 | 0.091 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.490 | 0 | 0.139 | 2.223 |
| 18:2 | g | 0.310 | 0 | 0.088 | 1.406 |
| 18:3 | g | 0.160 | 0 | 0.045 | 0.726 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 60 | 0 | 17 | 272 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.222 | 0 | 0.063 | 1.007 |
| Threonine | g | 0.867 | 0 | 0.246 | 3.933 |
| Isoleucine | g | 0.893 | 0 | 0.253 | 4.051 |
| Leucine | g | 1.569 | 0 | 0.445 | 7.117 |
| Lysine | g | 1.652 | 0 | 0.468 | 7.493 |
| Methionine | g | 0.508 | 0 | 0.144 | 2.304 |
| Cystine | g | 0.222 | 0 | 0.063 | 1.007 |
| Phenylalanine | g | 0.775 | 0 | 0.220 | 3.515 |
| Tyrosine | g | 0.667 | 0 | 0.189 | 3.026 |
| Valine | g | 0.966 | 0 | 0.274 | 4.382 |
| Arginine | g | 1.255 | 0 | 0.356 | 5.693 |
| Histidine | g | 0.680 | 0 | 0.193 | 3.084 |
| Alanine | g | 1.198 | 0 | 0.340 | 5.434 |
| Aspartic acid | g | 1.814 | 0 | 0.514 | 8.228 |
| Glutamic acid | g | 2.983 | 0 | 0.846 | 13.531 |
| Glycine | g | 1.083 | 0 | 0.307 | 4.912 |
| Proline | g | 0.877 | 0 | 0.249 | 3.978 |
| Serine | g | 0.759 | 0 | 0.215 | 3.443 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13180 Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, select, cooked, roasted

**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 | Samples | Measure 1* 333g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.98 | | 0 | 199.73 | 50.98 | |
| Energy | kcal | 217 | | 0 | 723 | 184 | |
| Energy | kj | 908 | | 0 | 3024 | 772 | |
| Protein (N x 5.95) | g | 26.97 | | 0 | 89.81 | 22.92 | |
| Total lipid (fat) | g | 11.30 | | 0 | 37.63 | 9.61 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.13 | | 0 | 3.76 | 0.96 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 20 | 5 | |
| Iron | mg | 1.85 | | 0 | 6.16 | 1.57 | |
| Magnesium | mg | 25 | | 0 | 83 | 21 | |
| Phosphorus | mg | 209 | | 0 | 696 | 178 | |
| Potassium | mg | 365 | | 0 | 1215 | 310 | |
| Sodium | mg | 60 | | 0 | 200 | 51 | |
| Zinc | mg | 4.37 | | 0 | 14.55 | 3.71 | |
| Copper | mg | 0.094 | | 0 | 0.313 | 0.080 | |
| Manganese | mg | 0.015 | | 0 | 0.050 | 0.013 | |
| Selenium | :g | 25.7 | | 0 | 85.6 | 21.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.266 | 0.068 | |
| Riboflavin | mg | 0.160 | | 0 | 0.533 | 0.136 | |
| Niacin | mg | 3.510 | | 0 | 11.688 | 2.983 | |
| Pantothenic acid | mg | 0.420 | | 0 | 1.399 | 0.357 | |
| Vitamin B-6 | mg | 0.350 | | 0 | 1.165 | 0.298 | |
| Folate | :g | 7 | | 0 | 23 | 6 | |
| Vitamin B-12 | :g | 2.11 | | 0 | 7.03 | 1.79 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.430 | | 0 | 14.752 | 3.765 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.030 | | 0 | 0.100 | 0.026 | |
| 12:0 | g | 0.030 | | 0 | 0.100 | 0.026 | |
| 14:0 | g | 0.350 | | 0 | 1.165 | 0.298 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.760 | | 0 | 9.191 | 2.346 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.260 | | 0 | 4.196 | 1.071 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.860 | 0 | 16.184 | 4.131 |
| 14:1 | g | | | | |
| 16:1 | g | 0.480 | 0 | 1.598 | 0.408 |
| 18:1 | g | 4.360 | 0 | 14.519 | 3.706 |
| 20:1 | g | 0.020 | 0 | 0.067 | 0.017 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.410 | 0 | 1.365 | 0.349 |
| 18:2 | g | 0.270 | 0 | 0.899 | 0.230 |
| 18:3 | g | 0.120 | 0 | 0.400 | 0.102 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.067 | 0.017 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 72 | 0 | 240 | 61 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.302 | 0 | 1.006 | 0.257 |
| Threonine | g | 1.178 | 0 | 3.923 | 1.001 |
| Isoleucine | g | 1.213 | 0 | 4.039 | 1.031 |
| Leucine | g | 2.132 | 0 | 7.100 | 1.812 |
| Lysine | g | 2.244 | 0 | 7.473 | 1.907 |
| Methionine | g | 0.690 | 0 | 2.298 | 0.587 |
| Cystine | g | 0.302 | 0 | 1.006 | 0.257 |
| Phenylalanine | g | 1.053 | 0 | 3.506 | 0.895 |
| Tyrosine | g | 0.906 | 0 | 3.017 | 0.770 |
| Valine | g | 1.312 | 0 | 4.369 | 1.115 |
| Arginine | g | 1.705 | 0 | 5.678 | 1.449 |
| Histidine | g | 0.923 | 0 | 3.074 | 0.785 |
| Alanine | g | 1.627 | 0 | 5.418 | 1.383 |
| Aspartic acid | g | 2.464 | 0 | 8.205 | 2.094 |
| Glutamic acid | g | 4.052 | 0 | 13.493 | 3.444 |
| Glycine | g | 1.471 | 0 | 4.898 | 1.250 |
| Proline | g | 1.191 | 0 | 3.966 | 1.012 |
| Serine | g | 1.031 | 0 | 3.433 | 0.876 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13183 Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, raw

**Refuse:** 15% Connective tissue 1%, separable fat 14%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 71.30 | | 1 | 20.21 | 323.42 | |
| Energy | kcal | 132 | | 0 | 37 | 599 | |
| Energy | kj | 552 | | 0 | 156 | 2504 | |
| Protein (N x 5.95) | g | 21.75 | 0.258 | 24 | 6.17 | 98.66 | |
| Total lipid (fat) | g | 4.30 | | 1 | 1.22 | 19.50 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.11 | 0.021 | 20 | 0.31 | 5.03 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 4 | 0.161 | 11 | 1 | 18 | |
| Iron | mg | 1.46 | 0.065 | 22 | 0.41 | 6.62 | |
| Magnesium | mg | 23 | 0.919 | 21 | 7 | 104 | |
| Phosphorus | mg | 210 | 4.333 | 11 | 60 | 953 | |
| Potassium | mg | 383 | 7.473 | 37 | 109 | 1737 | |
| Sodium | mg | 53 | 1.811 | 37 | 15 | 240 | |
| Zinc | mg | 2.92 | 0.128 | 28 | 0.83 | 13.25 | |
| Copper | mg | 0.061 | 0.003 | 18 | 0.017 | 0.277 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 20.8 | | 0 | 5.9 | 94.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | 0.005 | 22 | 0.028 | 0.454 | |
| Riboflavin | mg | 0.140 | 0.005 | 20 | 0.040 | 0.635 | |
| Niacin | mg | 3.710 | 0.203 | 22 | 1.052 | 16.829 | |
| Pantothenic acid | mg | 0.360 | | 1 | 0.102 | 1.633 | |
| Vitamin B-6 | mg | 0.450 | | 1 | 0.128 | 2.041 | |
| Folate | :g | 7 | 0.690 | 11 | 2 | 32 | |
| Vitamin B-12 | :g | 3.20 | 0.260 | 19 | 0.91 | 14.52 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.480 | | 0 | 0.420 | 6.713 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 19 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 19 | 0.000 | 0.000 | |
| 14:0 | g | 0.100 | | 19 | 0.028 | 0.454 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.950 | | 19 | 0.269 | 4.309 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.430 | | 19 | 0.122 | 1.950 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.780 | | 0 | 0.505 | 8.074 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.170 | | 19 | 0.048 | 0.771 |
| 18:1 | g | 1.610 | | 19 | 0.456 | 7.303 |
| 20:1 | g | 0.000 | | 19 | 0.000 | 0.000 |
| 22.1 | g | | | | | |
| Polyunsaturated, total | g | 0.180 | | 0 | 0.051 | 0.816 |
| 18:2 | g | 0.140 | | 19 | 0.040 | 0.635 |
| 18:3 | g | 0.010 | | 19 | 0.003 | 0.045 |
| 18:4 | g | | | | | |
| 20:4 | g | 0.030 | | 19 | 0.009 | 0.136 |
| 20:5 | g | | | | | |
| 22:5 | g | | | | | |
| 22:6 | g | | | | | |
| Cholesterol | mg | 54 | 1.859 | 25 | 15 | 245 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.244 | | 0 | 0.069 | 1.107 |
| Threonine | g | 0.950 | | 0 | 0.269 | 4.309 |
| Isoleucine | g | 0.978 | | 0 | 0.277 | 4.436 |
| Leucine | g | 1.719 | | 0 | 0.487 | 7.797 |
| Lysine | g | 1.810 | | 0 | 0.513 | 8.210 |
| Methionine | g | 0.557 | | 0 | 0.158 | 2.527 |
| Cystine | g | 0.244 | | 0 | 0.069 | 1.107 |
| Phenylalanine | g | 0.849 | | 0 | 0.241 | 3.851 |
| Tyrosine | g | 0.731 | | 0 | 0.207 | 3.316 |
| Valine | g | 1.058 | | 0 | 0.300 | 4.799 |
| Arginine | g | 1.375 | | 0 | 0.390 | 6.237 |
| Histidine | g | 0.745 | | 0 | 0.211 | 3.379 |
| Alanine | g | 1.312 | | 0 | 0.372 | 5.951 |
| Aspartic acid | g | 1.987 | | 0 | 0.563 | 9.013 |
| Glutamic acid | g | 3.268 | | 0 | 0.926 | 14.824 |
| Glycine | g | 1.187 | | 0 | 0.337 | 5.384 |
| Proline | g | 0.960 | | 0 | 0.272 | 4.355 |
| Serine | g | 0.832 | | 0 | 0.236 | 3.774 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13184 Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

**Refuse:** 14% 2% connective tissue, 12% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 293g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 65.00 | | 1 | 190.45 | 55.25 | |
| Energy | kcal | 168 | | 0 | 492 | 143 | |
| Energy | kj | 703 | | 0 | 2060 | 598 | |
| Protein (N x 5.95) | g | 28.99 | 0.267 | 14 | 84.94 | 24.64 | |
| Total lipid (fat) | g | 4.90 | | 1 | 14.36 | 4.17 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.21 | 0.025 | 15 | 3.55 | 1.03 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | 0.224 | 11 | 15 | 4 | |
| Iron | mg | 1.95 | 0.109 | 11 | 5.71 | 1.66 | |
| Magnesium | mg | 27 | 0.926 | 11 | 79 | 23 | |
| Phosphorus | mg | 226 | | 1 | 662 | 192 | |
| Potassium | mg | 395 | 13.181 | 11 | 1157 | 336 | |
| Sodium | mg | 62 | 5.970 | 11 | 182 | 53 | |
| Zinc | mg | 4.74 | 0.310 | 8 | 13.89 | 4.03 | |
| Copper | mg | 0.100 | 0.010 | 8 | 0.293 | 0.085 | |
| Manganese | mg | 0.016 | | 1 | 0.047 | 0.014 | |
| Selenium | :g | 26.7 | | 0 | 78.2 | 22.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | 0.006 | 11 | 0.264 | 0.077 | |
| Riboflavin | mg | 0.170 | 0.015 | 7 | 0.498 | 0.145 | |
| Niacin | mg | 3.750 | 0.227 | 10 | 10.988 | 3.188 | |
| Pantothenic acid | mg | 0.460 | | 1 | 1.348 | 0.391 | |
| Vitamin B-6 | mg | 0.380 | | 1 | 1.113 | 0.323 | |
| Folate | :g | 7 | 1.516 | 11 | 21 | 6 | |
| Vitamin B-12 | :g | 2.17 | 0.272 | 11 | 6.36 | 1.84 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.410 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.780 | | 0 | 5.215 | 1.513 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 8 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 8 | 0.000 | 0.000 | |
| 14:0 | g | 0.120 | | 8 | 0.352 | 0.102 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.110 | | 8 | 3.252 | 0.944 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.540 | | 8 | 1.582 | 0.459 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.080 | | 0 | 6.094 | 1.768 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.180 | | 8 | 0.527 | 0.153 |
| 18:1 | g | 1.900 | | 8 | 5.567 | 1.615 |
| 20:1 | g | 0.000 | | 8 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.160 | | 0 | 0.469 | 0.136 |
| 18:2 | g | 0.130 | | 8 | 0.381 | 0.111 |
| 18:3 | g | 0.010 | | 8 | 0.029 | 0.009 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.020 | | 8 | 0.059 | 0.017 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 69 | 3.252 | 8 | 202 | 59 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.325 | | 0 | 0.952 | 0.276 |
| Threonine | g | 1.266 | | 0 | 3.709 | 1.076 |
| Isoleucine | g | 1.303 | | 0 | 3.818 | 1.108 |
| Leucine | g | 2.291 | | 0 | 6.713 | 1.947 |
| Lysine | g | 2.412 | | 0 | 7.067 | 2.050 |
| Methionine | g | 0.742 | | 0 | 2.174 | 0.631 |
| Cystine | g | 0.325 | | 0 | 0.952 | 0.276 |
| Phenylalanine | g | 1.132 | | 0 | 3.317 | 0.962 |
| Tyrosine | g | 0.974 | | 0 | 2.854 | 0.828 |
| Valine | g | 1.410 | | 0 | 4.131 | 1.198 |
| Arginine | g | 1.832 | | 0 | 5.368 | 1.557 |
| Histidine | g | 0.993 | | 0 | 2.909 | 0.844 |
| Alanine | g | 1.749 | | 0 | 5.125 | 1.487 |
| Aspartic acid | g | 2.648 | | 0 | 7.759 | 2.251 |
| Glutamic acid | g | 4.355 | | 0 | 12.760 | 3.702 |
| Glycine | g | 1.582 | | 0 | 4.635 | 1.345 |
| Proline | g | 1.280 | | 0 | 3.750 | 1.088 |
| Serine | g | 1.108 | | 0 | 3.246 | 0.942 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13185 Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, choice, raw

**Refuse:** 16% Connective tissue 1%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 71.10 | | 1 | 20.16 | 322.51 | |
| Energy | kcal | 137 | | 0 | 39 | 621 | |
| Energy | kj | 573 | | 0 | 162 | 2599 | |
| Protein (N x 5.95) | g | 21.75 | | 1 | 6.17 | 98.66 | |
| Total lipid (fat) | g | 4.90 | | 1 | 1.39 | 22.23 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.11 | | 1 | 0.31 | 5.03 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 4 | | 1 | 1 | 18 | |
| Iron | mg | 1.46 | | 1 | 0.41 | 6.62 | |
| Magnesium | mg | 23 | | 1 | 7 | 104 | |
| Phosphorus | mg | 210 | | 1 | 60 | 953 | |
| Potassium | mg | 383 | | 1 | 109 | 1737 | |
| Sodium | mg | 53 | | 1 | 15 | 240 | |
| Zinc | mg | 2.92 | | 1 | 0.83 | 13.25 | |
| Copper | mg | 0.061 | | 1 | 0.017 | 0.277 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | ：g | 20.8 | | 0 | 5.9 | 94.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 1 | 0.028 | 0.454 | |
| Riboflavin | mg | 0.140 | | 1 | 0.040 | 0.635 | |
| Niacin | mg | 3.710 | | 1 | 1.052 | 16.829 | |
| Pantothenic acid | mg | 0.360 | | 1 | 0.102 | 1.633 | |
| Vitamin B-6 | mg | 0.450 | | 1 | 0.128 | 2.041 | |
| Folate | ：g | 7 | | 1 | 2 | 32 | |
| Vitamin B-12 | ：g | 3.20 | | 1 | 0.91 | 14.52 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.690 | | 0 | 0.479 | 7.666 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 19 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 19 | 0.000 | 0.000 | |
| 14:0 | g | 0.110 | | 19 | 0.031 | 0.499 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.080 | | 19 | 0.306 | 4.899 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.490 | | 19 | 0.139 | 2.223 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.030 | 0 | 0.576 | 9.208 |
| 14:1 | g | | | | |
| 16:1 | g | 0.200 | 19 | 0.057 | 0.907 |
| 18:1 | g | 1.840 | 19 | 0.522 | 8.346 |
| 20:1 | g | 0.000 | 19 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.210 | 0 | 0.060 | 0.953 |
| 18:2 | g | 0.160 | 19 | 0.045 | 0.726 |
| 18:3 | g | 0.010 | 19 | 0.003 | 0.045 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 19 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 54 | 1 | 15 | 245 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.244 | 0 | 0.069 | 1.107 |
| Threonine | g | 0.950 | 0 | 0.269 | 4.309 |
| Isoleucine | g | 0.978 | 0 | 0.277 | 4.436 |
| Leucine | g | 1.719 | 0 | 0.487 | 7.797 |
| Lysine | g | 1.810 | 0 | 0.513 | 8.210 |
| Methionine | g | 0.557 | 0 | 0.158 | 2.527 |
| Cystine | g | 0.244 | 0 | 0.069 | 1.107 |
| Phenylalanine | g | 0.849 | 0 | 0.241 | 3.851 |
| Tyrosine | g | 0.731 | 0 | 0.207 | 3.316 |
| Valine | g | 1.058 | 0 | 0.300 | 4.799 |
| Arginine | g | 1.375 | 0 | 0.390 | 6.237 |
| Histidine | g | 0.745 | 0 | 0.211 | 3.379 |
| Alanine | g | 1.312 | 0 | 0.372 | 5.951 |
| Aspartic acid | g | 1.987 | 0 | 0.563 | 9.013 |
| Glutamic acid | g | 3.268 | 0 | 0.926 | 14.824 |
| Glycine | g | 1.187 | 0 | 0.337 | 5.384 |
| Proline | g | 0.960 | 0 | 0.272 | 4.355 |
| Serine | g | 0.832 | 0 | 0.236 | 3.774 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13186 Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

**Refuse:** 14% 2% connective tissue, 12% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 293g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 64.90 | | 0 | 190.16 | 55.17 | |
| Energy | kcal | 175 | | 0 | 513 | 149 | |
| Energy | kj | 732 | | 0 | 2145 | 622 | |
| Protein (N x 5.95) | g | 28.99 | | 0 | 84.94 | 24.64 | |
| Total lipid (fat) | g | 5.70 | | 0 | 16.70 | 4.84 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.21 | | 0 | 3.55 | 1.03 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 0 | 15 | 4 | |
| Iron | mg | 1.95 | | 0 | 5.71 | 1.66 | |
| Magnesium | mg | 27 | | 0 | 79 | 23 | |
| Phosphorus | mg | 226 | | 0 | 662 | 192 | |
| Potassium | mg | 395 | | 0 | 1157 | 336 | |
| Sodium | mg | 62 | | 0 | 182 | 53 | |
| Zinc | mg | 4.74 | | 0 | 13.89 | 4.03 | |
| Copper | mg | 0.100 | | 0 | 0.293 | 0.085 | |
| Manganese | mg | 0.016 | | 0 | 0.047 | 0.014 | |
| Selenium | :g | 26.7 | | 0 | 78.2 | 22.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.264 | 0.077 | |
| Riboflavin | mg | 0.170 | | 0 | 0.498 | 0.145 | |
| Niacin | mg | 3.750 | | 0 | 10.988 | 3.188 | |
| Pantothenic acid | mg | 0.460 | | 0 | 1.348 | 0.391 | |
| Vitamin B-6 | mg | 0.380 | | 0 | 1.113 | 0.323 | |
| Folate | :g | 7 | | 0 | 21 | 6 | |
| Vitamin B-12 | :g | 2.17 | | 0 | 6.36 | 1.84 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.070 | | 0 | 6.065 | 1.759 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.140 | | 0 | 0.410 | 0.119 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.300 | | 0 | 3.809 | 1.105 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.630 | | 0 | 1.846 | 0.536 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.420 | 0 | 7.091 | 2.057 |
| 14:1 | g | | | | |
| 16:1 | g | 0.210 | 0 | 0.615 | 0.179 |
| 18:1 | g | 2.210 | 0 | 6.475 | 1.878 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.180 | 0 | 0.527 | 0.153 |
| 18:2 | g | 0.150 | 0 | 0.439 | 0.128 |
| 18:3 | g | 0.010 | 0 | 0.029 | 0.009 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.088 | 0.026 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 69 | 0 | 202 | 59 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.325 | 0 | 0.952 | 0.276 |
| Threonine | g | 1.266 | 0 | 3.709 | 1.076 |
| Isoleucine | g | 1.303 | 0 | 3.818 | 1.108 |
| Leucine | g | 2.291 | 0 | 6.713 | 1.947 |
| Lysine | g | 2.412 | 0 | 7.067 | 2.050 |
| Methionine | g | 0.742 | 0 | 2.174 | 0.631 |
| Cystine | g | 0.325 | 0 | 0.952 | 0.276 |
| Phenylalanine | g | 1.132 | 0 | 3.317 | 0.962 |
| Tyrosine | g | 0.974 | 0 | 2.854 | 0.828 |
| Valine | g | 1.410 | 0 | 4.131 | 1.198 |
| Arginine | g | 1.832 | 0 | 5.368 | 1.557 |
| Histidine | g | 0.993 | 0 | 2.909 | 0.844 |
| Alanine | g | 1.749 | 0 | 5.125 | 1.487 |
| Aspartic acid | g | 2.648 | 0 | 7.759 | 2.251 |
| Glutamic acid | g | 4.355 | 0 | 12.760 | 3.702 |
| Glycine | g | 1.582 | 0 | 4.635 | 1.345 |
| Proline | g | 1.280 | 0 | 3.750 | 1.088 |
| Serine | g | 1.108 | 0 | 3.246 | 0.942 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13187 Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, select, raw

**Refuse:** 15% Connective tissue 1%, separable fat 14%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 71.50 | | 1 | 20.27 | 324.32 | |
| Energy | kcal | 125 | | 0 | 35 | 567 | |
| Energy | kj | 523 | | 0 | 148 | 2372 | |
| Protein (N x 5.95) | g | 21.75 | | 1 | 6.17 | 98.66 | |
| Total lipid (fat) | g | 3.60 | | 1 | 1.02 | 16.33 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.11 | | 1 | 0.31 | 5.03 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 4 | | 1 | 1 | 18 | |
| Iron | mg | 1.46 | | 1 | 0.41 | 6.62 | |
| Magnesium | mg | 23 | | 1 | 7 | 104 | |
| Phosphorus | mg | 210 | | 1 | 60 | 953 | |
| Potassium | mg | 383 | | 1 | 109 | 1737 | |
| Sodium | mg | 53 | | 1 | 15 | 240 | |
| Zinc | mg | 2.92 | | 1 | 0.83 | 13.25 | |
| Copper | mg | 0.061 | | 1 | 0.017 | 0.277 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | ：g | 20.8 | | 0 | 5.9 | 94.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 1 | 0.028 | 0.454 | |
| Riboflavin | mg | 0.140 | | 1 | 0.040 | 0.635 | |
| Niacin | mg | 3.710 | | 1 | 1.052 | 16.829 | |
| Pantothenic acid | mg | 0.360 | | 1 | 0.102 | 1.633 | |
| Vitamin B-6 | mg | 0.450 | | 1 | 0.128 | 2.041 | |
| Folate | ：g | 7 | | 1 | 2 | 32 | |
| Vitamin B-12 | ：g | 3.20 | | 1 | 0.91 | 14.52 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.240 | | 0 | 0.352 | 5.625 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 19 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 19 | 0.000 | 0.000 | |
| 14:0 | g | 0.080 | | 19 | 0.023 | 0.363 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.790 | | 19 | 0.224 | 3.583 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.360 | | 19 | 0.102 | 1.633 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.490 | 0 | 0.422 | 6.759 |
| 14:1 | g | | | | |
| 16:1 | g | 0.140 | 19 | 0.040 | 0.635 |
| 18:1 | g | 1.350 | 19 | 0.383 | 6.124 |
| 20:1 | g | 0.000 | 19 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.150 | 0 | 0.043 | 0.680 |
| 18:2 | g | 0.120 | 19 | 0.034 | 0.544 |
| 18:3 | g | 0.010 | 19 | 0.003 | 0.045 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 19 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 54 | 1 | 15 | 245 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.244 | 0 | 0.069 | 1.107 |
| Threonine | g | 0.950 | 0 | 0.269 | 4.309 |
| Isoleucine | g | 0.978 | 0 | 0.277 | 4.436 |
| Leucine | g | 1.719 | 0 | 0.487 | 7.797 |
| Lysine | g | 1.810 | 0 | 0.513 | 8.210 |
| Methionine | g | 0.557 | 0 | 0.158 | 2.527 |
| Cystine | g | 0.244 | 0 | 0.069 | 1.107 |
| Phenylalanine | g | 0.849 | 0 | 0.241 | 3.851 |
| Tyrosine | g | 0.731 | 0 | 0.207 | 3.316 |
| Valine | g | 1.058 | 0 | 0.300 | 4.799 |
| Arginine | g | 1.375 | 0 | 0.390 | 6.237 |
| Histidine | g | 0.745 | 0 | 0.211 | 3.379 |
| Alanine | g | 1.312 | 0 | 0.372 | 5.951 |
| Aspartic acid | g | 1.987 | 0 | 0.563 | 9.013 |
| Glutamic acid | g | 3.268 | 0 | 0.926 | 14.824 |
| Glycine | g | 1.187 | 0 | 0.337 | 5.384 |
| Proline | g | 0.960 | 0 | 0.272 | 4.355 |
| Serine | g | 0.832 | 0 | 0.236 | 3.774 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13188 Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, select, cooked, roasted

**Refuse:** 14% 3% 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 | Samples | Measure 1* 293g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 65.10 | | 0 | 190.74 | 55.33 | |
| Energy | kcal | 160 | | 0 | 469 | 136 | |
| Energy | kj | 669 | | 0 | 1960 | 569 | |
| Protein (N x 5.95) | g | 28.99 | | 0 | 84.94 | 24.64 | |
| Total lipid (fat) | g | 4.00 | | 0 | 11.72 | 3.40 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.21 | | 0 | 3.55 | 1.03 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 0 | 15 | 4 | |
| Iron | mg | 1.95 | | 0 | 5.71 | 1.66 | |
| Magnesium | mg | 27 | | 0 | 79 | 23 | |
| Phosphorus | mg | 226 | | 0 | 662 | 192 | |
| Potassium | mg | 395 | | 0 | 1157 | 336 | |
| Sodium | mg | 62 | | 0 | 182 | 53 | |
| Zinc | mg | 4.74 | | 0 | 13.89 | 4.03 | |
| Copper | mg | 0.100 | | 0 | 0.293 | 0.085 | |
| Manganese | mg | 0.016 | | 0 | 0.047 | 0.014 | |
| Selenium | :g | 26.7 | | 0 | 78.2 | 22.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.264 | 0.077 | |
| Riboflavin | mg | 0.170 | | 0 | 0.498 | 0.145 | |
| Niacin | mg | 3.750 | | 0 | 10.988 | 3.188 | |
| Pantothenic acid | mg | 0.460 | | 0 | 1.348 | 0.391 | |
| Vitamin B-6 | mg | 0.380 | | 0 | 1.113 | 0.323 | |
| Folate | :g | 7 | | 0 | 21 | 6 | |
| Vitamin B-12 | :g | 2.17 | | 0 | 6.36 | 1.84 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.450 | | 0 | 4.248 | 1.232 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.100 | | 0 | 0.293 | 0.085 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.910 | | 0 | 2.666 | 0.774 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.440 | | 0 | 1.289 | 0.374 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.700 | 0 | 4.981 | 1.445 |
| 14:1 | g | | | | |
| 16:1 | g | 0.150 | 0 | 0.439 | 0.128 |
| 18:1 | g | 1.550 | 0 | 4.542 | 1.317 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.130 | 0 | 0.381 | 0.111 |
| 18:2 | g | 0.100 | 0 | 0.293 | 0.085 |
| 18:3 | g | 0.010 | 0 | 0.029 | 0.009 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.059 | 0.017 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 69 | 0 | 202 | 59 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.325 | 0 | 0.952 | 0.276 |
| Threonine | g | 1.266 | 0 | 3.709 | 1.076 |
| Isoleucine | g | 1.303 | 0 | 3.818 | 1.108 |
| Leucine | g | 2.291 | 0 | 6.713 | 1.947 |
| Lysine | g | 2.412 | 0 | 7.067 | 2.050 |
| Methionine | g | 0.742 | 0 | 2.174 | 0.631 |
| Cystine | g | 0.325 | 0 | 0.952 | 0.276 |
| Phenylalanine | g | 1.132 | 0 | 3.317 | 0.962 |
| Tyrosine | g | 0.974 | 0 | 2.854 | 0.828 |
| Valine | g | 1.410 | 0 | 4.131 | 1.198 |
| Arginine | g | 1.832 | 0 | 5.368 | 1.557 |
| Histidine | g | 0.993 | 0 | 2.909 | 0.844 |
| Alanine | g | 1.749 | 0 | 5.125 | 1.487 |
| Aspartic acid | g | 2.648 | 0 | 7.759 | 2.251 |
| Glutamic acid | g | 4.355 | 0 | 12.760 | 3.702 |
| Glycine | g | 1.582 | 0 | 4.635 | 1.345 |
| Proline | g | 1.280 | 0 | 3.750 | 1.088 |
| Serine | g | 1.108 | 0 | 3.246 | 0.942 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13191 Beef, round, tip round, separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 64.92 | | 0 | 18.40 | 294.48 | |
| Energy | kcal | 201 | | 0 | 57 | 912 | |
| Energy | kj | 841 | | 0 | 238 | 3815 | |
| Protein (N x 5.95) | g | 19.31 | | 0 | 5.47 | 87.59 | |
| Total lipid (fat) | g | 13.19 | | 0 | 3.74 | 59.83 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.93 | | 0 | 0.26 | 4.22 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 0 | 1 | 23 | |
| Iron | mg | 1.97 | | 0 | 0.56 | 8.94 | |
| Magnesium | mg | 21 | | 0 | 6 | 95 | |
| Phosphorus | mg | 190 | | 0 | 54 | 862 | |
| Potassium | mg | 322 | | 0 | 91 | 1461 | |
| Sodium | mg | 57 | | 0 | 16 | 259 | |
| Zinc | mg | 4.32 | | 0 | 1.22 | 19.60 | |
| Copper | mg | 0.075 | | 0 | 0.021 | 0.340 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | :g | 19.2 | | 0 | 5.4 | 87.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.180 | | 0 | 0.051 | 0.816 | |
| Niacin | mg | 3.110 | | 0 | 0.882 | 14.107 | |
| Pantothenic acid | mg | 0.320 | | 0 | 0.091 | 1.452 | |
| Vitamin B-6 | mg | 0.400 | | 0 | 0.113 | 1.814 | |
| Folate | :g | 7 | | 0 | 2 | 32 | |
| Vitamin B-12 | :g | 2.97 | | 0 | 0.84 | 13.47 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.240 | | 0 | 1.486 | 23.769 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.040 | | 0 | 0.011 | 0.181 | |
| 12:0 | g | 0.030 | | 0 | 0.009 | 0.136 | |
| 14:0 | g | 0.410 | | 0 | 0.116 | 1.860 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.160 | | 0 | 0.896 | 14.334 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.590 | | 0 | 0.451 | 7.212 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.660 | 0 | 1.605 | 25.674 |
| 14:1 | g | | | | |
| 16:1 | g | 0.660 | 0 | 0.187 | 2.994 |
| 18:1 | g | 4.990 | 0 | 1.415 | 22.635 |
| 20:1 | g | 0.020 | 0 | 0.006 | 0.091 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.520 | 0 | 0.147 | 2.359 |
| 18:2 | g | 0.340 | 0 | 0.096 | 1.542 |
| 18:3 | g | 0.160 | 0 | 0.045 | 0.726 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 65 | 0 | 18 | 295 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.216 | 0 | 0.061 | 0.980 |
| Threonine | g | 0.843 | 0 | 0.239 | 3.824 |
| Isoleucine | g | 0.868 | 0 | 0.246 | 3.937 |
| Leucine | g | 1.526 | 0 | 0.433 | 6.922 |
| Lysine | g | 1.606 | 0 | 0.455 | 7.285 |
| Methionine | g | 0.494 | 0 | 0.140 | 2.241 |
| Cystine | g | 0.216 | 0 | 0.061 | 0.980 |
| Phenylalanine | g | 0.754 | 0 | 0.214 | 3.420 |
| Tyrosine | g | 0.649 | 0 | 0.184 | 2.944 |
| Valine | g | 0.939 | 0 | 0.266 | 4.259 |
| Arginine | g | 1.220 | 0 | 0.346 | 5.534 |
| Histidine | g | 0.661 | 0 | 0.187 | 2.998 |
| Alanine | g | 1.165 | 0 | 0.330 | 5.284 |
| Aspartic acid | g | 1.764 | 0 | 0.500 | 8.002 |
| Glutamic acid | g | 2.901 | 0 | 0.822 | 13.159 |
| Glycine | g | 1.053 | 0 | 0.299 | 4.776 |
| Proline | g | 0.853 | 0 | 0.242 | 3.869 |
| Serine | g | 0.738 | 0 | 0.209 | 3.348 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13192 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted

**Refuse:** 5% Connective tissue

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 323g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 60.18 | | 0 | 194.38 | 51.15 | |
| Energy | kcal | 234 | | 0 | 756 | 199 | |
| Energy | kj | 979 | | 0 | 3162 | 832 | |
| Protein (N x 5.95) | g | 26.91 | | 0 | 86.92 | 22.87 | |
| Total lipid (fat) | g | 13.24 | | 0 | 42.77 | 11.25 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.11 | | 0 | 3.59 | 0.94 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 19 | 5 | |
| Iron | mg | 2.75 | | 0 | 8.88 | 2.34 | |
| Magnesium | mg | 25 | | 0 | 81 | 21 | |
| Phosphorus | mg | 225 | | 0 | 727 | 191 | |
| Potassium | mg | 359 | | 0 | 1160 | 305 | |
| Sodium | mg | 63 | | 0 | 203 | 54 | |
| Zinc | mg | 6.50 | | 0 | 21.00 | 5.53 | |
| Copper | mg | 0.117 | | 0 | 0.378 | 0.099 | |
| Manganese | mg | 0.016 | | 0 | 0.052 | 0.014 | |
| Selenium | :g | 26.3 | | 0 | 84.9 | 22.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.291 | 0.077 | |
| Riboflavin | mg | 0.250 | | 0 | 0.808 | 0.213 | |
| Niacin | mg | 3.520 | | 0 | 11.370 | 2.992 | |
| Pantothenic acid | mg | 0.440 | | 0 | 1.421 | 0.374 | |
| Vitamin B-6 | mg | 0.370 | | 0 | 1.195 | 0.315 | |
| Folate | :g | 7 | | 0 | 23 | 6 | |
| Vitamin B-12 | :g | 2.76 | | 0 | 8.91 | 2.35 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.170 | | 0 | 0.549 | 0.145 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.020 | | 0 | 16.215 | 4.267 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.030 | | 0 | 0.097 | 0.026 | |
| 12:0 | g | 0.030 | | 0 | 0.097 | 0.026 | |
| 14:0 | g | 0.390 | | 0 | 1.260 | 0.331 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.080 | | 0 | 9.948 | 2.618 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.500 | | 0 | 4.845 | 1.275 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.510 | 0 | 17.797 | 4.683 |
| 14:1 | g | | | | |
| 16:1 | g | 0.520 | 0 | 1.680 | 0.442 |
| 18:1 | g | 4.980 | 0 | 16.085 | 4.233 |
| 20:1 | g | 0.020 | 0 | 0.065 | 0.017 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.510 | 0 | 1.647 | 0.434 |
| 18:2 | g | 0.360 | 0 | 1.163 | 0.306 |
| 18:3 | g | 0.120 | 0 | 0.388 | 0.102 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.097 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 82 | 0 | 265 | 70 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.301 | 0 | 0.972 | 0.256 |
| Threonine | g | 1.175 | 0 | 3.795 | 0.999 |
| Isoleucine | g | 1.210 | 0 | 3.908 | 1.028 |
| Leucine | g | 2.127 | 0 | 6.870 | 1.808 |
| Lysine | g | 2.239 | 0 | 7.232 | 1.903 |
| Methionine | g | 0.689 | 0 | 2.225 | 0.586 |
| Cystine | g | 0.301 | 0 | 0.972 | 0.256 |
| Phenylalanine | g | 1.050 | 0 | 3.392 | 0.893 |
| Tyrosine | g | 0.904 | 0 | 2.920 | 0.768 |
| Valine | g | 1.309 | 0 | 4.228 | 1.113 |
| Arginine | g | 1.700 | 0 | 5.491 | 1.445 |
| Histidine | g | 0.921 | 0 | 2.975 | 0.783 |
| Alanine | g | 1.623 | 0 | 5.242 | 1.380 |
| Aspartic acid | g | 2.458 | 0 | 7.939 | 2.089 |
| Glutamic acid | g | 4.042 | 0 | 13.056 | 3.436 |
| Glycine | g | 1.468 | 0 | 4.742 | 1.248 |
| Proline | g | 1.188 | 0 | 3.837 | 1.010 |
| Serine | g | 1.029 | 0 | 3.324 | 0.875 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13193 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, choice, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 64.23 | | 0 | 18.21 | 291.35 | |
| Energy | kcal | 212 | | 0 | 60 | 962 | |
| Energy | kj | 887 | | 0 | 251 | 4023 | |
| Protein (N x 5.95) | g | 19.18 | | 0 | 5.44 | 87.00 | |
| Total lipid (fat) | g | 14.37 | | 0 | 4.07 | 65.18 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.93 | | 0 | 0.26 | 4.22 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 0 | 1 | 23 | |
| Iron | mg | 1.96 | | 0 | 0.56 | 8.89 | |
| Magnesium | mg | 21 | | 0 | 6 | 95 | |
| Phosphorus | mg | 189 | | 0 | 54 | 857 | |
| Potassium | mg | 319 | | 0 | 90 | 1447 | |
| Sodium | mg | 57 | | 0 | 16 | 259 | |
| Zinc | mg | 4.28 | | 0 | 1.21 | 19.41 | |
| Copper | mg | 0.075 | | 0 | 0.021 | 0.340 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | ：g | 19.2 | | 0 | 5.4 | 87.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.180 | | 0 | 0.051 | 0.816 | |
| Niacin | mg | 3.090 | | 0 | 0.876 | 14.016 | |
| Pantothenic acid | mg | 0.320 | | 0 | 0.091 | 1.452 | |
| Vitamin B-6 | mg | 0.400 | | 0 | 0.113 | 1.814 | |
| Folate | ：g | 7 | | 0 | 2 | 32 | |
| Vitamin B-12 | ：g | 2.96 | | 0 | 0.84 | 13.43 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.690 | | 0 | 1.613 | 25.810 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.050 | | 0 | 0.014 | 0.227 | |
| 12:0 | g | 0.030 | | 0 | 0.009 | 0.136 | |
| 14:0 | g | 0.440 | | 0 | 0.125 | 1.996 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.440 | | 0 | 0.975 | 15.604 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.730 | | 0 | 0.490 | 7.847 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.160 | 0 | 1.746 | 27.942 |
| 14:1 | g | | | | |
| 16:1 | g | 0.710 | 0 | 0.201 | 3.221 |
| 18:1 | g | 5.440 | 0 | 1.542 | 24.676 |
| 20:1 | g | 0.020 | 0 | 0.006 | 0.091 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.560 | 0 | 0.159 | 2.540 |
| 18:2 | g | 0.370 | 0 | 0.105 | 1.678 |
| 18:3 | g | 0.170 | 0 | 0.048 | 0.771 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 66 | 0 | 19 | 299 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.215 | 0 | 0.061 | 0.975 |
| Threonine | g | 0.838 | 0 | 0.238 | 3.801 |
| Isoleucine | g | 0.862 | 0 | 0.244 | 3.910 |
| Leucine | g | 1.516 | 0 | 0.430 | 6.877 |
| Lysine | g | 1.596 | 0 | 0.452 | 7.239 |
| Methionine | g | 0.491 | 0 | 0.139 | 2.227 |
| Cystine | g | 0.215 | 0 | 0.061 | 0.975 |
| Phenylalanine | g | 0.749 | 0 | 0.212 | 3.397 |
| Tyrosine | g | 0.644 | 0 | 0.183 | 2.921 |
| Valine | g | 0.933 | 0 | 0.265 | 4.232 |
| Arginine | g | 1.212 | 0 | 0.344 | 5.498 |
| Histidine | g | 0.657 | 0 | 0.186 | 2.980 |
| Alanine | g | 1.157 | 0 | 0.328 | 5.248 |
| Aspartic acid | g | 1.752 | 0 | 0.497 | 7.947 |
| Glutamic acid | g | 2.881 | 0 | 0.817 | 13.068 |
| Glycine | g | 1.046 | 0 | 0.297 | 4.745 |
| Proline | g | 0.847 | 0 | 0.240 | 3.842 |
| Serine | g | 0.733 | 0 | 0.208 | 3.325 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13194 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

**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 | Samples | Measure 1* 320g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.08 | | 0 | 189.06 | 50.22 | |
| Energy | kcal | 247 | | 0 | 790 | 210 | |
| Energy | kj | 1033 | | 0 | 3306 | 878 | |
| Protein (N x 5.95) | g | 26.54 | | 0 | 84.93 | 22.56 | |
| Total lipid (fat) | g | 14.86 | | 0 | 47.55 | 12.63 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.09 | | 0 | 3.49 | 0.93 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 19 | 5 | |
| Iron | mg | 2.71 | | 0 | 8.67 | 2.30 | |
| Magnesium | mg | 24 | | 0 | 77 | 20 | |
| Phosphorus | mg | 222 | | 0 | 710 | 189 | |
| Potassium | mg | 354 | | 0 | 1133 | 301 | |
| Sodium | mg | 62 | | 0 | 198 | 53 | |
| Zinc | mg | 6.39 | | 0 | 20.45 | 5.43 | |
| Copper | mg | 0.115 | | 0 | 0.368 | 0.098 | |
| Manganese | mg | 0.016 | | 0 | 0.051 | 0.014 | |
| Selenium | :g | 26.3 | | 0 | 84.2 | 22.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.288 | 0.077 | |
| Riboflavin | mg | 0.250 | | 0 | 0.800 | 0.213 | |
| Niacin | mg | 3.480 | | 0 | 11.136 | 2.958 | |
| Pantothenic acid | mg | 0.430 | | 0 | 1.376 | 0.366 | |
| Vitamin B-6 | mg | 0.370 | | 0 | 1.184 | 0.315 | |
| Folate | :g | 7 | | 0 | 22 | 6 | |
| Vitamin B-12 | :g | 2.74 | | 0 | 8.77 | 2.33 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.180 | | 0 | 0.576 | 0.153 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.670 | | 0 | 18.144 | 4.819 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.030 | | 0 | 0.096 | 0.026 | |
| 12:0 | g | 0.030 | | 0 | 0.096 | 0.026 | |
| 14:0 | g | 0.440 | | 0 | 1.408 | 0.374 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.480 | | 0 | 11.136 | 2.958 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.680 | | 0 | 5.376 | 1.428 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.210 | 0 | 19.872 | 5.279 |
| 14:1 | g | | | | |
| 16:1 | g | 0.590 | 0 | 1.888 | 0.501 |
| 18:1 | g | 5.600 | 0 | 17.920 | 4.760 |
| 20:1 | g | 0.020 | 0 | 0.064 | 0.017 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.580 | 0 | 1.856 | 0.493 |
| 18:2 | g | 0.400 | 0 | 1.280 | 0.340 |
| 18:3 | g | 0.140 | 0 | 0.448 | 0.119 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.096 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 83 | 0 | 266 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.297 | 0 | 0.950 | 0.252 |
| Threonine | g | 1.159 | 0 | 3.709 | 0.985 |
| Isoleucine | g | 1.193 | 0 | 3.818 | 1.014 |
| Leucine | g | 2.098 | 0 | 6.714 | 1.783 |
| Lysine | g | 2.209 | 0 | 7.069 | 1.878 |
| Methionine | g | 0.680 | 0 | 2.176 | 0.578 |
| Cystine | g | 0.297 | 0 | 0.950 | 0.252 |
| Phenylalanine | g | 1.036 | 0 | 3.315 | 0.881 |
| Tyrosine | g | 0.892 | 0 | 2.854 | 0.758 |
| Valine | g | 1.291 | 0 | 4.131 | 1.097 |
| Arginine | g | 1.678 | 0 | 5.370 | 1.426 |
| Histidine | g | 0.909 | 0 | 2.909 | 0.773 |
| Alanine | g | 1.601 | 0 | 5.123 | 1.361 |
| Aspartic acid | g | 2.425 | 0 | 7.760 | 2.061 |
| Glutamic acid | g | 3.988 | 0 | 12.762 | 3.390 |
| Glycine | g | 1.448 | 0 | 4.634 | 1.231 |
| Proline | g | 1.172 | 0 | 3.750 | 0.996 |
| Serine | g | 1.015 | 0 | 3.248 | 0.863 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13195 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, select, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 66.14 | | 0 | 18.75 | 300.01 | |
| Energy | kcal | 186 | | 0 | 53 | 844 | |
| Energy | kj | 778 | | 0 | 221 | 3529 | |
| Protein (N x 5.95) | g | 19.56 | | 0 | 5.55 | 88.72 | |
| Total lipid (fat) | g | 11.32 | | 0 | 3.21 | 51.35 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.95 | | 0 | 0.27 | 4.31 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 0 | 1 | 23 | |
| Iron | mg | 2.00 | | 0 | 0.57 | 9.07 | |
| Magnesium | mg | 21 | | 0 | 6 | 95 | |
| Phosphorus | mg | 193 | | 0 | 55 | 875 | |
| Potassium | mg | 328 | | 0 | 93 | 1488 | |
| Sodium | mg | 58 | | 0 | 16 | 263 | |
| Zinc | mg | 4.40 | | 0 | 1.25 | 19.96 | |
| Copper | mg | 0.076 | | 0 | 0.022 | 0.345 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | ：g | 19.4 | | 0 | 5.5 | 88.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.180 | | 0 | 0.051 | 0.816 | |
| Niacin | mg | 3.150 | | 0 | 0.893 | 14.288 | |
| Pantothenic acid | mg | 0.330 | | 0 | 0.094 | 1.497 | |
| Vitamin B-6 | mg | 0.410 | | 0 | 0.116 | 1.860 | |
| Folate | ：g | 7 | | 0 | 2 | 32 | |
| Vitamin B-12 | ：g | 3.01 | | 0 | 0.85 | 13.65 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.490 | | 0 | 1.273 | 20.367 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.040 | | 0 | 0.011 | 0.181 | |
| 12:0 | g | 0.030 | | 0 | 0.009 | 0.136 | |
| 14:0 | g | 0.350 | | 0 | 0.099 | 1.588 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.710 | | 0 | 0.768 | 12.293 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.370 | | 0 | 0.388 | 6.214 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.860 | 0 | 1.378 | 22.045 |
| 14:1 | g | | | | |
| 16:1 | g | 0.560 | 0 | 0.159 | 2.540 |
| 18:1 | g | 4.280 | 0 | 1.213 | 19.414 |
| 20:1 | g | 0.010 | 0 | 0.003 | 0.045 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.440 | 0 | 0.125 | 1.996 |
| 18:2 | g | 0.290 | 0 | 0.082 | 1.315 |
| 18:3 | g | 0.130 | 0 | 0.037 | 0.590 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 65 | 0 | 18 | 295 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.219 | 0 | 0.062 | 0.993 |
| Threonine | g | 0.855 | 0 | 0.242 | 3.878 |
| Isoleucine | g | 0.880 | 0 | 0.249 | 3.992 |
| Leucine | g | 1.546 | 0 | 0.438 | 7.013 |
| Lysine | g | 1.628 | 0 | 0.462 | 7.385 |
| Methionine | g | 0.501 | 0 | 0.142 | 2.273 |
| Cystine | g | 0.219 | 0 | 0.062 | 0.993 |
| Phenylalanine | g | 0.764 | 0 | 0.217 | 3.466 |
| Tyrosine | g | 0.657 | 0 | 0.186 | 2.980 |
| Valine | g | 0.952 | 0 | 0.270 | 4.318 |
| Arginine | g | 1.236 | 0 | 0.350 | 5.606 |
| Histidine | g | 0.670 | 0 | 0.190 | 3.039 |
| Alanine | g | 1.180 | 0 | 0.335 | 5.352 |
| Aspartic acid | g | 1.787 | 0 | 0.507 | 8.106 |
| Glutamic acid | g | 2.939 | 0 | 0.833 | 13.331 |
| Glycine | g | 1.067 | 0 | 0.302 | 4.840 |
| Proline | g | 0.864 | 0 | 0.245 | 3.919 |
| Serine | g | 0.748 | 0 | 0.212 | 3.393 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13196 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, select, cooked, roasted

**Refuse:** 5% Connective tissue

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 323g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 60.91 | | 0 | 196.74 | 51.77 | |
| Energy | kcal | 225 | | 0 | 727 | 191 | |
| Energy | kj | 941 | | 0 | 3039 | 800 | |
| Protein (N x 5.95) | g | 27.09 | | 0 | 87.50 | 23.03 | |
| Total lipid (fat) | g | 12.15 | | 0 | 39.24 | 10.33 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.11 | | 0 | 3.59 | 0.94 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 19 | 5 | |
| Iron | mg | 2.77 | | 0 | 8.95 | 2.35 | |
| Magnesium | mg | 25 | | 0 | 81 | 21 | |
| Phosphorus | mg | 227 | | 0 | 733 | 193 | |
| Potassium | mg | 362 | | 0 | 1169 | 308 | |
| Sodium | mg | 63 | | 0 | 203 | 54 | |
| Zinc | mg | 6.56 | | 0 | 21.19 | 5.58 | |
| Copper | mg | 0.118 | | 0 | 0.381 | 0.100 | |
| Manganese | mg | 0.016 | | 0 | 0.052 | 0.014 | |
| Selenium | :g | 26.5 | | 0 | 85.6 | 22.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.291 | 0.077 | |
| Riboflavin | mg | 0.250 | | 0 | 0.808 | 0.213 | |
| Niacin | mg | 3.540 | | 0 | 11.434 | 3.009 | |
| Pantothenic acid | mg | 0.440 | | 0 | 1.421 | 0.374 | |
| Vitamin B-6 | mg | 0.380 | | 0 | 1.227 | 0.323 | |
| Folate | :g | 8 | | 0 | 26 | 7 | |
| Vitamin B-12 | :g | 2.78 | | 0 | 8.98 | 2.36 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.170 | | 0 | 0.549 | 0.145 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.600 | | 0 | 14.858 | 3.910 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.065 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.065 | 0.017 | |
| 14:0 | g | 0.360 | | 0 | 1.163 | 0.306 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.820 | | 0 | 9.109 | 2.397 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.380 | | 0 | 4.457 | 1.173 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.060 | 0 | 16.344 | 4.301 |
| 14:1 | g | | | | |
| 16:1 | g | 0.480 | 0 | 1.550 | 0.408 |
| 18:1 | g | 4.560 | 0 | 14.729 | 3.876 |
| 20:1 | g | 0.020 | 0 | 0.065 | 0.017 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.470 | 0 | 1.518 | 0.400 |
| 18:2 | g | 0.330 | 0 | 1.066 | 0.281 |
| 18:3 | g | 0.110 | 0 | 0.355 | 0.094 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.097 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 82 | 0 | 265 | 70 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.303 | 0 | 0.979 | 0.258 |
| Threonine | g | 1.183 | 0 | 3.821 | 1.006 |
| Isoleucine | g | 1.218 | 0 | 3.934 | 1.035 |
| Leucine | g | 2.141 | 0 | 6.915 | 1.820 |
| Lysine | g | 2.254 | 0 | 7.280 | 1.916 |
| Methionine | g | 0.693 | 0 | 2.238 | 0.589 |
| Cystine | g | 0.303 | 0 | 0.979 | 0.258 |
| Phenylalanine | g | 1.057 | 0 | 3.414 | 0.898 |
| Tyrosine | g | 0.910 | 0 | 2.939 | 0.774 |
| Valine | g | 1.318 | 0 | 4.257 | 1.120 |
| Arginine | g | 1.712 | 0 | 5.530 | 1.455 |
| Histidine | g | 0.927 | 0 | 2.994 | 0.788 |
| Alanine | g | 1.634 | 0 | 5.278 | 1.389 |
| Aspartic acid | g | 2.475 | 0 | 7.994 | 2.104 |
| Glutamic acid | g | 4.070 | 0 | 13.146 | 3.460 |
| Glycine | g | 1.478 | 0 | 4.774 | 1.256 |
| Proline | g | 1.196 | 0 | 3.863 | 1.017 |
| Serine | g | 1.036 | 0 | 3.346 | 0.881 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13197 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, prime, raw

**Refuse:** 5% Connective tissue

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 65.20 | | 0 | 18.48 | 295.75 | |
| Energy | kcal | 214 | | 0 | 61 | 971 | |
| Energy | kj | 895 | | 0 | 254 | 4060 | |
| Protein (N x 5.95) | g | 19.44 | | 0 | 5.51 | 88.18 | |
| Total lipid (fat) | g | 14.57 | | 0 | 4.13 | 66.09 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.94 | | 0 | 0.27 | 4.26 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 0 | 1 | 23 | |
| Iron | mg | 1.99 | | 0 | 0.56 | 9.03 | |
| Magnesium | mg | 21 | | 0 | 6 | 95 | |
| Phosphorus | mg | 192 | | 0 | 54 | 871 | |
| Potassium | mg | 325 | | 0 | 92 | 1474 | |
| Sodium | mg | 58 | | 0 | 16 | 263 | |
| Zinc | mg | 4.36 | | 0 | 1.24 | 19.78 | |
| Copper | mg | 0.076 | | 0 | 0.022 | 0.345 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | ：g | 19.2 | | 0 | 5.4 | 87.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.180 | | 0 | 0.051 | 0.816 | |
| Niacin | mg | 3.130 | | 0 | 0.887 | 14.198 | |
| Pantothenic acid | mg | 0.330 | | 0 | 0.094 | 1.497 | |
| Vitamin B-6 | mg | 0.400 | | 0 | 0.113 | 1.814 | |
| Folate | ：g | 7 | | 0 | 2 | 32 | |
| Vitamin B-12 | ：g | 2.99 | | 0 | 0.85 | 13.56 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.750 | | 0 | 1.630 | 26.082 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.040 | | 0 | 0.011 | 0.181 | |
| 12:0 | g | 0.030 | | 0 | 0.009 | 0.136 | |
| 14:0 | g | 0.430 | | 0 | 0.122 | 1.950 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.420 | | 0 | 0.970 | 15.513 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.740 | | 0 | 0.493 | 7.893 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.280 | 0 | 1.780 | 28.486 |
| 14:1 | g | | | | |
| 16:1 | g | 0.690 | 0 | 0.196 | 3.130 |
| 18:1 | g | 5.500 | 0 | 1.559 | 24.948 |
| 20:1 | g | 0.010 | 0 | 0.003 | 0.045 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.610 | 0 | 0.173 | 2.767 |
| 18:2 | g | 0.400 | 0 | 0.113 | 1.814 |
| 18:3 | g | 0.150 | 0 | 0.043 | 0.680 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 65 | 0 | 18 | 295 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.218 | 0 | 0.062 | 0.989 |
| Threonine | g | 0.849 | 0 | 0.241 | 3.851 |
| Isoleucine | g | 0.874 | 0 | 0.248 | 3.964 |
| Leucine | g | 1.536 | 0 | 0.435 | 6.967 |
| Lysine | g | 1.617 | 0 | 0.458 | 7.335 |
| Methionine | g | 0.498 | 0 | 0.141 | 2.259 |
| Cystine | g | 0.218 | 0 | 0.062 | 0.989 |
| Phenylalanine | g | 0.759 | 0 | 0.215 | 3.443 |
| Tyrosine | g | 0.653 | 0 | 0.185 | 2.962 |
| Valine | g | 0.945 | 0 | 0.268 | 4.287 |
| Arginine | g | 1.228 | 0 | 0.348 | 5.570 |
| Histidine | g | 0.665 | 0 | 0.189 | 3.016 |
| Alanine | g | 1.172 | 0 | 0.332 | 5.316 |
| Aspartic acid | g | 1.776 | 0 | 0.503 | 8.056 |
| Glutamic acid | g | 2.920 | 0 | 0.828 | 13.245 |
| Glycine | g | 1.060 | 0 | 0.301 | 4.808 |
| Proline | g | 0.858 | 0 | 0.243 | 3.892 |
| Serine | g | 0.743 | 0 | 0.211 | 3.370 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13198 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, prime, cooked, roasted

**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 | Samples | Measure 1* 327g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 55.57 | | 0 | 181.71 | 47.23 | |
| Energy | kcal | 274 | | 0 | 896 | 233 | |
| Energy | kj | 1146 | | 0 | 3747 | 974 | |
| Protein (N x 5.95) | g | 26.36 | | 0 | 86.20 | 22.41 | |
| Total lipid (fat) | g | 17.90 | | 0 | 58.53 | 15.21 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.09 | | 0 | 3.56 | 0.93 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 20 | 5 | |
| Iron | mg | 2.70 | | 0 | 8.83 | 2.30 | |
| Magnesium | mg | 24 | | 0 | 78 | 20 | |
| Phosphorus | mg | 220 | | 0 | 719 | 187 | |
| Potassium | mg | 351 | | 0 | 1148 | 298 | |
| Sodium | mg | 62 | | 0 | 203 | 53 | |
| Zinc | mg | 6.33 | | 0 | 20.70 | 5.38 | |
| Copper | mg | 0.115 | | 0 | 0.376 | 0.098 | |
| Manganese | mg | 0.016 | | 0 | 0.052 | 0.014 | |
| Selenium | :g | 26.2 | | 0 | 85.7 | 22.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.294 | 0.077 | |
| Riboflavin | mg | 0.240 | | 0 | 0.785 | 0.204 | |
| Niacin | mg | 3.460 | | 0 | 11.314 | 2.941 | |
| Pantothenic acid | mg | 0.430 | | 0 | 1.406 | 0.366 | |
| Vitamin B-6 | mg | 0.370 | | 0 | 1.210 | 0.315 | |
| Folate | :g | 7 | | 0 | 23 | 6 | |
| Vitamin B-12 | :g | 2.72 | | 0 | 8.89 | 2.31 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.920 | | 0 | 22.628 | 5.882 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.040 | | 0 | 0.131 | 0.034 | |
| 12:0 | g | 0.040 | | 0 | 0.131 | 0.034 | |
| 14:0 | g | 0.520 | | 0 | 1.700 | 0.442 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.150 | | 0 | 13.571 | 3.528 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.020 | | 0 | 6.605 | 1.717 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.560 | 0 | 24.721 | 6.426 |
| 14:1 | g | | | | |
| 16:1 | g | 0.700 | 0 | 2.289 | 0.595 |
| 18:1 | g | 6.710 | 0 | 21.942 | 5.704 |
| 20:1 | g | 0.020 | 0 | 0.065 | 0.017 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.700 | 0 | 2.289 | 0.595 |
| 18:2 | g | 0.490 | 0 | 1.602 | 0.417 |
| 18:3 | g | 0.160 | 0 | 0.523 | 0.136 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.131 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 83 | 0 | 271 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.295 | 0 | 0.965 | 0.251 |
| Threonine | g | 1.152 | 0 | 3.767 | 0.979 |
| Isoleucine | g | 1.185 | 0 | 3.875 | 1.007 |
| Leucine | g | 2.084 | 0 | 6.815 | 1.771 |
| Lysine | g | 2.194 | 0 | 7.174 | 1.865 |
| Methionine | g | 0.675 | 0 | 2.207 | 0.574 |
| Cystine | g | 0.295 | 0 | 0.965 | 0.251 |
| Phenylalanine | g | 1.029 | 0 | 3.365 | 0.875 |
| Tyrosine | g | 0.886 | 0 | 2.897 | 0.753 |
| Valine | g | 1.282 | 0 | 4.192 | 1.090 |
| Arginine | g | 1.666 | 0 | 5.448 | 1.416 |
| Histidine | g | 0.903 | 0 | 2.953 | 0.768 |
| Alanine | g | 1.590 | 0 | 5.199 | 1.352 |
| Aspartic acid | g | 2.409 | 0 | 7.877 | 2.048 |
| Glutamic acid | g | 3.961 | 0 | 12.952 | 3.367 |
| Glycine | g | 1.438 | 0 | 4.702 | 1.222 |
| Proline | g | 1.164 | 0 | 3.806 | 0.989 |
| Serine | g | 1.008 | 0 | 3.296 | 0.857 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13199 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, all grades, raw

**Refuse:** 17% Connective tissue 4%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 72.20 | | 1 | 20.47 | 327.50 | |
| Energy | kcal | 124 | | 0 | 35 | 562 | |
| Energy | kj | 519 | | 0 | 147 | 2354 | |
| Protein (N x 5.95) | g | 21.11 | 1.763 | 24 | 5.98 | 95.75 | |
| Total lipid (fat) | g | 3.80 | | 1 | 1.08 | 17.24 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.04 | 0.013 | 18 | 0.29 | 4.72 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 4 | 0.119 | 11 | 1 | 18 | |
| Iron | mg | 2.17 | 0.069 | 23 | 0.62 | 9.84 | |
| Magnesium | mg | 24 | 0.364 | 23 | 7 | 109 | |
| Phosphorus | mg | 210 | 4.455 | 12 | 60 | 953 | |
| Potassium | mg | 364 | 5.459 | 23 | 103 | 1651 | |
| Sodium | mg | 62 | 2.396 | 23 | 18 | 281 | |
| Zinc | mg | 4.86 | 0.081 | 19 | 1.38 | 22.04 | |
| Copper | mg | 0.082 | 0.002 | 20 | 0.023 | 0.372 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | ΐg | 20.1 | | 0 | 5.7 | 91.2 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.120 | 0.007 | 23 | 0.034 | 0.544 | |
| Riboflavin | mg | 0.200 | 0.007 | 23 | 0.057 | 0.907 | |
| Niacin | mg | 3.390 | 0.171 | 23 | 0.961 | 15.377 | |
| Pantothenic acid | mg | 0.350 | | 1 | 0.099 | 1.588 | |
| Vitamin B-6 | mg | 0.440 | | 1 | 0.125 | 1.996 | |
| Folate | ΐg | 8 | 0.489 | 11 | 2 | 36 | |
| Vitamin B-12 | ΐg | 3.22 | 0.308 | 22 | 0.91 | 14.61 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ΐg | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.290 | | 0 | 0.366 | 5.851 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 33 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 33 | 0.000 | 0.000 | |
| 14:0 | g | 0.090 | | 33 | 0.026 | 0.408 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.790 | | 33 | 0.224 | 3.583 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.420 | | 33 | 0.119 | 1.905 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.550 | | 0 | 0.439 | 7.031 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.130 | | 33 | 0.037 | 0.590 |
| 18:1 | g | 1.420 | | 33 | 0.403 | 6.441 |
| 20:1 | g | 0.000 | | 33 | 0.000 | 0.000 |
| 22.1 | g | | | | | |
| Polyunsaturated, total | g | 0.180 | | 0 | 0.051 | 0.816 |
| 18:2 | g | 0.150 | | 33 | 0.043 | 0.680 |
| 18:3 | g | 0.010 | | 33 | 0.003 | 0.045 |
| 18:4 | g | | | | | |
| 20:4 | g | 0.030 | | 33 | 0.009 | 0.136 |
| 20:5 | g | | | | | |
| 22:5 | g | | | | | |
| 22:6 | g | | | | | |
| Cholesterol | mg | 60 | 1.303 | 21 | 17 | 272 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.236 | | 0 | 0.067 | 1.070 |
| Threonine | g | 0.922 | | 0 | 0.261 | 4.182 |
| Isoleucine | g | 0.949 | | 0 | 0.269 | 4.305 |
| Leucine | g | 1.669 | | 0 | 0.473 | 7.571 |
| Lysine | g | 1.757 | | 0 | 0.498 | 7.970 |
| Methionine | g | 0.540 | | 0 | 0.153 | 2.449 |
| Cystine | g | 0.236 | | 0 | 0.067 | 1.070 |
| Phenylalanine | g | 0.824 | | 0 | 0.234 | 3.738 |
| Tyrosine | g | 0.709 | | 0 | 0.201 | 3.216 |
| Valine | g | 1.027 | | 0 | 0.291 | 4.658 |
| Arginine | g | 1.334 | | 0 | 0.378 | 6.051 |
| Histidine | g | 0.723 | | 0 | 0.205 | 3.280 |
| Alanine | g | 1.274 | | 0 | 0.361 | 5.779 |
| Aspartic acid | g | 1.929 | | 0 | 0.547 | 8.750 |
| Glutamic acid | g | 3.172 | | 0 | 0.899 | 14.388 |
| Glycine | g | 1.152 | | 0 | 0.327 | 5.225 |
| Proline | g | 0.932 | | 0 | 0.264 | 4.228 |
| Serine | g | 0.807 | | 0 | 0.229 | 3.661 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13200 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

**Refuse:** 15% 5% connective tissue, 10% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 290g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 64.80 | | 1 | 187.92 | 55.08 | |
| Energy | kcal | 185 | | 0 | 537 | 157 | |
| Energy | kj | 774 | | 0 | 2245 | 658 | |
| Protein (N x 5.95) | g | 28.71 | 0.569 | 11 | 83.26 | 24.40 | |
| Total lipid (fat) | g | 6.90 | | 1 | 20.01 | 5.87 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.18 | 0.026 | 11 | 3.42 | 1.00 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | 0.246 | 11 | 15 | 4 | |
| Iron | mg | 2.94 | 0.104 | 11 | 8.53 | 2.50 | |
| Magnesium | mg | 27 | 0.814 | 11 | 78 | 23 | |
| Phosphorus | mg | 242 | | 1 | 702 | 206 | |
| Potassium | mg | 386 | 12.161 | 11 | 1119 | 328 | |
| Sodium | mg | 65 | 4.672 | 11 | 189 | 55 | |
| Zinc | mg | 7.07 | 0.267 | 8 | 20.50 | 6.01 | |
| Copper | mg | 0.125 | 0.004 | 8 | 0.363 | 0.106 | |
| Manganese | mg | 0.017 | | 1 | 0.049 | 0.014 | |
| Selenium | :g | 27.6 | | 0 | 80.0 | 23.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | 0.005 | 11 | 0.290 | 0.085 | |
| Riboflavin | mg | 0.270 | 0.010 | 11 | 0.783 | 0.230 | |
| Niacin | mg | 3.740 | 0.166 | 11 | 10.846 | 3.179 | |
| Pantothenic acid | mg | 0.470 | | 1 | 1.363 | 0.400 | |
| Vitamin B-6 | mg | 0.400 | | 1 | 1.160 | 0.340 | |
| Folate | :g | 8 | 0.896 | 11 | 23 | 7 | |
| Vitamin B-12 | :g | 2.89 | 0.649 | 11 | 8.38 | 2.46 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.406 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.410 | | 0 | 6.989 | 2.049 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 8 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 8 | 0.000 | 0.000 | |
| 14:0 | g | 0.170 | | 8 | 0.493 | 0.145 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.450 | | 8 | 4.205 | 1.232 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.790 | | 8 | 2.291 | 0.672 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.740 | | 0 | 7.946 | 2.329 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.230 | | 8 | 0.667 | 0.196 |
| 18:1 | g | 2.510 | | 8 | 7.279 | 2.133 |
| 20:1 | g | 0.000 | | 8 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.280 | | 0 | 0.812 | 0.238 |
| 18:2 | g | 0.220 | | 8 | 0.638 | 0.187 |
| 18:3 | g | 0.020 | | 8 | 0.058 | 0.017 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | | 8 | 0.116 | 0.034 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 81 | 2.500 | 8 | 235 | 69 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.322 | | 0 | 0.934 | 0.274 |
| Threonine | g | 1.254 | | 0 | 3.637 | 1.066 |
| Isoleucine | g | 1.291 | | 0 | 3.744 | 1.097 |
| Leucine | g | 2.269 | | 0 | 6.580 | 1.929 |
| Lysine | g | 2.389 | | 0 | 6.928 | 2.031 |
| Methionine | g | 0.735 | | 0 | 2.131 | 0.625 |
| Cystine | g | 0.322 | | 0 | 0.934 | 0.274 |
| Phenylalanine | g | 1.121 | | 0 | 3.251 | 0.953 |
| Tyrosine | g | 0.965 | | 0 | 2.798 | 0.820 |
| Valine | g | 1.397 | | 0 | 4.051 | 1.187 |
| Arginine | g | 1.815 | | 0 | 5.264 | 1.543 |
| Histidine | g | 0.983 | | 0 | 2.851 | 0.836 |
| Alanine | g | 1.732 | | 0 | 5.023 | 1.472 |
| Aspartic acid | g | 2.623 | | 0 | 7.607 | 2.230 |
| Glutamic acid | g | 4.314 | | 0 | 12.511 | 3.667 |
| Glycine | g | 1.567 | | 0 | 4.544 | 1.332 |
| Proline | g | 1.268 | | 0 | 3.677 | 1.078 |
| Serine | g | 1.098 | | 0 | 3.184 | 0.933 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13201 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, choice, raw

**Refuse:** 18% Connective tissue 4%, separable fat 14%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 72.00 | | 1 | 20.41 | 326.59 | |
| Energy | kcal | 130 | | 0 | 37 | 590 | |
| Energy | kj | 544 | | 0 | 154 | 2468 | |
| Protein (N x 5.95) | g | 21.11 | | 1 | 5.98 | 95.75 | |
| Total lipid (fat) | g | 4.40 | | 1 | 1.25 | 19.96 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.04 | | 1 | 0.29 | 4.72 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 4 | | 1 | 1 | 18 | |
| Iron | mg | 2.17 | | 1 | 0.62 | 9.84 | |
| Magnesium | mg | 24 | | 1 | 7 | 109 | |
| Phosphorus | mg | 210 | | 1 | 60 | 953 | |
| Potassium | mg | 364 | | 1 | 103 | 1651 | |
| Sodium | mg | 62 | | 1 | 18 | 281 | |
| Zinc | mg | 4.86 | | 1 | 1.38 | 22.04 | |
| Copper | mg | 0.082 | | 1 | 0.023 | 0.372 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 20.1 | | 0 | 5.7 | 91.2 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.120 | | 1 | 0.034 | 0.544 | |
| Riboflavin | mg | 0.200 | | 1 | 0.057 | 0.907 | |
| Niacin | mg | 3.390 | | 1 | 0.961 | 15.377 | |
| Pantothenic acid | mg | 0.350 | | 1 | 0.099 | 1.588 | |
| Vitamin B-6 | mg | 0.440 | | 1 | 0.125 | 1.996 | |
| Folate | :g | 8 | | 1 | 2 | 36 | |
| Vitamin B-12 | :g | 3.22 | | 1 | 0.91 | 14.61 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.500 | | 0 | 0.425 | 6.804 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 33 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 33 | 0.000 | 0.000 | |
| 14:0 | g | 0.100 | | 33 | 0.028 | 0.454 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.920 | | 33 | 0.261 | 4.173 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.480 | | 33 | 0.136 | 2.177 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.790 | 0 | 0.507 | 8.119 |
| 14:1 | g | | | | |
| 16:1 | g | 0.150 | 33 | 0.043 | 0.680 |
| 18:1 | g | 1.640 | 33 | 0.465 | 7.439 |
| 20:1 | g | 0.000 | 33 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.210 | 0 | 0.060 | 0.953 |
| 18:2 | g | 0.170 | 33 | 0.048 | 0.771 |
| 18:3 | g | 0.010 | 33 | 0.003 | 0.045 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 33 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 60 | 1 | 17 | 272 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.236 | 0 | 0.067 | 1.070 |
| Threonine | g | 0.922 | 0 | 0.261 | 4.182 |
| Isoleucine | g | 0.949 | 0 | 0.269 | 4.305 |
| Leucine | g | 1.669 | 0 | 0.473 | 7.571 |
| Lysine | g | 1.757 | 0 | 0.498 | 7.970 |
| Methionine | g | 0.540 | 0 | 0.153 | 2.449 |
| Cystine | g | 0.236 | 0 | 0.067 | 1.070 |
| Phenylalanine | g | 0.824 | 0 | 0.234 | 3.738 |
| Tyrosine | g | 0.709 | 0 | 0.201 | 3.216 |
| Valine | g | 1.027 | 0 | 0.291 | 4.658 |
| Arginine | g | 1.334 | 0 | 0.378 | 6.051 |
| Histidine | g | 0.723 | 0 | 0.205 | 3.280 |
| Alanine | g | 1.274 | 0 | 0.361 | 5.779 |
| Aspartic acid | g | 1.929 | 0 | 0.547 | 8.750 |
| Glutamic acid | g | 3.172 | 0 | 0.899 | 14.388 |
| Glycine | g | 1.152 | 0 | 0.327 | 5.225 |
| Proline | g | 0.932 | 0 | 0.264 | 4.228 |
| Serine | g | 0.807 | 0 | 0.229 | 3.661 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13202 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

**Refuse:** 17% 6% 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 | Samples | Measure 1* 282g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 64.60 | | 0 | 182.17 | 54.91 | |
| Energy | kcal | 188 | | 0 | 530 | 160 | |
| Energy | kj | 787 | | 0 | 2219 | 669 | |
| Protein (N x 5.95) | g | 28.71 | | 0 | 80.96 | 24.40 | |
| Total lipid (fat) | g | 7.30 | | 0 | 20.59 | 6.21 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.18 | | 0 | 3.33 | 1.00 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 0 | 14 | 4 | |
| Iron | mg | 2.94 | | 0 | 8.29 | 2.50 | |
| Magnesium | mg | 27 | | 0 | 76 | 23 | |
| Phosphorus | mg | 242 | | 0 | 682 | 206 | |
| Potassium | mg | 386 | | 0 | 1089 | 328 | |
| Sodium | mg | 65 | | 0 | 183 | 55 | |
| Zinc | mg | 7.07 | | 0 | 19.94 | 6.01 | |
| Copper | mg | 0.125 | | 0 | 0.353 | 0.106 | |
| Manganese | mg | 0.017 | | 0 | 0.048 | 0.014 | |
| Selenium | :g | 27.6 | | 0 | 77.8 | 23.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.282 | 0.085 | |
| Riboflavin | mg | 0.270 | | 0 | 0.761 | 0.230 | |
| Niacin | mg | 3.740 | | 0 | 10.547 | 3.179 | |
| Pantothenic acid | mg | 0.470 | | 0 | 1.325 | 0.400 | |
| Vitamin B-6 | mg | 0.400 | | 0 | 1.128 | 0.340 | |
| Folate | :g | 8 | | 0 | 23 | 7 | |
| Vitamin B-12 | :g | 2.89 | | 0 | 8.15 | 2.46 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.395 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.550 | | 0 | 7.191 | 2.167 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.190 | | 0 | 0.536 | 0.161 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.530 | | 0 | 4.315 | 1.301 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.840 | | 0 | 2.369 | 0.714 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.900 | 0 | 8.178 | 2.465 |
| 14:1 | g | | | | |
| 16:1 | g | 0.240 | 0 | 0.677 | 0.204 |
| 18:1 | g | 2.660 | 0 | 7.501 | 2.261 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.290 | 0 | 0.818 | 0.247 |
| 18:2 | g | 0.230 | 0 | 0.649 | 0.196 |
| 18:3 | g | 0.020 | 0 | 0.056 | 0.017 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.113 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 81 | 0 | 228 | 69 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.322 | 0 | 0.908 | 0.274 |
| Threonine | g | 1.254 | 0 | 3.536 | 1.066 |
| Isoleucine | g | 1.291 | 0 | 3.641 | 1.097 |
| Leucine | g | 2.269 | 0 | 6.399 | 1.929 |
| Lysine | g | 2.389 | 0 | 6.737 | 2.031 |
| Methionine | g | 0.735 | 0 | 2.073 | 0.625 |
| Cystine | g | 0.322 | 0 | 0.908 | 0.274 |
| Phenylalanine | g | 1.121 | 0 | 3.161 | 0.953 |
| Tyrosine | g | 0.965 | 0 | 2.721 | 0.820 |
| Valine | g | 1.397 | 0 | 3.940 | 1.187 |
| Arginine | g | 1.815 | 0 | 5.118 | 1.543 |
| Histidine | g | 0.983 | 0 | 2.772 | 0.836 |
| Alanine | g | 1.732 | 0 | 4.884 | 1.472 |
| Aspartic acid | g | 2.623 | 0 | 7.397 | 2.230 |
| Glutamic acid | g | 4.314 | 0 | 12.165 | 3.667 |
| Glycine | g | 1.567 | 0 | 4.419 | 1.332 |
| Proline | g | 1.268 | 0 | 3.576 | 1.078 |
| Serine | g | 1.098 | 0 | 3.096 | 0.933 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13203 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, select, raw

**Refuse:** 15% Connective tissue 3%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 72.40 | | 1 | 20.53 | 328.41 | |
| Energy | kcal | 119 | | 0 | 34 | 540 | |
| Energy | kj | 498 | | 0 | 141 | 2259 | |
| Protein (N x 5.95) | g | 21.11 | | 1 | 5.98 | 95.75 | |
| Total lipid (fat) | g | 3.20 | | 1 | 0.91 | 14.52 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.04 | | 1 | 0.29 | 4.72 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 4 | | 1 | 1 | 18 | |
| Iron | mg | 2.17 | | 1 | 0.62 | 9.84 | |
| Magnesium | mg | 24 | | 1 | 7 | 109 | |
| Phosphorus | mg | 210 | | 1 | 60 | 953 | |
| Potassium | mg | 364 | | 1 | 103 | 1651 | |
| Sodium | mg | 62 | | 1 | 18 | 281 | |
| Zinc | mg | 4.86 | | 1 | 1.38 | 22.04 | |
| Copper | mg | 0.082 | | 1 | 0.023 | 0.372 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 20.1 | | 0 | 5.7 | 91.2 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.120 | | 1 | 0.034 | 0.544 | |
| Riboflavin | mg | 0.200 | | 1 | 0.057 | 0.907 | |
| Niacin | mg | 3.390 | | 1 | 0.961 | 15.377 | |
| Pantothenic acid | mg | 0.350 | | 1 | 0.099 | 1.588 | |
| Vitamin B-6 | mg | 0.440 | | 1 | 0.125 | 1.996 | |
| Folate | :g | 8 | | 1 | 2 | 36 | |
| Vitamin B-12 | :g | 3.22 | | 1 | 0.91 | 14.61 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.090 | | 0 | 0.309 | 4.944 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 33 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 33 | 0.000 | 0.000 | |
| 14:0 | g | 0.070 | | 33 | 0.020 | 0.318 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.670 | | 33 | 0.190 | 3.039 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.350 | | 33 | 0.099 | 1.588 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.300 | 0 | 0.369 | 5.897 |
| 14:1 | g | | | | |
| 16:1 | g | 0.110 | 33 | 0.031 | 0.499 |
| 18:1 | g | 1.190 | 33 | 0.337 | 5.398 |
| 20:1 | g | 0.000 | 33 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.150 | 0 | 0.043 | 0.680 |
| 18:2 | g | 0.120 | 33 | 0.034 | 0.544 |
| 18:3 | g | 0.010 | 33 | 0.003 | 0.045 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 33 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 60 | 1 | 17 | 272 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.236 | 0 | 0.067 | 1.070 |
| Threonine | g | 0.922 | 0 | 0.261 | 4.182 |
| Isoleucine | g | 0.949 | 0 | 0.269 | 4.305 |
| Leucine | g | 1.669 | 0 | 0.473 | 7.571 |
| Lysine | g | 1.757 | 0 | 0.498 | 7.970 |
| Methionine | g | 0.540 | 0 | 0.153 | 2.449 |
| Cystine | g | 0.236 | 0 | 0.067 | 1.070 |
| Phenylalanine | g | 0.824 | 0 | 0.234 | 3.738 |
| Tyrosine | g | 0.709 | 0 | 0.201 | 3.216 |
| Valine | g | 1.027 | 0 | 0.291 | 4.658 |
| Arginine | g | 1.334 | 0 | 0.378 | 6.051 |
| Histidine | g | 0.723 | 0 | 0.205 | 3.280 |
| Alanine | g | 1.274 | 0 | 0.361 | 5.779 |
| Aspartic acid | g | 1.929 | 0 | 0.547 | 8.750 |
| Glutamic acid | g | 3.172 | 0 | 0.899 | 14.388 |
| Glycine | g | 1.152 | 0 | 0.327 | 5.225 |
| Proline | g | 0.932 | 0 | 0.264 | 4.228 |
| Serine | g | 0.807 | 0 | 0.229 | 3.661 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13204 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, select, cooked, roasted

**Refuse:** 4% 5% connective tissue, 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 | Samples | Measure 1* 293g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 65.10 | | 0 | 190.74 | 55.33 | |
| Energy | kcal | 180 | | 0 | 527 | 153 | |
| Energy | kj | 753 | | 0 | 2206 | 640 | |
| Protein (N x 5.95) | g | 28.71 | | 0 | 84.12 | 24.40 | |
| Total lipid (fat) | g | 6.40 | | 0 | 18.75 | 5.44 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.18 | | 0 | 3.46 | 1.00 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 0 | 15 | 4 | |
| Iron | mg | 2.94 | | 0 | 8.61 | 2.50 | |
| Magnesium | mg | 27 | | 0 | 79 | 23 | |
| Phosphorus | mg | 242 | | 0 | 709 | 206 | |
| Potassium | mg | 386 | | 0 | 1131 | 328 | |
| Sodium | mg | 65 | | 0 | 190 | 55 | |
| Zinc | mg | 7.07 | | 0 | 20.72 | 6.01 | |
| Copper | mg | 0.125 | | 0 | 0.366 | 0.106 | |
| Manganese | mg | 0.017 | | 0 | 0.050 | 0.014 | |
| Selenium | :g | 27.6 | | 0 | 80.9 | 23.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.293 | 0.085 | |
| Riboflavin | mg | 0.270 | | 0 | 0.791 | 0.230 | |
| Niacin | mg | 3.740 | | 0 | 10.958 | 3.179 | |
| Pantothenic acid | mg | 0.470 | | 0 | 1.377 | 0.400 | |
| Vitamin B-6 | mg | 0.400 | | 0 | 1.172 | 0.340 | |
| Folate | :g | 8 | | 0 | 23 | 7 | |
| Vitamin B-12 | :g | 2.89 | | 0 | 8.47 | 2.46 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.410 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.240 | | 0 | 6.563 | 1.904 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.160 | | 0 | 0.469 | 0.136 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.340 | | 0 | 3.926 | 1.139 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.730 | | 0 | 2.139 | 0.620 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.540 | 0 | 7.442 | 2.159 |
| 14:1 | g | | | | |
| 16:1 | g | 0.210 | 0 | 0.615 | 0.179 |
| 18:1 | g | 2.330 | 0 | 6.827 | 1.981 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.260 | 0 | 0.762 | 0.221 |
| 18:2 | g | 0.200 | 0 | 0.586 | 0.170 |
| 18:3 | g | 0.020 | 0 | 0.059 | 0.017 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.088 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 81 | 0 | 237 | 69 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.322 | 0 | 0.943 | 0.274 |
| Threonine | g | 1.254 | 0 | 3.674 | 1.066 |
| Isoleucine | g | 1.291 | 0 | 3.783 | 1.097 |
| Leucine | g | 2.269 | 0 | 6.648 | 1.929 |
| Lysine | g | 2.389 | 0 | 7.000 | 2.031 |
| Methionine | g | 0.735 | 0 | 2.154 | 0.625 |
| Cystine | g | 0.322 | 0 | 0.943 | 0.274 |
| Phenylalanine | g | 1.121 | 0 | 3.285 | 0.953 |
| Tyrosine | g | 0.965 | 0 | 2.827 | 0.820 |
| Valine | g | 1.397 | 0 | 4.093 | 1.187 |
| Arginine | g | 1.815 | 0 | 5.318 | 1.543 |
| Histidine | g | 0.983 | 0 | 2.880 | 0.836 |
| Alanine | g | 1.732 | 0 | 5.075 | 1.472 |
| Aspartic acid | g | 2.623 | 0 | 7.685 | 2.230 |
| Glutamic acid | g | 4.314 | 0 | 12.640 | 3.667 |
| Glycine | g | 1.567 | 0 | 4.591 | 1.332 |
| Proline | g | 1.268 | 0 | 3.715 | 1.078 |
| Serine | g | 1.098 | 0 | 3.217 | 0.933 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13205 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, prime, raw

**Refuse:** 17% Connective tissue 5%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 71.92 | | 1 | 20.39 | 326.23 | |
| Energy | kcal | 146 | | 0 | 41 | 662 | |
| Energy | kj | 611 | | 0 | 173 | 2771 | |
| Protein (N x 5.95) | g | 21.11 | | 1 | 5.98 | 95.75 | |
| Total lipid (fat) | g | 6.16 | | 1 | 1.75 | 27.94 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.04 | | 1 | 0.29 | 4.72 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 4 | | 1 | 1 | 18 | |
| Iron | mg | 2.17 | | 1 | 0.62 | 9.84 | |
| Magnesium | mg | 24 | | 1 | 7 | 109 | |
| Phosphorus | mg | 210 | | 1 | 60 | 953 | |
| Potassium | mg | 364 | | 1 | 103 | 1651 | |
| Sodium | mg | 62 | | 1 | 18 | 281 | |
| Zinc | mg | 4.86 | | 1 | 1.38 | 22.04 | |
| Copper | mg | 0.082 | | 1 | 0.023 | 0.372 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 20.1 | | 0 | 5.7 | 91.2 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.120 | | 1 | 0.034 | 0.544 | |
| Riboflavin | mg | 0.200 | | 1 | 0.057 | 0.907 | |
| Niacin | mg | 3.390 | | 1 | 0.961 | 15.377 | |
| Pantothenic acid | mg | 0.350 | | 1 | 0.099 | 1.588 | |
| Vitamin B-6 | mg | 0.440 | | 1 | 0.125 | 1.996 | |
| Folate | :g | 8 | | 1 | 2 | 36 | |
| Vitamin B-12 | :g | 3.22 | | 1 | 0.91 | 14.61 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.210 | | 0 | 0.627 | 10.025 | |
| 4:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 14:0 | g | 0.140 | | 1 | 0.040 | 0.635 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.280 | | 1 | 0.363 | 5.806 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.680 | | 1 | 0.193 | 3.084 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.600 | 0 | 0.737 | 11.794 |
| 14:1 | g | | | | |
| 16:1 | g | 0.210 | 1 | 0.060 | 0.953 |
| 18:1 | g | 2.300 | 1 | 0.652 | 10.433 |
| 20:1 | g | 0.000 | 1 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 1 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.320 | 0 | 0.091 | 1.452 |
| 18:2 | g | 0.240 | 1 | 0.068 | 1.089 |
| 18:3 | g | 0.010 | 1 | 0.003 | 0.045 |
| 18:4 | g | 0.000 | 1 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 1 | 0.011 | 0.181 |
| 20:5 | g | 0.000 | 1 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 1 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 1 | 0.000 | 0.000 |
| Cholesterol | mg | 60 | 1 | 17 | 272 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.236 | 0 | 0.067 | 1.070 |
| Threonine | g | 0.922 | 0 | 0.261 | 4.182 |
| Isoleucine | g | 0.949 | 0 | 0.269 | 4.305 |
| Leucine | g | 1.669 | 0 | 0.473 | 7.571 |
| Lysine | g | 1.757 | 0 | 0.498 | 7.970 |
| Methionine | g | 0.540 | 0 | 0.153 | 2.449 |
| Cystine | g | 0.236 | 0 | 0.067 | 1.070 |
| Phenylalanine | g | 0.824 | 0 | 0.234 | 3.738 |
| Tyrosine | g | 0.709 | 0 | 0.201 | 3.216 |
| Valine | g | 1.027 | 0 | 0.291 | 4.658 |
| Arginine | g | 1.334 | 0 | 0.378 | 6.051 |
| Histidine | g | 0.723 | 0 | 0.205 | 3.280 |
| Alanine | g | 1.274 | 0 | 0.361 | 5.779 |
| Aspartic acid | g | 1.929 | 0 | 0.547 | 8.750 |
| Glutamic acid | g | 3.172 | 0 | 0.899 | 14.388 |
| Glycine | g | 1.152 | 0 | 0.327 | 5.225 |
| Proline | g | 0.932 | 0 | 0.264 | 4.228 |
| Serine | g | 0.807 | 0 | 0.229 | 3.661 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13206 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, prime, cooked, roasted

**Refuse:** 16% 4% connective tissue, 12% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 286g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 61.10 | | 0 | 174.75 | 51.94 | |
| Energy | kcal | 213 | | 0 | 609 | 181 | |
| Energy | kj | 891 | | 0 | 2548 | 757 | |
| Protein (N x 5.95) | g | 28.71 | | 0 | 82.11 | 24.40 | |
| Total lipid (fat) | g | 10.06 | | 0 | 28.77 | 8.55 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.18 | | 0 | 3.37 | 1.00 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 0 | 14 | 4 | |
| Iron | mg | 2.94 | | 0 | 8.41 | 2.50 | |
| Magnesium | mg | 27 | | 0 | 77 | 23 | |
| Phosphorus | mg | 242 | | 0 | 692 | 206 | |
| Potassium | mg | 386 | | 0 | 1104 | 328 | |
| Sodium | mg | 65 | | 0 | 186 | 55 | |
| Zinc | mg | 7.07 | | 0 | 20.22 | 6.01 | |
| Copper | mg | 0.125 | | 0 | 0.358 | 0.106 | |
| Manganese | mg | 0.017 | | 0 | 0.049 | 0.014 | |
| Selenium | :g | 27.6 | | 0 | 78.9 | 23.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.286 | 0.085 | |
| Riboflavin | mg | 0.270 | | 0 | 0.772 | 0.230 | |
| Niacin | mg | 3.740 | | 0 | 10.696 | 3.179 | |
| Pantothenic acid | mg | 0.470 | | 0 | 1.344 | 0.400 | |
| Vitamin B-6 | mg | 0.400 | | 0 | 1.144 | 0.340 | |
| Folate | :g | 8 | | 0 | 23 | 7 | |
| Vitamin B-12 | :g | 2.89 | | 0 | 8.27 | 2.46 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.690 | | 0 | 10.553 | 3.136 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.010 | | 0 | 0.029 | 0.009 | |
| 14:0 | g | 0.250 | | 0 | 0.715 | 0.213 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.110 | | 0 | 6.035 | 1.793 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.150 | | 0 | 3.289 | 0.977 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.140 | 0 | 11.840 | 3.519 |
| 14:1 | g | | | | |
| 16:1 | g | 0.330 | 0 | 0.944 | 0.281 |
| 18:1 | g | 3.660 | 0 | 10.468 | 3.111 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.410 | 0 | 1.173 | 0.349 |
| 18:2 | g | 0.320 | 0 | 0.915 | 0.272 |
| 18:3 | g | 0.030 | 0 | 0.086 | 0.026 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 0 | 0.143 | 0.043 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 81 | 0 | 232 | 69 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.322 | 0 | 0.921 | 0.274 |
| Threonine | g | 1.254 | 0 | 3.586 | 1.066 |
| Isoleucine | g | 1.291 | 0 | 3.692 | 1.097 |
| Leucine | g | 2.269 | 0 | 6.489 | 1.929 |
| Lysine | g | 2.389 | 0 | 6.833 | 2.031 |
| Methionine | g | 0.735 | 0 | 2.102 | 0.625 |
| Cystine | g | 0.322 | 0 | 0.921 | 0.274 |
| Phenylalanine | g | 1.121 | 0 | 3.206 | 0.953 |
| Tyrosine | g | 0.965 | 0 | 2.760 | 0.820 |
| Valine | g | 1.397 | 0 | 3.995 | 1.187 |
| Arginine | g | 1.815 | 0 | 5.191 | 1.543 |
| Histidine | g | 0.983 | 0 | 2.811 | 0.836 |
| Alanine | g | 1.732 | 0 | 4.954 | 1.472 |
| Aspartic acid | g | 2.623 | 0 | 7.502 | 2.230 |
| Glutamic acid | g | 4.314 | 0 | 12.338 | 3.667 |
| Glycine | g | 1.567 | 0 | 4.482 | 1.332 |
| Proline | g | 1.268 | 0 | 3.626 | 1.078 |
| Serine | g | 1.098 | 0 | 3.140 | 0.933 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13207 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, all grades, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 66.61 | | 0 | 18.88 | 302.14 | |
| Energy | kcal | 176 | | 0 | 50 | 798 | |
| Energy | kj | 736 | | 0 | 209 | 3338 | |
| Protein (N x 5.95) | g | 21.48 | | 0 | 6.09 | 97.43 | |
| Total lipid (fat) | g | 9.38 | | 0 | 2.66 | 42.55 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.03 | | 0 | 0.29 | 4.67 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 4 | | 0 | 1 | 18 | |
| Iron | mg | 1.97 | | 0 | 0.56 | 8.94 | |
| Magnesium | mg | 23 | | 0 | 7 | 104 | |
| Phosphorus | mg | 205 | | 0 | 58 | 930 | |
| Potassium | mg | 354 | | 0 | 100 | 1606 | |
| Sodium | mg | 50 | | 0 | 14 | 227 | |
| Zinc | mg | 2.70 | | 0 | 0.77 | 12.25 | |
| Copper | mg | 0.078 | | 0 | 0.022 | 0.354 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | :g | 20.3 | | 0 | 5.8 | 92.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.180 | | 0 | 0.051 | 0.816 | |
| Niacin | mg | 4.100 | | 0 | 1.162 | 18.598 | |
| Pantothenic acid | mg | 0.340 | | 0 | 0.096 | 1.542 | |
| Vitamin B-6 | mg | 0.480 | | 0 | 0.136 | 2.177 | |
| Folate | :g | 8 | | 0 | 2 | 36 | |
| Vitamin B-12 | :g | 2.72 | | 0 | 0.77 | 12.34 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.680 | | 0 | 1.043 | 16.692 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.030 | | 0 | 0.009 | 0.136 | |
| 12:0 | g | 0.020 | | 0 | 0.006 | 0.091 | |
| 14:0 | g | 0.280 | | 0 | 0.079 | 1.270 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.230 | | 0 | 0.632 | 10.115 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.120 | | 0 | 0.318 | 5.080 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.960 | 0 | 1.123 | 17.963 |
| 14:1 | g | | | | |
| 16:1 | g | 0.450 | 0 | 0.128 | 2.041 |
| 18:1 | g | 3.500 | 0 | 0.992 | 15.876 |
| 20:1 | g | 0.010 | 0 | 0.003 | 0.045 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.360 | 0 | 0.102 | 1.633 |
| 18:2 | g | 0.240 | 0 | 0.068 | 1.089 |
| 18:3 | g | 0.100 | 0 | 0.028 | 0.454 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 61 | 0 | 17 | 277 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.241 | 0 | 0.068 | 1.093 |
| Threonine | g | 0.938 | 0 | 0.266 | 4.255 |
| Isoleucine | g | 0.966 | 0 | 0.274 | 4.382 |
| Leucine | g | 1.697 | 0 | 0.481 | 7.698 |
| Lysine | g | 1.787 | 0 | 0.507 | 8.106 |
| Methionine | g | 0.550 | 0 | 0.156 | 2.495 |
| Cystine | g | 0.241 | 0 | 0.068 | 1.093 |
| Phenylalanine | g | 0.838 | 0 | 0.238 | 3.801 |
| Tyrosine | g | 0.722 | 0 | 0.205 | 3.275 |
| Valine | g | 1.045 | 0 | 0.296 | 4.740 |
| Arginine | g | 1.357 | 0 | 0.385 | 6.155 |
| Histidine | g | 0.735 | 0 | 0.208 | 3.334 |
| Alanine | g | 1.295 | 0 | 0.367 | 5.874 |
| Aspartic acid | g | 1.962 | 0 | 0.556 | 8.900 |
| Glutamic acid | g | 3.227 | 0 | 0.915 | 14.638 |
| Glycine | g | 1.172 | 0 | 0.332 | 5.316 |
| Proline | g | 0.948 | 0 | 0.269 | 4.300 |
| Serine | g | 0.821 | 0 | 0.233 | 3.724 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13208 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

**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 | Samples | Measure 1* 326g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.87 | | 0 | 191.92 | 50.04 | |
| Energy | kcal | 216 | | 0 | 704 | 184 | |
| Energy | kj | 904 | | 0 | 2947 | 768 | |
| Protein (N x 5.95) | g | 30.17 | | 0 | 98.35 | 25.64 | |
| Total lipid (fat) | g | 9.62 | | 0 | 31.36 | 8.18 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.31 | | 0 | 4.27 | 1.11 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 23 | 6 | |
| Iron | mg | 2.75 | | 0 | 8.96 | 2.34 | |
| Magnesium | mg | 29 | | 0 | 95 | 25 | |
| Phosphorus | mg | 234 | | 0 | 763 | 199 | |
| Potassium | mg | 419 | | 0 | 1366 | 356 | |
| Sodium | mg | 60 | | 0 | 196 | 51 | |
| Zinc | mg | 5.27 | | 0 | 17.18 | 4.48 | |
| Copper | mg | 0.117 | | 0 | 0.381 | 0.099 | |
| Manganese | mg | 0.016 | | 0 | 0.052 | 0.014 | |
| Selenium | :g | 27.8 | | 0 | 90.6 | 23.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.359 | 0.094 | |
| Riboflavin | mg | 0.260 | | 0 | 0.848 | 0.221 | |
| Niacin | mg | 5.710 | | 0 | 18.615 | 4.854 | |
| Pantothenic acid | mg | 0.460 | | 0 | 1.500 | 0.391 | |
| Vitamin B-6 | mg | 0.530 | | 0 | 1.728 | 0.451 | |
| Folate | :g | 11 | | 0 | 36 | 9 | |
| Vitamin B-12 | :g | 2.42 | | 0 | 7.89 | 2.06 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.150 | | 0 | 0.489 | 0.128 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.620 | | 0 | 11.801 | 3.077 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.065 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.065 | 0.017 | |
| 14:0 | g | 0.280 | | 0 | 0.913 | 0.238 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.230 | | 0 | 7.270 | 1.896 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.070 | | 0 | 3.488 | 0.910 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.960 | 0 | 12.910 | 3.366 |
| 14:1 | g | | | | |
| 16:1 | g | 0.370 | 0 | 1.206 | 0.315 |
| 18:1 | g | 3.580 | 0 | 11.671 | 3.043 |
| 20:1 | g | 0.010 | 0 | 0.033 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.400 | 0 | 1.304 | 0.340 |
| 18:2 | g | 0.280 | 0 | 0.913 | 0.238 |
| 18:3 | g | 0.090 | 0 | 0.293 | 0.077 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.098 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 85 | 0 | 277 | 72 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.338 | 0 | 1.102 | 0.287 |
| Threonine | g | 1.318 | 0 | 4.297 | 1.120 |
| Isoleucine | g | 1.356 | 0 | 4.421 | 1.153 |
| Leucine | g | 2.385 | 0 | 7.775 | 2.027 |
| Lysine | g | 2.510 | 0 | 8.183 | 2.133 |
| Methionine | g | 0.772 | 0 | 2.517 | 0.656 |
| Cystine | g | 0.338 | 0 | 1.102 | 0.287 |
| Phenylalanine | g | 1.178 | 0 | 3.840 | 1.001 |
| Tyrosine | g | 1.014 | 0 | 3.306 | 0.862 |
| Valine | g | 1.467 | 0 | 4.782 | 1.247 |
| Arginine | g | 1.907 | 0 | 6.217 | 1.621 |
| Histidine | g | 1.033 | 0 | 3.368 | 0.878 |
| Alanine | g | 1.820 | 0 | 5.933 | 1.547 |
| Aspartic acid | g | 2.756 | 0 | 8.985 | 2.343 |
| Glutamic acid | g | 4.533 | 0 | 14.778 | 3.853 |
| Glycine | g | 1.646 | 0 | 5.366 | 1.399 |
| Proline | g | 1.332 | 0 | 4.342 | 1.132 |
| Serine | g | 1.154 | 0 | 3.762 | 0.981 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13209 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, choice, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 66.52 | | 0 | 18.86 | 301.73 | |
| Energy | kcal | 181 | | 0 | 51 | 821 | |
| Energy | kj | 757 | | 0 | 215 | 3434 | |
| Protein (N x 5.95) | g | 21.48 | | 0 | 6.09 | 97.43 | |
| Total lipid (fat) | g | 9.93 | | 0 | 2.82 | 45.04 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.03 | | 0 | 0.29 | 4.67 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 4 | | 0 | 1 | 18 | |
| Iron | mg | 1.97 | | 0 | 0.56 | 8.94 | |
| Magnesium | mg | 23 | | 0 | 7 | 104 | |
| Phosphorus | mg | 205 | | 0 | 58 | 930 | |
| Potassium | mg | 354 | | 0 | 100 | 1606 | |
| Sodium | mg | 50 | | 0 | 14 | 227 | |
| Zinc | mg | 2.70 | | 0 | 0.77 | 12.25 | |
| Copper | mg | 0.078 | | 0 | 0.022 | 0.354 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | :g | 20.3 | | 0 | 5.8 | 92.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.026 | 0.408 | |
| Riboflavin | mg | 0.180 | | 0 | 0.051 | 0.816 | |
| Niacin | mg | 4.100 | | 0 | 1.162 | 18.598 | |
| Pantothenic acid | mg | 0.340 | | 0 | 0.096 | 1.542 | |
| Vitamin B-6 | mg | 0.480 | | 0 | 0.136 | 2.177 | |
| Folate | :g | 8 | | 0 | 2 | 36 | |
| Vitamin B-12 | :g | 2.72 | | 0 | 0.77 | 12.34 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.152 | | 0 | 0.043 | 0.689 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.870 | | 0 | 1.097 | 17.554 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.030 | | 0 | 0.009 | 0.136 | |
| 12:0 | g | 0.020 | | 0 | 0.006 | 0.091 | |
| 14:0 | g | 0.290 | | 0 | 0.082 | 1.315 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.350 | | 0 | 0.666 | 10.660 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.180 | | 0 | 0.335 | 5.352 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.170 | 0 | 1.182 | 18.915 |
| 14:1 | g | | | | |
| 16:1 | g | 0.460 | 0 | 0.130 | 2.087 |
| 18:1 | g | 3.700 | 0 | 1.049 | 16.783 |
| 20:1 | g | 0.010 | 0 | 0.003 | 0.045 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.390 | 0 | 0.111 | 1.769 |
| 18:2 | g | 0.260 | 0 | 0.074 | 1.179 |
| 18:3 | g | 0.110 | 0 | 0.031 | 0.499 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 61 | 0 | 17 | 277 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.241 | 0 | 0.068 | 1.093 |
| Threonine | g | 0.938 | 0 | 0.266 | 4.255 |
| Isoleucine | g | 0.966 | 0 | 0.274 | 4.382 |
| Leucine | g | 1.697 | 0 | 0.481 | 7.698 |
| Lysine | g | 1.787 | 0 | 0.507 | 8.106 |
| Methionine | g | 0.550 | 0 | 0.156 | 2.495 |
| Cystine | g | 0.241 | 0 | 0.068 | 1.093 |
| Phenylalanine | g | 0.838 | 0 | 0.238 | 3.801 |
| Tyrosine | g | 0.722 | 0 | 0.205 | 3.275 |
| Valine | g | 1.045 | 0 | 0.296 | 4.740 |
| Arginine | g | 1.357 | 0 | 0.385 | 6.155 |
| Histidine | g | 0.735 | 0 | 0.208 | 3.334 |
| Alanine | g | 1.295 | 0 | 0.367 | 5.874 |
| Aspartic acid | g | 1.962 | 0 | 0.556 | 8.900 |
| Glutamic acid | g | 3.227 | 0 | 0.915 | 14.638 |
| Glycine | g | 1.172 | 0 | 0.332 | 5.316 |
| Proline | g | 0.948 | 0 | 0.269 | 4.300 |
| Serine | g | 0.821 | 0 | 0.233 | 3.724 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13210 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

**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 | Samples | Measure 1* 326g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.12 | | 0 | 189.47 | 49.40 | |
| Energy | kcal | 224 | | 0 | 730 | 190 | |
| Energy | kj | 937 | | 0 | 3055 | 796 | |
| Protein (N x 5.95) | g | 30.17 | | 0 | 98.35 | 25.64 | |
| Total lipid (fat) | g | 10.55 | | 0 | 34.39 | 8.97 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.31 | | 0 | 4.27 | 1.11 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 23 | 6 | |
| Iron | mg | 2.75 | | 0 | 8.96 | 2.34 | |
| Magnesium | mg | 29 | | 0 | 95 | 25 | |
| Phosphorus | mg | 234 | | 0 | 763 | 199 | |
| Potassium | mg | 419 | | 0 | 1366 | 356 | |
| Sodium | mg | 60 | | 0 | 196 | 51 | |
| Zinc | mg | 5.27 | | 0 | 17.18 | 4.48 | |
| Copper | mg | 0.117 | | 0 | 0.381 | 0.099 | |
| Manganese | mg | 0.016 | | 0 | 0.052 | 0.014 | |
| Selenium | :g | 27.8 | | 0 | 90.6 | 23.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.359 | 0.094 | |
| Riboflavin | mg | 0.260 | | 0 | 0.848 | 0.221 | |
| Niacin | mg | 5.710 | | 0 | 18.615 | 4.854 | |
| Pantothenic acid | mg | 0.460 | | 0 | 1.500 | 0.391 | |
| Vitamin B-6 | mg | 0.530 | | 0 | 1.728 | 0.451 | |
| Folate | :g | 11 | | 0 | 36 | 9 | |
| Vitamin B-12 | :g | 2.42 | | 0 | 7.89 | 2.06 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.940 | | 0 | 12.844 | 3.349 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.020 | | 0 | 0.065 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.065 | 0.017 | |
| 14:0 | g | 0.300 | | 0 | 0.978 | 0.255 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.430 | | 0 | 7.922 | 2.066 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.180 | | 0 | 3.847 | 1.003 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.320 | 0 | 14.083 | 3.672 |
| 14:1 | g | | | | |
| 16:1 | g | 0.400 | 0 | 1.304 | 0.340 |
| 18:1 | g | 3.910 | 0 | 12.747 | 3.324 |
| 20:1 | g | 0.010 | 0 | 0.033 | 0.009 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.440 | 0 | 1.434 | 0.374 |
| 18:2 | g | 0.310 | 0 | 1.011 | 0.264 |
| 18:3 | g | 0.090 | 0 | 0.293 | 0.077 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.130 | 0.034 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 85 | 0 | 277 | 72 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.338 | 0 | 1.102 | 0.287 |
| Threonine | g | 1.318 | 0 | 4.297 | 1.120 |
| Isoleucine | g | 1.356 | 0 | 4.421 | 1.153 |
| Leucine | g | 2.385 | 0 | 7.775 | 2.027 |
| Lysine | g | 2.510 | 0 | 8.183 | 2.133 |
| Methionine | g | 0.772 | 0 | 2.517 | 0.656 |
| Cystine | g | 0.338 | 0 | 1.102 | 0.287 |
| Phenylalanine | g | 1.178 | 0 | 3.840 | 1.001 |
| Tyrosine | g | 1.014 | 0 | 3.306 | 0.862 |
| Valine | g | 1.467 | 0 | 4.782 | 1.247 |
| Arginine | g | 1.907 | 0 | 6.217 | 1.621 |
| Histidine | g | 1.033 | 0 | 3.368 | 0.878 |
| Alanine | g | 1.820 | 0 | 5.933 | 1.547 |
| Aspartic acid | g | 2.756 | 0 | 8.985 | 2.343 |
| Glutamic acid | g | 4.533 | 0 | 14.778 | 3.853 |
| Glycine | g | 1.646 | 0 | 5.366 | 1.399 |
| Proline | g | 1.332 | 0 | 4.342 | 1.132 |
| Serine | g | 1.154 | 0 | 3.762 | 0.981 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13211 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, pan-fried

**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 | Samples | Measure 1* 283g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 51.44 | | 0 | 145.58 | 43.72 | |
| Energy | kcal | 277 | | 0 | 784 | 235 | |
| Energy | kj | 1159 | | 0 | 3280 | 985 | |
| Protein (N x 5.95) | g | 32.38 | | 0 | 91.64 | 27.52 | |
| Total lipid (fat) | g | 15.37 | | 0 | 43.50 | 13.06 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.42 | | 0 | 4.02 | 1.21 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 17 | 5 | |
| Iron | mg | 2.92 | | 0 | 8.26 | 2.48 | |
| Magnesium | mg | 32 | | 0 | 91 | 27 | |
| Phosphorus | mg | 268 | | 0 | 758 | 228 | |
| Potassium | mg | 470 | | 0 | 1330 | 400 | |
| Sodium | mg | 68 | | 0 | 192 | 58 | |
| Zinc | mg | 4.27 | | 0 | 12.08 | 3.63 | |
| Copper | mg | 0.122 | | 0 | 0.345 | 0.104 | |
| Manganese | mg | 0.019 | | 0 | 0.054 | 0.016 | |
| Selenium | :g | 31.7 | | 0 | 89.7 | 26.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.283 | 0.085 | |
| Riboflavin | mg | 0.260 | | 0 | 0.736 | 0.221 | |
| Niacin | mg | 5.050 | | 0 | 14.291 | 4.293 | |
| Pantothenic acid | mg | 0.420 | | 0 | 1.189 | 0.357 | |
| Vitamin B-6 | mg | 0.560 | | 0 | 1.585 | 0.476 | |
| Folate | :g | 12 | | 0 | 34 | 10 | |
| Vitamin B-12 | :g | 3.23 | | 0 | 9.14 | 2.75 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.180 | | 0 | 0.509 | 0.153 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.290 | | 0 | 14.971 | 4.497 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.030 | | 0 | 0.085 | 0.026 | |
| 12:0 | g | 0.030 | | 0 | 0.085 | 0.026 | |
| 14:0 | g | 0.380 | | 0 | 1.075 | 0.323 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.240 | | 0 | 9.169 | 2.754 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.520 | | 0 | 4.302 | 1.292 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.870 | 0 | 16.612 | 4.989 |
| 14:1 | g | | | | |
| 16:1 | g | 0.520 | 0 | 1.472 | 0.442 |
| 18:1 | g | 5.280 | 0 | 14.942 | 4.488 |
| 20:1 | g | 0.020 | 0 | 0.057 | 0.017 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.750 | 0 | 4.952 | 1.488 |
| 18:2 | g | 1.270 | 0 | 3.594 | 1.080 |
| 18:3 | g | 0.250 | 0 | 0.708 | 0.213 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.200 | 0 | 0.566 | 0.170 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 97 | 0 | 275 | 82 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.363 | 0 | 1.027 | 0.309 |
| Threonine | g | 1.415 | 0 | 4.004 | 1.203 |
| Isoleucine | g | 1.456 | 0 | 4.120 | 1.238 |
| Leucine | g | 2.560 | 0 | 7.245 | 2.176 |
| Lysine | g | 2.694 | 0 | 7.624 | 2.290 |
| Methionine | g | 0.829 | 0 | 2.346 | 0.705 |
| Cystine | g | 0.363 | 0 | 1.027 | 0.309 |
| Phenylalanine | g | 1.264 | 0 | 3.577 | 1.074 |
| Tyrosine | g | 1.088 | 0 | 3.079 | 0.925 |
| Valine | g | 1.575 | 0 | 4.457 | 1.339 |
| Arginine | g | 2.047 | 0 | 5.793 | 1.740 |
| Histidine | g | 1.109 | 0 | 3.138 | 0.943 |
| Alanine | g | 1.953 | 0 | 5.527 | 1.660 |
| Aspartic acid | g | 2.959 | 0 | 8.374 | 2.515 |
| Glutamic acid | g | 4.865 | 0 | 13.768 | 4.135 |
| Glycine | g | 1.767 | 0 | 5.001 | 1.502 |
| Proline | g | 1.430 | 0 | 4.047 | 1.216 |
| Serine | g | 1.238 | 0 | 3.504 | 1.052 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13212 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, select, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 67.21 | | 0 | 19.05 | 304.86 | |
| Energy | kcal | 164 | | 0 | 46 | 744 | |
| Energy | kj | 686 | | 0 | 194 | 3112 | |
| Protein (N x 5.95) | g | 21.62 | | 0 | 6.13 | 98.07 | |
| Total lipid (fat) | g | 7.97 | | 0 | 2.26 | 36.15 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.03 | | 0 | 0.29 | 4.67 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 4 | | 0 | 1 | 18 | |
| Iron | mg | 1.98 | | 0 | 0.56 | 8.98 | |
| Magnesium | mg | 23 | | 0 | 7 | 104 | |
| Phosphorus | mg | 207 | | 0 | 59 | 939 | |
| Potassium | mg | 358 | | 0 | 101 | 1624 | |
| Sodium | mg | 50 | | 0 | 14 | 227 | |
| Zinc | mg | 2.72 | | 0 | 0.77 | 12.34 | |
| Copper | mg | 0.078 | | 0 | 0.022 | 0.354 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | :g | 20.3 | | 0 | 5.8 | 92.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.028 | 0.454 | |
| Riboflavin | mg | 0.180 | | 0 | 0.051 | 0.816 | |
| Niacin | mg | 4.130 | | 0 | 1.171 | 18.734 | |
| Pantothenic acid | mg | 0.340 | | 0 | 0.096 | 1.542 | |
| Vitamin B-6 | mg | 0.480 | | 0 | 0.136 | 2.177 | |
| Folate | :g | 9 | | 0 | 3 | 41 | |
| Vitamin B-12 | :g | 2.73 | | 0 | 0.77 | 12.38 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.140 | | 0 | 0.890 | 14.243 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.020 | | 0 | 0.006 | 0.091 | |
| 12:0 | g | 0.020 | | 0 | 0.006 | 0.091 | |
| 14:0 | g | 0.240 | | 0 | 0.068 | 1.089 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.900 | | 0 | 0.539 | 8.618 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.960 | | 0 | 0.272 | 4.355 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.370 | 0 | 0.955 | 15.286 |
| 14:1 | g | | | | |
| 16:1 | g | 0.380 | 0 | 0.108 | 1.724 |
| 18:1 | g | 2.980 | 0 | 0.845 | 13.517 |
| 20:1 | g | 0.010 | 0 | 0.003 | 0.045 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.310 | 0 | 0.088 | 1.406 |
| 18:2 | g | 0.200 | 0 | 0.057 | 0.907 |
| 18:3 | g | 0.090 | 0 | 0.026 | 0.408 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 60 | 0 | 17 | 272 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.242 | 0 | 0.069 | 1.098 |
| Threonine | g | 0.944 | 0 | 0.268 | 4.282 |
| Isoleucine | g | 0.972 | 0 | 0.276 | 4.409 |
| Leucine | g | 1.709 | 0 | 0.485 | 7.752 |
| Lysine | g | 1.799 | 0 | 0.510 | 8.160 |
| Methionine | g | 0.554 | 0 | 0.157 | 2.513 |
| Cystine | g | 0.242 | 0 | 0.069 | 1.098 |
| Phenylalanine | g | 0.844 | 0 | 0.239 | 3.828 |
| Tyrosine | g | 0.726 | 0 | 0.206 | 3.293 |
| Valine | g | 1.052 | 0 | 0.298 | 4.772 |
| Arginine | g | 1.366 | 0 | 0.387 | 6.196 |
| Histidine | g | 0.740 | 0 | 0.210 | 3.357 |
| Alanine | g | 1.304 | 0 | 0.370 | 5.915 |
| Aspartic acid | g | 1.975 | 0 | 0.560 | 8.959 |
| Glutamic acid | g | 3.248 | 0 | 0.921 | 14.733 |
| Glycine | g | 1.180 | 0 | 0.335 | 5.352 |
| Proline | g | 0.955 | 0 | 0.271 | 4.332 |
| Serine | g | 0.827 | 0 | 0.234 | 3.751 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13213 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, select, cooked, broiled

**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 | Samples | Measure 1* 329g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.98 | | 0 | 197.33 | 50.98 | |
| Energy | kcal | 206 | | 0 | 678 | 175 | |
| Energy | kj | 862 | | 0 | 2836 | 733 | |
| Protein (N x 5.95) | g | 30.17 | | 0 | 99.26 | 25.64 | |
| Total lipid (fat) | g | 8.51 | | 0 | 28.00 | 7.23 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.31 | | 0 | 4.31 | 1.11 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 23 | 6 | |
| Iron | mg | 2.75 | | 0 | 9.05 | 2.34 | |
| Magnesium | mg | 29 | | 0 | 95 | 25 | |
| Phosphorus | mg | 234 | | 0 | 770 | 199 | |
| Potassium | mg | 419 | | 0 | 1379 | 356 | |
| Sodium | mg | 60 | | 0 | 197 | 51 | |
| Zinc | mg | 5.27 | | 0 | 17.34 | 4.48 | |
| Copper | mg | 0.117 | | 0 | 0.385 | 0.099 | |
| Manganese | mg | 0.016 | | 0 | 0.053 | 0.014 | |
| Selenium | :g | 27.8 | | 0 | 91.5 | 23.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.362 | 0.094 | |
| Riboflavin | mg | 0.260 | | 0 | 0.855 | 0.221 | |
| Niacin | mg | 5.710 | | 0 | 18.786 | 4.854 | |
| Pantothenic acid | mg | 0.460 | | 0 | 1.513 | 0.391 | |
| Vitamin B-6 | mg | 0.530 | | 0 | 1.744 | 0.451 | |
| Folate | :g | 11 | | 0 | 36 | 9 | |
| Vitamin B-12 | :g | 2.42 | | 0 | 7.96 | 2.06 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.240 | | 0 | 10.660 | 2.754 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.020 | | 0 | 0.066 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.066 | 0.017 | |
| 14:0 | g | 0.250 | | 0 | 0.823 | 0.213 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.000 | | 0 | 6.580 | 1.700 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.950 | | 0 | 3.126 | 0.808 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.530 | 0 | 11.614 | 3.001 |
| 14:1 | g | | | | |
| 16:1 | g | 0.330 | 0 | 1.086 | 0.281 |
| 18:1 | g | 3.180 | 0 | 10.462 | 2.703 |
| 20:1 | g | 0.010 | 0 | 0.033 | 0.009 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.350 | 0 | 1.151 | 0.298 |
| 18:2 | g | 0.240 | 0 | 0.790 | 0.204 |
| 18:3 | g | 0.090 | 0 | 0.296 | 0.077 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.066 | 0.017 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 85 | 0 | 280 | 72 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.338 | 0 | 1.112 | 0.287 |
| Threonine | g | 1.318 | 0 | 4.336 | 1.120 |
| Isoleucine | g | 1.356 | 0 | 4.461 | 1.153 |
| Leucine | g | 2.385 | 0 | 7.847 | 2.027 |
| Lysine | g | 2.510 | 0 | 8.258 | 2.133 |
| Methionine | g | 0.772 | 0 | 2.540 | 0.656 |
| Cystine | g | 0.338 | 0 | 1.112 | 0.287 |
| Phenylalanine | g | 1.178 | 0 | 3.876 | 1.001 |
| Tyrosine | g | 1.014 | 0 | 3.336 | 0.862 |
| Valine | g | 1.467 | 0 | 4.826 | 1.247 |
| Arginine | g | 1.907 | 0 | 6.274 | 1.621 |
| Histidine | g | 1.033 | 0 | 3.399 | 0.878 |
| Alanine | g | 1.820 | 0 | 5.988 | 1.547 |
| Aspartic acid | g | 2.756 | 0 | 9.067 | 2.343 |
| Glutamic acid | g | 4.533 | 0 | 14.914 | 3.853 |
| Glycine | g | 1.646 | 0 | 5.415 | 1.399 |
| Proline | g | 1.332 | 0 | 4.382 | 1.132 |
| Serine | g | 1.154 | 0 | 3.797 | 0.981 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13214 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, prime, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 68.12 | | 0 | 19.31 | 308.99 | |
| Energy | kcal | 180 | | 0 | 51 | 816 | |
| Energy | kj | 753 | | 0 | 213 | 3416 | |
| Protein (N x 5.95) | g | 22.06 | | 0 | 6.25 | 100.06 | |
| Total lipid (fat) | g | 9.46 | | 0 | 2.68 | 42.91 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.06 | | 0 | 0.30 | 4.81 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 3 | | 0 | 1 | 14 | |
| Iron | mg | 2.02 | | 0 | 0.57 | 9.16 | |
| Magnesium | mg | 24 | | 0 | 7 | 109 | |
| Phosphorus | mg | 211 | | 0 | 60 | 957 | |
| Potassium | mg | 367 | | 0 | 104 | 1665 | |
| Sodium | mg | 51 | | 0 | 14 | 231 | |
| Zinc | mg | 2.78 | | 0 | 0.79 | 12.61 | |
| Copper | mg | 0.080 | | 0 | 0.023 | 0.363 | |
| Manganese | mg | 0.014 | | 0 | 0.004 | 0.064 | |
| Selenium | :g | 20.3 | | 0 | 5.8 | 92.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.028 | 0.454 | |
| Riboflavin | mg | 0.180 | | 0 | 0.051 | 0.816 | |
| Niacin | mg | 4.220 | | 0 | 1.196 | 19.142 | |
| Pantothenic acid | mg | 0.350 | | 0 | 0.099 | 1.588 | |
| Vitamin B-6 | mg | 0.490 | | 0 | 0.139 | 2.223 | |
| Folate | :g | 9 | | 0 | 3 | 41 | |
| Vitamin B-12 | :g | 2.77 | | 0 | 0.79 | 12.56 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.630 | | 0 | 1.029 | 16.466 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.006 | 0.091 | |
| 12:0 | g | 0.010 | | 0 | 0.003 | 0.045 | |
| 14:0 | g | 0.250 | | 0 | 0.071 | 1.134 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.150 | | 0 | 0.610 | 9.752 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.090 | | 0 | 0.309 | 4.944 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.940 | 0 | 1.117 | 17.872 |
| 14:1 | g | | | | |
| 16:1 | g | 0.380 | 0 | 0.108 | 1.724 |
| 18:1 | g | 3.470 | 0 | 0.984 | 15.740 |
| 20:1 | g | 0.010 | 0 | 0.003 | 0.045 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.400 | 0 | 0.113 | 1.814 |
| 18:2 | g | 0.280 | 0 | 0.079 | 1.270 |
| 18:3 | g | 0.060 | 0 | 0.017 | 0.272 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 0 | 0.014 | 0.227 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 59 | 0 | 17 | 268 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.247 | 0 | 0.070 | 1.120 |
| Threonine | g | 0.964 | 0 | 0.273 | 4.373 |
| Isoleucine | g | 0.992 | 0 | 0.281 | 4.500 |
| Leucine | g | 1.744 | 0 | 0.494 | 7.911 |
| Lysine | g | 1.835 | 0 | 0.520 | 8.324 |
| Methionine | g | 0.565 | 0 | 0.160 | 2.563 |
| Cystine | g | 0.247 | 0 | 0.070 | 1.120 |
| Phenylalanine | g | 0.861 | 0 | 0.244 | 3.905 |
| Tyrosine | g | 0.741 | 0 | 0.210 | 3.361 |
| Valine | g | 1.073 | 0 | 0.304 | 4.867 |
| Arginine | g | 1.394 | 0 | 0.395 | 6.323 |
| Histidine | g | 0.755 | 0 | 0.214 | 3.425 |
| Alanine | g | 1.331 | 0 | 0.377 | 6.037 |
| Aspartic acid | g | 2.015 | 0 | 0.571 | 9.140 |
| Glutamic acid | g | 3.314 | 0 | 0.940 | 15.032 |
| Glycine | g | 1.204 | 0 | 0.341 | 5.461 |
| Proline | g | 0.974 | 0 | 0.276 | 4.418 |
| Serine | g | 0.844 | 0 | 0.239 | 3.828 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13215 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, prime, cooked, broiled

**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 | Samples | Measure 1* 329g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.10 | | 0 | 194.44 | 50.23 | |
| Energy | kcal | 229 | | 0 | 753 | 195 | |
| Energy | kj | 958 | | 0 | 3152 | 814 | |
| Protein (N x 5.95) | g | 31.06 | | 0 | 102.19 | 26.40 | |
| Total lipid (fat) | g | 10.71 | | 0 | 35.24 | 9.10 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.35 | | 0 | 4.44 | 1.15 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 20 | 5 | |
| Iron | mg | 2.83 | | 0 | 9.31 | 2.41 | |
| Magnesium | mg | 30 | | 0 | 99 | 26 | |
| Phosphorus | mg | 241 | | 0 | 793 | 205 | |
| Potassium | mg | 432 | | 0 | 1421 | 367 | |
| Sodium | mg | 60 | | 0 | 197 | 51 | |
| Zinc | mg | 5.44 | | 0 | 17.90 | 4.62 | |
| Copper | mg | 0.121 | | 0 | 0.398 | 0.103 | |
| Manganese | mg | 0.017 | | 0 | 0.056 | 0.014 | |
| Selenium | :g | 27.8 | | 0 | 91.5 | 23.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.120 | | 0 | 0.395 | 0.102 | |
| Riboflavin | mg | 0.260 | | 0 | 0.855 | 0.221 | |
| Niacin | mg | 5.900 | | 0 | 19.411 | 5.015 | |
| Pantothenic acid | mg | 0.480 | | 0 | 1.579 | 0.408 | |
| Vitamin B-6 | mg | 0.550 | | 0 | 1.810 | 0.468 | |
| Folate | :g | 12 | | 0 | 39 | 10 | |
| Vitamin B-12 | :g | 2.45 | | 0 | 8.06 | 2.08 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.860 | | 0 | 12.699 | 3.281 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.033 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.033 | 0.009 | |
| 14:0 | g | 0.260 | | 0 | 0.855 | 0.221 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.280 | | 0 | 7.501 | 1.938 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.170 | | 0 | 3.849 | 0.995 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.280 | 0 | 14.081 | 3.638 |
| 14:1 | g | | | | |
| 16:1 | g | 0.360 | 0 | 1.184 | 0.306 |
| 18:1 | g | 3.800 | 0 | 12.502 | 3.230 |
| 20:1 | g | 0.010 | 0 | 0.033 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.490 | 0 | 1.612 | 0.417 |
| 18:2 | g | 0.340 | 0 | 1.119 | 0.289 |
| 18:3 | g | 0.060 | 0 | 0.197 | 0.051 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.060 | 0 | 0.197 | 0.051 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 84 | 0 | 276 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.348 | 0 | 1.145 | 0.296 |
| Threonine | g | 1.357 | 0 | 4.465 | 1.153 |
| Isoleucine | g | 1.396 | 0 | 4.593 | 1.187 |
| Leucine | g | 2.455 | 0 | 8.077 | 2.087 |
| Lysine | g | 2.584 | 0 | 8.501 | 2.196 |
| Methionine | g | 0.795 | 0 | 2.616 | 0.676 |
| Cystine | g | 0.348 | 0 | 1.145 | 0.296 |
| Phenylalanine | g | 1.212 | 0 | 3.987 | 1.030 |
| Tyrosine | g | 1.043 | 0 | 3.431 | 0.887 |
| Valine | g | 1.511 | 0 | 4.971 | 1.284 |
| Arginine | g | 1.963 | 0 | 6.458 | 1.669 |
| Histidine | g | 1.063 | 0 | 3.497 | 0.904 |
| Alanine | g | 1.873 | 0 | 6.162 | 1.592 |
| Aspartic acid | g | 2.837 | 0 | 9.334 | 2.411 |
| Glutamic acid | g | 4.666 | 0 | 15.351 | 3.966 |
| Glycine | g | 1.694 | 0 | 5.573 | 1.440 |
| Proline | g | 1.371 | 0 | 4.511 | 1.165 |
| Serine | g | 1.188 | 0 | 3.909 | 1.010 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13216 Beef, round, top round, separable lean only, trimmed to 1/4" fat, all grades, raw

**Refuse:** 10% Connective tissue 2%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 71.20 | | 1 | 20.19 | 322.96 | |
| Energy | kcal | 127 | | 0 | 36 | 576 | |
| Energy | kj | 531 | | 0 | 151 | 2409 | |
| Protein (N x 5.95) | g | 22.79 | 0.204 | 37 | 6.46 | 103.38 | |
| Total lipid (fat) | g | 3.30 | | 1 | 0.94 | 14.97 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.10 | 0.015 | 28 | 0.31 | 4.99 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 3 | 0.095 | 83 | 1 | 14 | |
| Iron | mg | 2.09 | 0.037 | 96 | 0.59 | 9.48 | |
| Magnesium | mg | 25 | 0.180 | 95 | 7 | 113 | |
| Phosphorus | mg | 219 | 4.454 | 13 | 62 | 993 | |
| Potassium | mg | 383 | 2.748 | 112 | 109 | 1737 | |
| Sodium | mg | 52 | 0.990 | 109 | 15 | 236 | |
| Zinc | mg | 2.87 | 0.062 | 92 | 0.81 | 13.02 | |
| Copper | mg | 0.082 | 0.002 | 92 | 0.023 | 0.372 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | ΄g | 20.8 | | 0 | 5.9 | 94.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | 0.004 | 55 | 0.028 | 0.454 | |
| Riboflavin | mg | 0.190 | 0.003 | 50 | 0.054 | 0.862 | |
| Niacin | mg | 4.360 | 0.207 | 28 | 1.236 | 19.777 | |
| Pantothenic acid | mg | 0.360 | 0.026 | 8 | 0.102 | 1.633 | |
| Vitamin B-6 | mg | 0.510 | 0.027 | 4 | 0.145 | 2.313 | |
| Folate | ΄g | 9 | 0.716 | 19 | 3 | 41 | |
| Vitamin B-12 | ΄g | 2.84 | 0.290 | 29 | 0.81 | 12.88 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ΄g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.130 | | 0 | 0.320 | 5.126 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 21 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 21 | 0.000 | 0.000 | |
| 14:0 | g | 0.070 | | 21 | 0.020 | 0.318 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.700 | | 21 | 0.198 | 3.175 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.360 | | 21 | 0.102 | 1.633 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.290 | | 0 | 0.366 | 5.851 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.110 | | 21 | 0.031 | 0.499 |
| 18:1 | g | 1.180 | | 21 | 0.335 | 5.352 |
| 20:1 | g | 0.000 | | 21 | 0.000 | 0.000 |
| 22.1 | g | | | | | |
| Polyunsaturated, total | g | 0.150 | | 0 | 0.043 | 0.680 |
| 18:2 | g | 0.110 | | 21 | 0.031 | 0.499 |
| 18:3 | g | 0.010 | | 21 | 0.003 | 0.045 |
| 18:4 | g | | | | | |
| 20:4 | g | 0.020 | | 21 | 0.006 | 0.091 |
| 20:5 | g | | | | | |
| 22:5 | g | | | | | |
| 22:6 | g | | | | | |
| Cholesterol | mg | 57 | 1.101 | 23 | 16 | 259 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.255 | | 0 | 0.072 | 1.157 |
| Threonine | g | 0.995 | | 0 | 0.282 | 4.513 |
| Isoleucine | g | 1.025 | | 0 | 0.291 | 4.649 |
| Leucine | g | 1.801 | | 0 | 0.511 | 8.169 |
| Lysine | g | 1.896 | | 0 | 0.538 | 8.600 |
| Methionine | g | 0.583 | | 0 | 0.165 | 2.644 |
| Cystine | g | 0.255 | | 0 | 0.072 | 1.157 |
| Phenylalanine | g | 0.890 | | 0 | 0.252 | 4.037 |
| Tyrosine | g | 0.766 | | 0 | 0.217 | 3.475 |
| Valine | g | 1.108 | | 0 | 0.314 | 5.026 |
| Arginine | g | 1.440 | | 0 | 0.408 | 6.532 |
| Histidine | g | 0.780 | | 0 | 0.221 | 3.538 |
| Alanine | g | 1.375 | | 0 | 0.390 | 6.237 |
| Aspartic acid | g | 2.082 | | 0 | 0.590 | 9.444 |
| Glutamic acid | g | 3.424 | | 0 | 0.971 | 15.531 |
| Glycine | g | 1.243 | | 0 | 0.352 | 5.638 |
| Proline | g | 1.006 | | 0 | 0.285 | 4.563 |
| Serine | g | 0.871 | | 0 | 0.247 | 3.951 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13217 Beef, round, top round, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

**Refuse:** 1% 3% connective tissue, 7% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 257g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 62.00 | | 11 | 159.34 | 52.70 | |
| Energy | kcal | 180 | | 0 | 463 | 153 | |
| Energy | kj | 753 | | 0 | 1935 | 640 | |
| Protein (N x 5.95) | g | 31.69 | 0.667 | 18 | 81.44 | 26.94 | |
| Total lipid (fat) | g | 4.90 | | 1 | 12.59 | 4.17 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.38 | 0.031 | 18 | 3.55 | 1.17 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | 0.411 | 9 | 15 | 5 | |
| Iron | mg | 2.88 | 0.147 | 9 | 7.40 | 2.45 | |
| Magnesium | mg | 31 | 0.838 | 9 | 80 | 26 | |
| Phosphorus | mg | 246 | | 0 | 632 | 209 | |
| Potassium | mg | 442 | 0.000 | 9 | 1136 | 376 | |
| Sodium | mg | 61 | 4.884 | 9 | 157 | 52 | |
| Zinc | mg | 5.57 | 0.315 | 8 | 14.31 | 4.73 | |
| Copper | mg | 0.123 | 0.005 | 8 | 0.316 | 0.105 | |
| Manganese | mg | 0.017 | | 0 | 0.044 | 0.014 | |
| Selenium | :g | 28.1 | | 0 | 72.2 | 23.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.120 | 0.009 | 19 | 0.308 | 0.102 | |
| Riboflavin | mg | 0.270 | 0.010 | 17 | 0.694 | 0.230 | |
| Niacin | mg | 6.040 | 0.393 | 15 | 15.523 | 5.134 | |
| Pantothenic acid | mg | 0.490 | 0.029 | 8 | 1.259 | 0.417 | |
| Vitamin B-6 | mg | 0.560 | 0.024 | 4 | 1.439 | 0.476 | |
| Folate | :g | 12 | 1.379 | 18 | 31 | 10 | |
| Vitamin B-12 | :g | 2.48 | 0.426 | 19 | 6.37 | 2.11 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.360 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.680 | | 0 | 4.318 | 1.428 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 8 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 8 | 0.000 | 0.000 | |
| 14:0 | g | 0.110 | | 8 | 0.283 | 0.094 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.020 | | 8 | 2.621 | 0.867 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.540 | | 8 | 1.388 | 0.459 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.900 | | 0 | 4.883 | 1.615 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.150 | | 8 | 0.385 | 0.128 |
| 18:1 | g | 1.750 | | 8 | 4.497 | 1.488 |
| 20:1 | g | 0.000 | | 8 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.220 | | 0 | 0.565 | 0.187 |
| 18:2 | g | 0.170 | | 8 | 0.437 | 0.145 |
| 18:3 | g | 0.020 | | 8 | 0.051 | 0.017 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | | 8 | 0.077 | 0.026 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 84 | 1.412 | 8 | 216 | 71 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.355 | | 0 | 0.912 | 0.302 |
| Threonine | g | 1.384 | | 0 | 3.557 | 1.176 |
| Isoleucine | g | 1.425 | | 0 | 3.662 | 1.211 |
| Leucine | g | 2.505 | | 0 | 6.438 | 2.129 |
| Lysine | g | 2.636 | | 0 | 6.775 | 2.241 |
| Methionine | g | 0.811 | | 0 | 2.084 | 0.689 |
| Cystine | g | 0.355 | | 0 | 0.912 | 0.302 |
| Phenylalanine | g | 1.237 | | 0 | 3.179 | 1.051 |
| Tyrosine | g | 1.065 | | 0 | 2.737 | 0.905 |
| Valine | g | 1.541 | | 0 | 3.960 | 1.310 |
| Arginine | g | 2.003 | | 0 | 5.148 | 1.703 |
| Histidine | g | 1.085 | | 0 | 2.788 | 0.922 |
| Alanine | g | 1.911 | | 0 | 4.911 | 1.624 |
| Aspartic acid | g | 2.895 | | 0 | 7.440 | 2.461 |
| Glutamic acid | g | 4.761 | | 0 | 12.236 | 4.047 |
| Glycine | g | 1.729 | | 0 | 4.444 | 1.470 |
| Proline | g | 1.399 | | 0 | 3.595 | 1.189 |
| Serine | g | 1.212 | | 0 | 3.115 | 1.030 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13218 Beef, round, top round, separable lean only, trimmed to 1/4" fat, choice, raw

**Refuse:** 11% Connective tissue 2%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 71.10 | | 0 | 20.16 | 322.51 | |
| Energy | kcal | 132 | | 0 | 37 | 599 | |
| Energy | kj | 552 | | 0 | 156 | 2504 | |
| Protein (N x 5.95) | g | 22.79 | | 0 | 6.46 | 103.38 | |
| Total lipid (fat) | g | 3.90 | | 0 | 1.11 | 17.69 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.10 | | 0 | 0.31 | 4.99 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 3 | | 0 | 1 | 14 | |
| Iron | mg | 2.09 | | 0 | 0.59 | 9.48 | |
| Magnesium | mg | 25 | | 0 | 7 | 113 | |
| Phosphorus | mg | 219 | | 0 | 62 | 993 | |
| Potassium | mg | 383 | | 0 | 109 | 1737 | |
| Sodium | mg | 52 | | 0 | 15 | 236 | |
| Zinc | mg | 2.87 | | 0 | 0.81 | 13.02 | |
| Copper | mg | 0.082 | | 0 | 0.023 | 0.372 | |
| Manganese | mg | 0.014 | | 0 | 0.004 | 0.064 | |
| Selenium | :g | 20.8 | | 0 | 5.9 | 94.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.028 | 0.454 | |
| Riboflavin | mg | 0.188 | | 0 | 0.053 | 0.853 | |
| Niacin | mg | 4.364 | | 0 | 1.237 | 19.795 | |
| Pantothenic acid | mg | 0.360 | | 0 | 0.102 | 1.633 | |
| Vitamin B-6 | mg | 0.510 | | 0 | 0.145 | 2.313 | |
| Folate | :g | 9 | | 0 | 3 | 41 | |
| Vitamin B-12 | :g | 2.84 | | 0 | 0.81 | 12.88 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.340 | | 0 | 0.380 | 6.078 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.090 | | 0 | 0.026 | 0.408 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.820 | | 0 | 0.232 | 3.720 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.420 | | 0 | 0.119 | 1.905 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.520 | 0 | 0.431 | 6.895 |
| 14:1 | g | | | | |
| 16:1 | g | 0.130 | 0 | 0.037 | 0.590 |
| 18:1 | g | 1.400 | 0 | 0.397 | 6.350 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.170 | 0 | 0.048 | 0.771 |
| 18:2 | g | 0.140 | 0 | 0.040 | 0.635 |
| 18:3 | g | 0.010 | 0 | 0.003 | 0.045 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 57 | 0 | 16 | 259 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.255 | 0 | 0.072 | 1.157 |
| Threonine | g | 0.995 | 0 | 0.282 | 4.513 |
| Isoleucine | g | 1.025 | 0 | 0.291 | 4.649 |
| Leucine | g | 1.801 | 0 | 0.511 | 8.169 |
| Lysine | g | 1.896 | 0 | 0.538 | 8.600 |
| Methionine | g | 0.583 | 0 | 0.165 | 2.644 |
| Cystine | g | 0.255 | 0 | 0.072 | 1.157 |
| Phenylalanine | g | 0.890 | 0 | 0.252 | 4.037 |
| Tyrosine | g | 0.766 | 0 | 0.217 | 3.475 |
| Valine | g | 1.108 | 0 | 0.314 | 5.026 |
| Arginine | g | 1.440 | 0 | 0.408 | 6.532 |
| Histidine | g | 0.780 | 0 | 0.221 | 3.538 |
| Alanine | g | 1.375 | 0 | 0.390 | 6.237 |
| Aspartic acid | g | 2.082 | 0 | 0.590 | 9.444 |
| Glutamic acid | g | 3.424 | 0 | 0.971 | 15.531 |
| Glycine | g | 1.243 | 0 | 0.352 | 5.638 |
| Proline | g | 1.006 | 0 | 0.285 | 4.563 |
| Serine | g | 0.871 | 0 | 0.247 | 3.951 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13219 Beef, round, top round, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

**Refuse:** 1% 3% connective tissue, 7% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 257g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 61.20 | | 0 | 157.28 | 52.02 | |
| Energy | kcal | 189 | | 0 | 486 | 161 | |
| Energy | kj | 791 | | 0 | 2033 | 672 | |
| Protein (N x 5.95) | g | 31.69 | | 0 | 81.44 | 26.94 | |
| Total lipid (fat) | g | 5.90 | | 0 | 15.16 | 5.02 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.38 | | 0 | 3.55 | 1.17 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 15 | 5 | |
| Iron | mg | 2.88 | | 0 | 7.40 | 2.45 | |
| Magnesium | mg | 31 | | 0 | 80 | 26 | |
| Phosphorus | mg | 246 | | 0 | 632 | 209 | |
| Potassium | mg | 442 | | 0 | 1136 | 376 | |
| Sodium | mg | 61 | | 0 | 157 | 52 | |
| Zinc | mg | 5.57 | | 0 | 14.31 | 4.73 | |
| Copper | mg | 0.123 | | 0 | 0.316 | 0.105 | |
| Manganese | mg | 0.017 | | 0 | 0.044 | 0.014 | |
| Selenium | :g | 28.1 | | 0 | 72.2 | 23.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.120 | | 0 | 0.308 | 0.102 | |
| Riboflavin | mg | 0.270 | | 0 | 0.694 | 0.230 | |
| Niacin | mg | 6.040 | | 0 | 15.523 | 5.134 | |
| Pantothenic acid | mg | 0.490 | | 0 | 1.259 | 0.417 | |
| Vitamin B-6 | mg | 0.560 | | 0 | 1.439 | 0.476 | |
| Folate | :g | 12 | | 0 | 31 | 10 | |
| Vitamin B-12 | :g | 2.48 | | 0 | 6.37 | 2.11 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.030 | | 0 | 5.217 | 1.725 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.140 | | 0 | 0.360 | 0.119 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.230 | | 0 | 3.161 | 1.045 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.660 | | 0 | 1.696 | 0.561 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.290 | 0 | 5.885 | 1.947 |
| 14:1 | g | | | | |
| 16:1 | g | 0.190 | 0 | 0.488 | 0.161 |
| 18:1 | g | 2.110 | 0 | 5.423 | 1.793 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.260 | 0 | 0.668 | 0.221 |
| 18:2 | g | 0.210 | 0 | 0.540 | 0.179 |
| 18:3 | g | 0.020 | 0 | 0.051 | 0.017 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.103 | 0.034 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 84 | 0 | 216 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.355 | 0 | 0.912 | 0.302 |
| Threonine | g | 1.384 | 0 | 3.557 | 1.176 |
| Isoleucine | g | 1.425 | 0 | 3.662 | 1.211 |
| Leucine | g | 2.505 | 0 | 6.438 | 2.129 |
| Lysine | g | 2.636 | 0 | 6.775 | 2.241 |
| Methionine | g | 0.811 | 0 | 2.084 | 0.689 |
| Cystine | g | 0.355 | 0 | 0.912 | 0.302 |
| Phenylalanine | g | 1.237 | 0 | 3.179 | 1.051 |
| Tyrosine | g | 1.065 | 0 | 2.737 | 0.905 |
| Valine | g | 1.541 | 0 | 3.960 | 1.310 |
| Arginine | g | 2.003 | 0 | 5.148 | 1.703 |
| Histidine | g | 1.085 | 0 | 2.788 | 0.922 |
| Alanine | g | 1.911 | 0 | 4.911 | 1.624 |
| Aspartic acid | g | 2.895 | 0 | 7.440 | 2.461 |
| Glutamic acid | g | 4.761 | 0 | 12.236 | 4.047 |
| Glycine | g | 1.729 | 0 | 4.444 | 1.470 |
| Proline | g | 1.399 | 0 | 3.595 | 1.189 |
| Serine | g | 1.212 | 0 | 3.115 | 1.030 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13220 Beef, round, top round, separable lean only, trimmed to 1/4" fat, choice, cooked, pan-fried

**Refuse:** 12% 1% 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 | Samples | Measure 1* 252g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 55.50 | 0.484 | 4 | 139.86 | 47.17 | |
| Energy | kcal | 227 | | 0 | 572 | 193 | |
| Energy | kj | 950 | | 0 | 2394 | 808 | |
| Protein (N x 5.95) | g | 35.07 | 0.350 | 4 | 88.38 | 29.81 | |
| Total lipid (fat) | g | 8.58 | 0.210 | 4 | 21.62 | 7.29 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.54 | | 1 | 3.88 | 1.31 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 1 | 13 | 4 | |
| Iron | mg | 3.15 | | 1 | 7.94 | 2.68 | |
| Magnesium | mg | 35 | | 1 | 88 | 30 | |
| Phosphorus | mg | 292 | | 1 | 736 | 248 | |
| Potassium | mg | 513 | | 1 | 1293 | 436 | |
| Sodium | mg | 71 | | 1 | 179 | 60 | |
| Zinc | mg | 4.62 | | 1 | 11.64 | 3.93 | |
| Copper | mg | 0.131 | | 1 | 0.330 | 0.111 | |
| Manganese | mg | 0.020 | | 1 | 0.050 | 0.017 | |
| Selenium | :g | 33.6 | | 0 | 84.7 | 28.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 1 | 0.277 | 0.094 | |
| Riboflavin | mg | 0.280 | | 1 | 0.706 | 0.238 | |
| Niacin | mg | 5.480 | | 1 | 13.810 | 4.658 | |
| Pantothenic acid | mg | 0.460 | | 1 | 1.159 | 0.391 | |
| Vitamin B-6 | mg | 0.610 | | 1 | 1.537 | 0.518 | |
| Folate | :g | 13 | | 1 | 33 | 11 | |
| Vitamin B-12 | :g | 3.43 | | 1 | 8.64 | 2.92 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.353 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.420 | | 0 | 6.098 | 2.057 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 14:0 | g | 0.140 | | 1 | 0.353 | 0.119 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.450 | | 1 | 3.654 | 1.232 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.740 | | 1 | 1.865 | 0.629 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.830 | 0 | 7.132 | 2.406 |
| 14:1 | g | | | | |
| 16:1 | g | 0.190 | 1 | 0.479 | 0.161 |
| 18:1 | g | 2.580 | 1 | 6.502 | 2.193 |
| 20:1 | g | 0.000 | 1 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.640 | 0 | 4.133 | 1.394 |
| 18:2 | g | 1.230 | 1 | 3.100 | 1.045 |
| 18:3 | g | 0.160 | 1 | 0.403 | 0.136 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.230 | 1 | 0.580 | 0.196 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 97 | 1 | 244 | 82 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.393 | 0 | 0.990 | 0.334 |
| Threonine | g | 1.532 | 0 | 3.861 | 1.302 |
| Isoleucine | g | 1.577 | 0 | 3.974 | 1.340 |
| Leucine | g | 2.772 | 0 | 6.985 | 2.356 |
| Lysine | g | 2.918 | 0 | 7.353 | 2.480 |
| Methionine | g | 0.898 | 0 | 2.263 | 0.763 |
| Cystine | g | 0.393 | 0 | 0.990 | 0.334 |
| Phenylalanine | g | 1.369 | 0 | 3.450 | 1.164 |
| Tyrosine | g | 1.178 | 0 | 2.969 | 1.001 |
| Valine | g | 1.706 | 0 | 4.299 | 1.450 |
| Arginine | g | 2.216 | 0 | 5.584 | 1.884 |
| Histidine | g | 1.201 | 0 | 3.027 | 1.021 |
| Alanine | g | 2.115 | 0 | 5.330 | 1.798 |
| Aspartic acid | g | 3.204 | 0 | 8.074 | 2.723 |
| Glutamic acid | g | 5.269 | 0 | 13.278 | 4.479 |
| Glycine | g | 1.913 | 0 | 4.821 | 1.626 |
| Proline | g | 1.549 | 0 | 3.903 | 1.317 |
| Serine | g | 1.341 | 0 | 3.379 | 1.140 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13221 Beef, round, top round, separable lean only, trimmed to 1/4" fat, select, raw

**Refuse:** 10% Connective tissue 2%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 71.30 | | 1 | 20.21 | 323.42 | |
| Energy | kcal | 120 | | 0 | 34 | 544 | |
| Energy | kj | 502 | | 0 | 142 | 2277 | |
| Protein (N x 5.95) | g | 22.79 | | 1 | 6.46 | 103.38 | |
| Total lipid (fat) | g | 2.50 | | 1 | 0.71 | 11.34 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.10 | | 1 | 0.31 | 4.99 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 3 | | 1 | 1 | 14 | |
| Iron | mg | 2.09 | | 1 | 0.59 | 9.48 | |
| Magnesium | mg | 25 | | 1 | 7 | 113 | |
| Phosphorus | mg | 219 | | 1 | 62 | 993 | |
| Potassium | mg | 383 | | 1 | 109 | 1737 | |
| Sodium | mg | 52 | | 1 | 15 | 236 | |
| Zinc | mg | 2.87 | | 1 | 0.81 | 13.02 | |
| Copper | mg | 0.082 | | 1 | 0.023 | 0.372 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | ΄g | 20.8 | | 0 | 5.9 | 94.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 1 | 0.028 | 0.454 | |
| Riboflavin | mg | 0.190 | | 1 | 0.054 | 0.862 | |
| Niacin | mg | 4.360 | | 1 | 1.236 | 19.777 | |
| Pantothenic acid | mg | 0.360 | | 1 | 0.102 | 1.633 | |
| Vitamin B-6 | mg | 0.510 | | 1 | 0.145 | 2.313 | |
| Folate | ΄g | 9 | | 1 | 3 | 41 | |
| Vitamin B-12 | ΄g | 2.84 | | 1 | 0.81 | 12.88 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ΄g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 0.860 | | 0 | 0.244 | 3.901 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 21 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 21 | 0.000 | 0.000 | |
| 14:0 | g | 0.060 | | 21 | 0.017 | 0.272 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.530 | | 21 | 0.150 | 2.404 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.270 | | 21 | 0.077 | 1.225 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 0.980 | 0 | 0.278 | 4.445 |
| 14:1 | g | | | | |
| 16:1 | g | 0.080 | 21 | 0.023 | 0.363 |
| 18:1 | g | 0.890 | 21 | 0.252 | 4.037 |
| 20:1 | g | 0.000 | 21 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.110 | 0 | 0.031 | 0.499 |
| 18:2 | g | 0.090 | 21 | 0.026 | 0.408 |
| 18:3 | g | 0.010 | 21 | 0.003 | 0.045 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 21 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 57 | 1 | 16 | 259 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.255 | 0 | 0.072 | 1.157 |
| Threonine | g | 0.995 | 0 | 0.282 | 4.513 |
| Isoleucine | g | 1.025 | 0 | 0.291 | 4.649 |
| Leucine | g | 1.801 | 0 | 0.511 | 8.169 |
| Lysine | g | 1.896 | 0 | 0.538 | 8.600 |
| Methionine | g | 0.583 | 0 | 0.165 | 2.644 |
| Cystine | g | 0.255 | 0 | 0.072 | 1.157 |
| Phenylalanine | g | 0.890 | 0 | 0.252 | 4.037 |
| Tyrosine | g | 0.766 | 0 | 0.217 | 3.475 |
| Valine | g | 1.108 | 0 | 0.314 | 5.026 |
| Arginine | g | 1.440 | 0 | 0.408 | 6.532 |
| Histidine | g | 0.780 | 0 | 0.221 | 3.538 |
| Alanine | g | 1.375 | 0 | 0.390 | 6.237 |
| Aspartic acid | g | 2.082 | 0 | 0.590 | 9.444 |
| Glutamic acid | g | 3.424 | 0 | 0.971 | 15.531 |
| Glycine | g | 1.243 | 0 | 0.352 | 5.638 |
| Proline | g | 1.006 | 0 | 0.285 | 4.563 |
| Serine | g | 0.871 | 0 | 0.247 | 3.951 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13222 Beef, round, top round, separable lean only, trimmed to 1/4" fat, select, cooked, broiled

**Refuse:** 9% 2% connective tissue, 7% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 260g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 63.20 | | 0 | 164.32 | 53.72 | |
| Energy | kcal | 169 | | 0 | 439 | 144 | |
| Energy | kj | 707 | | 0 | 1838 | 601 | |
| Protein (N x 5.95) | g | 31.69 | | 0 | 82.39 | 26.94 | |
| Total lipid (fat) | g | 3.70 | | 0 | 9.62 | 3.15 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.38 | | 0 | 3.59 | 1.17 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 16 | 5 | |
| Iron | mg | 2.88 | | 0 | 7.49 | 2.45 | |
| Magnesium | mg | 31 | | 0 | 81 | 26 | |
| Phosphorus | mg | 246 | | 0 | 640 | 209 | |
| Potassium | mg | 442 | | 0 | 1149 | 376 | |
| Sodium | mg | 61 | | 0 | 159 | 52 | |
| Zinc | mg | 5.57 | | 0 | 14.48 | 4.73 | |
| Copper | mg | 0.123 | | 0 | 0.320 | 0.105 | |
| Manganese | mg | 0.017 | | 0 | 0.044 | 0.014 | |
| Selenium | :g | 28.1 | | 0 | 73.1 | 23.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.120 | | 0 | 0.312 | 0.102 | |
| Riboflavin | mg | 0.270 | | 0 | 0.702 | 0.230 | |
| Niacin | mg | 6.040 | | 0 | 15.704 | 5.134 | |
| Pantothenic acid | mg | 0.490 | | 0 | 1.274 | 0.417 | |
| Vitamin B-6 | mg | 0.560 | | 0 | 1.456 | 0.476 | |
| Folate | :g | 12 | | 0 | 31 | 10 | |
| Vitamin B-12 | :g | 2.48 | | 0 | 6.45 | 2.11 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.270 | | 0 | 3.302 | 1.080 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.090 | | 0 | 0.234 | 0.077 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.770 | | 0 | 2.002 | 0.655 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.410 | | 0 | 1.066 | 0.349 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.440 | 0 | 3.744 | 1.224 |
| 14:1 | g | | | | |
| 16:1 | g | 0.120 | 0 | 0.312 | 0.102 |
| 18:1 | g | 1.320 | 0 | 3.432 | 1.122 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.170 | 0 | 0.442 | 0.145 |
| 18:2 | g | 0.130 | 0 | 0.338 | 0.111 |
| 18:3 | g | 0.010 | 0 | 0.026 | 0.009 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.052 | 0.017 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 84 | 0 | 218 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.355 | 0 | 0.923 | 0.302 |
| Threonine | g | 1.384 | 0 | 3.598 | 1.176 |
| Isoleucine | g | 1.425 | 0 | 3.705 | 1.211 |
| Leucine | g | 2.505 | 0 | 6.513 | 2.129 |
| Lysine | g | 2.636 | 0 | 6.854 | 2.241 |
| Methionine | g | 0.811 | 0 | 2.109 | 0.689 |
| Cystine | g | 0.355 | 0 | 0.923 | 0.302 |
| Phenylalanine | g | 1.237 | 0 | 3.216 | 1.051 |
| Tyrosine | g | 1.065 | 0 | 2.769 | 0.905 |
| Valine | g | 1.541 | 0 | 4.007 | 1.310 |
| Arginine | g | 2.003 | 0 | 5.208 | 1.703 |
| Histidine | g | 1.085 | 0 | 2.821 | 0.922 |
| Alanine | g | 1.911 | 0 | 4.969 | 1.624 |
| Aspartic acid | g | 2.895 | 0 | 7.527 | 2.461 |
| Glutamic acid | g | 4.761 | 0 | 12.379 | 4.047 |
| Glycine | g | 1.729 | 0 | 4.495 | 1.470 |
| Proline | g | 1.399 | 0 | 3.637 | 1.189 |
| Serine | g | 1.212 | 0 | 3.151 | 1.030 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13223 Beef, round, top round, separable lean only, trimmed to 1/4" fat, prime, raw

**Refuse:** 6% Connective tissue 1%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 70.64 | | 1 | 20.03 | 320.42 | |
| Energy | kcal | 153 | | 0 | 43 | 694 | |
| Energy | kj | 640 | | 0 | 181 | 2903 | |
| Protein (N x 5.95) | g | 22.79 | | 1 | 6.46 | 103.38 | |
| Total lipid (fat) | g | 6.23 | | 1 | 1.77 | 28.26 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.10 | | 1 | 0.31 | 4.99 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 3 | | 1 | 1 | 14 | |
| Iron | mg | 2.09 | | 1 | 0.59 | 9.48 | |
| Magnesium | mg | 25 | | 1 | 7 | 113 | |
| Phosphorus | mg | 219 | | 1 | 62 | 993 | |
| Potassium | mg | 383 | | 1 | 109 | 1737 | |
| Sodium | mg | 52 | | 1 | 15 | 236 | |
| Zinc | mg | 2.87 | | 1 | 0.81 | 13.02 | |
| Copper | mg | 0.082 | | 1 | 0.023 | 0.372 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 20.8 | | 0 | 5.9 | 94.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 1 | 0.028 | 0.454 | |
| Riboflavin | mg | 0.190 | | 1 | 0.054 | 0.862 | |
| Niacin | mg | 4.360 | | 1 | 1.236 | 19.777 | |
| Pantothenic acid | mg | 0.360 | | 1 | 0.102 | 1.633 | |
| Vitamin B-6 | mg | 0.510 | | 1 | 0.145 | 2.313 | |
| Folate | :g | 9 | | 1 | 3 | 41 | |
| Vitamin B-12 | :g | 2.84 | | 1 | 0.81 | 12.88 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.270 | | 0 | 0.644 | 10.297 | |
| 4:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 14:0 | g | 0.140 | | 1 | 0.040 | 0.635 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.330 | | 1 | 0.377 | 6.033 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.680 | | 1 | 0.193 | 3.084 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.520 | 0 | 0.714 | 11.431 |
| 14:1 | g | | | | |
| 16:1 | g | 0.200 | 1 | 0.057 | 0.907 |
| 18:1 | g | 2.230 | 1 | 0.632 | 10.115 |
| 20:1 | g | 0.010 | 1 | 0.003 | 0.045 |
| 22.1 | g | 0.000 | 1 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.290 | 0 | 0.082 | 1.315 |
| 18:2 | g | 0.220 | 1 | 0.062 | 0.998 |
| 18:3 | g | 0.010 | 1 | 0.003 | 0.045 |
| 18:4 | g | 0.000 | 1 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 1 | 0.014 | 0.227 |
| 20:5 | g | 0.000 | 1 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 1 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 1 | 0.000 | 0.000 |
| Cholesterol | mg | 57 | 1 | 16 | 259 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.255 | 0 | 0.072 | 1.157 |
| Threonine | g | 0.995 | 0 | 0.282 | 4.513 |
| Isoleucine | g | 1.025 | 0 | 0.291 | 4.649 |
| Leucine | g | 1.801 | 0 | 0.511 | 8.169 |
| Lysine | g | 1.896 | 0 | 0.538 | 8.600 |
| Methionine | g | 0.583 | 0 | 0.165 | 2.644 |
| Cystine | g | 0.255 | 0 | 0.072 | 1.157 |
| Phenylalanine | g | 0.890 | 0 | 0.252 | 4.037 |
| Tyrosine | g | 0.766 | 0 | 0.217 | 3.475 |
| Valine | g | 1.108 | 0 | 0.314 | 5.026 |
| Arginine | g | 1.440 | 0 | 0.408 | 6.532 |
| Histidine | g | 0.780 | 0 | 0.221 | 3.538 |
| Alanine | g | 1.375 | 0 | 0.390 | 6.237 |
| Aspartic acid | g | 2.082 | 0 | 0.590 | 9.444 |
| Glutamic acid | g | 3.424 | 0 | 0.971 | 15.531 |
| Glycine | g | 1.243 | 0 | 0.352 | 5.638 |
| Proline | g | 1.006 | 0 | 0.285 | 4.563 |
| Serine | g | 0.871 | 0 | 0.247 | 3.951 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13224 Beef, round, top round, separable lean only, trimmed to 1/4" fat, prime, cooked, broiled

**Refuse:** 4% 1% connective tissue, 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 | Samples | Measure 1* 319g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 60.35 | | 0 | 192.52 | 51.30 | |
| Energy | kcal | 215 | | 0 | 686 | 183 | |
| Energy | kj | 900 | | 0 | 2871 | 765 | |
| Protein (N x 5.95) | g | 31.69 | | 0 | 101.09 | 26.94 | |
| Total lipid (fat) | g | 8.87 | | 0 | 28.30 | 7.54 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.38 | | 0 | 4.40 | 1.17 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 19 | 5 | |
| Iron | mg | 2.88 | | 0 | 9.19 | 2.45 | |
| Magnesium | mg | 31 | | 0 | 99 | 26 | |
| Phosphorus | mg | 246 | | 0 | 785 | 209 | |
| Potassium | mg | 442 | | 0 | 1410 | 376 | |
| Sodium | mg | 61 | | 0 | 195 | 52 | |
| Zinc | mg | 5.57 | | 0 | 17.77 | 4.73 | |
| Copper | mg | 0.123 | | 0 | 0.392 | 0.105 | |
| Manganese | mg | 0.017 | | 0 | 0.054 | 0.014 | |
| Selenium | :g | 28.1 | | 0 | 89.6 | 23.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.120 | | 0 | 0.383 | 0.102 | |
| Riboflavin | mg | 0.270 | | 0 | 0.861 | 0.230 | |
| Niacin | mg | 6.040 | | 0 | 19.268 | 5.134 | |
| Pantothenic acid | mg | 0.490 | | 0 | 1.563 | 0.417 | |
| Vitamin B-6 | mg | 0.560 | | 0 | 1.786 | 0.476 | |
| Folate | :g | 12 | | 0 | 38 | 10 | |
| Vitamin B-12 | :g | 2.48 | | 0 | 7.91 | 2.11 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.100 | | 0 | 9.889 | 2.635 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.200 | | 0 | 0.638 | 0.170 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.800 | | 0 | 5.742 | 1.530 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.960 | | 0 | 3.062 | 0.816 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.470 | 0 | 11.069 | 2.950 |
| 14:1 | g | | | | |
| 16:1 | g | 0.270 | 0 | 0.861 | 0.230 |
| 18:1 | g | 3.080 | 0 | 9.825 | 2.618 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.420 | 0 | 1.340 | 0.357 |
| 18:2 | g | 0.300 | 0 | 0.957 | 0.255 |
| 18:3 | g | 0.030 | 0 | 0.096 | 0.026 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.060 | 0 | 0.191 | 0.051 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 84 | 0 | 268 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.355 | 0 | 1.132 | 0.302 |
| Threonine | g | 1.384 | 0 | 4.415 | 1.176 |
| Isoleucine | g | 1.425 | 0 | 4.546 | 1.211 |
| Leucine | g | 2.505 | 0 | 7.991 | 2.129 |
| Lysine | g | 2.636 | 0 | 8.409 | 2.241 |
| Methionine | g | 0.811 | 0 | 2.587 | 0.689 |
| Cystine | g | 0.355 | 0 | 1.132 | 0.302 |
| Phenylalanine | g | 1.237 | 0 | 3.946 | 1.051 |
| Tyrosine | g | 1.065 | 0 | 3.397 | 0.905 |
| Valine | g | 1.541 | 0 | 4.916 | 1.310 |
| Arginine | g | 2.003 | 0 | 6.390 | 1.703 |
| Histidine | g | 1.085 | 0 | 3.461 | 0.922 |
| Alanine | g | 1.911 | 0 | 6.096 | 1.624 |
| Aspartic acid | g | 2.895 | 0 | 9.235 | 2.461 |
| Glutamic acid | g | 4.761 | 0 | 15.188 | 4.047 |
| Glycine | g | 1.729 | 0 | 5.516 | 1.470 |
| Proline | g | 1.399 | 0 | 4.463 | 1.189 |
| Serine | g | 1.212 | 0 | 3.866 | 1.030 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13225 Beef, shank crosscuts, separable lean and fat, trimmed to 1/4" fat, choice, raw

**Refuse:** 34% Bone

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 68.28 | | 0 | 19.36 | 58.04 | |
| Energy | kcal | 177 | | 0 | 50 | 150 | |
| Energy | kj | 741 | | 0 | 210 | 630 | |
| Protein (N x 5.95) | g | 20.53 | | 0 | 5.82 | 17.45 | |
| Total lipid (fat) | g | 9.88 | | 0 | 2.80 | 8.40 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.34 | | 0 | 0.38 | 1.14 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 19 | | 0 | 5 | 16 | |
| Iron | mg | 2.18 | | 0 | 0.62 | 1.85 | |
| Magnesium | mg | 13 | | 0 | 4 | 11 | |
| Phosphorus | mg | 192 | | 0 | 54 | 163 | |
| Potassium | mg | 358 | | 0 | 101 | 304 | |
| Sodium | mg | 60 | | 0 | 17 | 51 | |
| Zinc | mg | 6.41 | | 0 | 1.82 | 5.45 | |
| Copper | mg | 0.068 | | 0 | 0.019 | 0.058 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.011 | |
| Selenium | :g | 17.5 | | 0 | 5.0 | 14.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.028 | 0.085 | |
| Riboflavin | mg | 0.200 | | 0 | 0.057 | 0.170 | |
| Niacin | mg | 5.350 | | 0 | 1.517 | 4.547 | |
| Pantothenic acid | mg | 0.330 | | 0 | 0.094 | 0.281 | |
| Vitamin B-6 | mg | 0.440 | | 0 | 0.125 | 0.374 | |
| Folate | :g | 8 | | 0 | 2 | 7 | |
| Vitamin B-12 | :g | 3.16 | | 0 | 0.90 | 2.69 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.150 | | 0 | 0.043 | 0.128 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.810 | | 0 | 1.080 | 3.239 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.030 | | 0 | 0.009 | 0.026 | |
| 12:0 | g | 0.020 | | 0 | 0.006 | 0.017 | |
| 14:0 | g | 0.300 | | 0 | 0.085 | 0.255 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.300 | | 0 | 0.652 | 1.955 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.130 | | 0 | 0.320 | 0.961 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.380 | 0 | 1.242 | 3.723 |
| 14:1 | g | | | | |
| 16:1 | g | 0.490 | 0 | 0.139 | 0.417 |
| 18:1 | g | 3.810 | 0 | 1.080 | 3.239 |
| 20:1 | g | 0.010 | 0 | 0.003 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.370 | 0 | 0.105 | 0.315 |
| 18:2 | g | 0.230 | 0 | 0.065 | 0.196 |
| 18:3 | g | 0.110 | 0 | 0.031 | 0.094 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 44 | 0 | 12 | 37 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.230 | 0 | 0.065 | 0.196 |
| Threonine | g | 0.897 | 0 | 0.254 | 0.762 |
| Isoleucine | g | 0.923 | 0 | 0.262 | 0.785 |
| Leucine | g | 1.623 | 0 | 0.460 | 1.380 |
| Lysine | g | 1.708 | 0 | 0.484 | 1.452 |
| Methionine | g | 0.526 | 0 | 0.149 | 0.447 |
| Cystine | g | 0.230 | 0 | 0.065 | 0.196 |
| Phenylalanine | g | 0.802 | 0 | 0.227 | 0.682 |
| Tyrosine | g | 0.690 | 0 | 0.196 | 0.587 |
| Valine | g | 0.999 | 0 | 0.283 | 0.849 |
| Arginine | g | 1.298 | 0 | 0.368 | 1.103 |
| Histidine | g | 0.703 | 0 | 0.199 | 0.598 |
| Alanine | g | 1.238 | 0 | 0.351 | 1.052 |
| Aspartic acid | g | 1.876 | 0 | 0.532 | 1.595 |
| Glutamic acid | g | 3.085 | 0 | 0.875 | 2.622 |
| Glycine | g | 1.120 | 0 | 0.318 | 0.952 |
| Proline | g | 0.907 | 0 | 0.257 | 0.771 |
| Serine | g | 0.785 | 0 | 0.223 | 0.667 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 3 oz

## NDB No. 13226 Beef, shank crosscuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked, simmered

**Refuse:** 37% Bone

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 194g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 53.06 | | 0 | 102.94 | 45.10 | |
| Energy | kcal | 263 | | 0 | 510 | 224 | |
| Energy | kj | 1100 | | 0 | 2134 | 935 | |
| Protein (N x 5.95) | g | 30.69 | | 0 | 59.54 | 26.09 | |
| Total lipid (fat) | g | 14.68 | | 0 | 28.48 | 12.48 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 2.14 | | 0 | 4.15 | 1.82 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 30 | | 0 | 58 | 26 | |
| Iron | mg | 3.50 | | 0 | 6.79 | 2.98 | |
| Magnesium | mg | 27 | | 0 | 52 | 23 | |
| Phosphorus | mg | 239 | | 0 | 464 | 203 | |
| Potassium | mg | 404 | | 0 | 784 | 343 | |
| Sodium | mg | 61 | | 0 | 118 | 52 | |
| Zinc | mg | 9.31 | | 0 | 18.06 | 7.91 | |
| Copper | mg | 0.155 | | 0 | 0.301 | 0.132 | |
| Manganese | mg | 0.018 | | 0 | 0.035 | 0.015 | |
| Selenium | :g | 28.7 | | 0 | 55.7 | 24.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.120 | | 0 | 0.233 | 0.102 | |
| Riboflavin | mg | 0.200 | | 0 | 0.388 | 0.170 | |
| Niacin | mg | 5.330 | | 0 | 10.340 | 4.531 | |
| Pantothenic acid | mg | 0.370 | | 0 | 0.718 | 0.315 | |
| Vitamin B-6 | mg | 0.340 | | 0 | 0.660 | 0.289 | |
| Folate | :g | 9 | | 0 | 17 | 8 | |
| Vitamin B-12 | :g | 3.51 | | 0 | 6.81 | 2.98 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.700 | | 0 | 11.058 | 4.845 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.040 | | 0 | 0.078 | 0.034 | |
| 12:0 | g | 0.040 | | 0 | 0.078 | 0.034 | |
| 14:0 | g | 0.460 | | 0 | 0.892 | 0.391 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.490 | | 0 | 6.771 | 2.967 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.550 | | 0 | 3.007 | 1.317 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.450 | 0 | 12.513 | 5.482 |
| 14:1 | g | | | | |
| 16:1 | g | 0.680 | 0 | 1.319 | 0.578 |
| 18:1 | g | 5.620 | 0 | 10.903 | 4.777 |
| 20:1 | g | 0.030 | 0 | 0.058 | 0.026 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.530 | 0 | 1.028 | 0.451 |
| 18:2 | g | 0.360 | 0 | 0.698 | 0.306 |
| 18:3 | g | 0.140 | 0 | 0.272 | 0.119 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.058 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 80 | 0 | 155 | 68 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.344 | 0 | 0.667 | 0.292 |
| Threonine | g | 1.340 | 0 | 2.600 | 1.139 |
| Isoleucine | g | 1.380 | 0 | 2.677 | 1.173 |
| Leucine | g | 2.426 | 0 | 4.706 | 2.062 |
| Lysine | g | 2.553 | 0 | 4.953 | 2.170 |
| Methionine | g | 0.786 | 0 | 1.525 | 0.668 |
| Cystine | g | 0.344 | 0 | 0.667 | 0.292 |
| Phenylalanine | g | 1.198 | 0 | 2.324 | 1.018 |
| Tyrosine | g | 1.031 | 0 | 2.000 | 0.876 |
| Valine | g | 1.493 | 0 | 2.896 | 1.269 |
| Arginine | g | 1.939 | 0 | 3.762 | 1.648 |
| Histidine | g | 1.051 | 0 | 2.039 | 0.893 |
| Alanine | g | 1.851 | 0 | 3.591 | 1.573 |
| Aspartic acid | g | 2.804 | 0 | 5.440 | 2.383 |
| Glutamic acid | g | 4.610 | 0 | 8.943 | 3.919 |
| Glycine | g | 1.674 | 0 | 3.248 | 1.423 |
| Proline | g | 1.355 | 0 | 2.629 | 1.152 |
| Serine | g | 1.173 | 0 | 2.276 | 0.997 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 73.03 | 0.284 | 11 | 20.70 | 331.26 | |
| Energy | kcal | 128 | | 0 | 36 | 581 | |
| Energy | kj | 536 | | 0 | 152 | 2431 | |
| Protein (N x 5.95) | g | 21.75 | 3.162 | 11 | 6.17 | 98.66 | |
| Total lipid (fat) | g | 3.85 | 0.190 | 11 | 1.09 | 17.46 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.44 | 0.234 | 7 | 0.41 | 6.53 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 20 | 1.806 | 7 | 6 | 91 | |
| Iron | mg | 2.32 | 0.166 | 7 | 0.66 | 10.52 | |
| Magnesium | mg | 14 | 0.415 | 7 | 4 | 64 | |
| Phosphorus | mg | 204 | | 1 | 58 | 925 | |
| Potassium | mg | 387 | | 1 | 110 | 1755 | |
| Sodium | mg | 63 | | 1 | 18 | 286 | |
| Zinc | mg | 6.94 | 0.238 | 7 | 1.97 | 31.48 | |
| Copper | mg | 0.071 | 0.013 | 7 | 0.020 | 0.322 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 17.7 | | 0 | 5.0 | 80.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | 0.004 | 7 | 0.028 | 0.454 | |
| Riboflavin | mg | 0.220 | 0.014 | 7 | 0.062 | 0.998 | |
| Niacin | mg | 5.740 | 0.337 | 7 | 1.627 | 26.037 | |
| Pantothenic acid | mg | 0.350 | | 1 | 0.099 | 1.588 | |
| Vitamin B-6 | mg | 0.470 | 0.026 | 7 | 0.133 | 2.132 | |
| Folate | :g | 8 | | 1 | 2 | 36 | |
| Vitamin B-12 | :g | 3.33 | | 1 | 0.94 | 15.10 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.280 | | 0 | 0.363 | 5.806 | |
| 4:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 14:0 | g | 0.090 | | 1 | 0.026 | 0.408 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.770 | | 1 | 0.218 | 3.493 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.370 | | 1 | 0.105 | 1.678 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.760 | | 0 | 0.499 | 7.983 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.160 | | 1 | 0.045 | 0.726 |
| 18:1 | g | 1.520 | | 1 | 0.431 | 6.895 |
| 20:1 | g | 0.000 | | 1 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 1 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.150 | | 0 | 0.043 | 0.680 |
| 18:2 | g | 0.110 | | 1 | 0.031 | 0.499 |
| 18:3 | g | 0.010 | | 1 | 0.003 | 0.045 |
| 18:4 | g | 0.000 | | 1 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | | 1 | 0.009 | 0.136 |
| 20:5 | g | 0.000 | | 1 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 1 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 1 | 0.000 | 0.000 |
| Cholesterol | mg | 39 | 1.353 | 7 | 11 | 177 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.244 | | 0 | 0.069 | 1.107 |
| Threonine | g | 0.950 | | 0 | 0.269 | 4.309 |
| Isoleucine | g | 0.978 | | 0 | 0.277 | 4.436 |
| Leucine | g | 1.719 | | 0 | 0.487 | 7.797 |
| Lysine | g | 1.810 | | 0 | 0.513 | 8.210 |
| Methionine | g | 0.557 | | 0 | 0.158 | 2.527 |
| Cystine | g | 0.244 | | 0 | 0.069 | 1.107 |
| Phenylalanine | g | 0.849 | | 0 | 0.241 | 3.851 |
| Tyrosine | g | 0.731 | | 0 | 0.207 | 3.316 |
| Valine | g | 1.058 | | 0 | 0.300 | 4.799 |
| Arginine | g | 1.375 | | 0 | 0.390 | 6.237 |
| Histidine | g | 0.745 | | 0 | 0.211 | 3.379 |
| Alanine | g | 1.312 | | 0 | 0.372 | 5.951 |
| Aspartic acid | g | 1.987 | | 0 | 0.563 | 9.013 |
| Glutamic acid | g | 3.268 | | 0 | 0.926 | 14.824 |
| Glycine | g | 1.187 | | 0 | 0.337 | 5.384 |
| Proline | g | 0.960 | | 0 | 0.272 | 4.355 |
| Serine | g | 0.832 | | 0 | 0.236 | 3.774 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13228 Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered

**Refuse:** 45% 37% bone, 8%separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 170g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.21 | 0.623 | 11 | 98.96 | 49.48 | |
| Energy | kcal | 201 | | 0 | 342 | 171 | |
| Energy | kj | 841 | | 0 | 1430 | 715 | |
| Protein (N x 5.95) | g | 33.68 | 4.524 | 11 | 57.26 | 28.63 | |
| Total lipid (fat) | g | 6.36 | 0.820 | 11 | 10.81 | 5.41 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 2.39 | 0.238 | 7 | 4.06 | 2.03 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 32 | 2.113 | 7 | 54 | 27 | |
| Iron | mg | 3.86 | 0.199 | 7 | 6.56 | 3.28 | |
| Magnesium | mg | 30 | 0.358 | 7 | 51 | 26 | |
| Phosphorus | mg | 263 | 3.228 | 7 | 447 | 224 | |
| Potassium | mg | 447 | 5.798 | 7 | 760 | 380 | |
| Sodium | mg | 64 | | 1 | 109 | 54 | |
| Zinc | mg | 10.49 | 0.501 | 7 | 17.83 | 8.92 | |
| Copper | mg | 0.172 | 0.014 | 7 | 0.292 | 0.146 | |
| Manganese | mg | 0.020 | | 1 | 0.034 | 0.017 | |
| Selenium | :g | 30.0 | | 0 | 51.0 | 25.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.140 | 0.002 | 7 | 0.238 | 0.119 | |
| Riboflavin | mg | 0.210 | 0.017 | 7 | 0.357 | 0.179 | |
| Niacin | mg | 5.890 | 0.378 | 7 | 10.013 | 5.006 | |
| Pantothenic acid | mg | 0.410 | | 1 | 0.697 | 0.349 | |
| Vitamin B-6 | mg | 0.370 | 0.017 | 7 | 0.629 | 0.315 | |
| Folate | :g | 10 | | 1 | 17 | 9 | |
| Vitamin B-12 | :g | 3.79 | | 1 | 6.44 | 3.22 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.290 | | 0 | 3.893 | 1.947 | |
| 4:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 12:0 | g | 0.010 | | 1 | 0.017 | 0.009 | |
| 14:0 | g | 0.180 | | 1 | 0.306 | 0.153 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.350 | | 1 | 2.295 | 1.148 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.610 | | 1 | 1.037 | 0.518 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.860 | | 0 | 4.862 | 2.431 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.310 | | 1 | 0.527 | 0.264 |
| 18:1 | g | 2.410 | | 1 | 4.097 | 2.049 |
| 20:1 | g | 0.010 | | 1 | 0.017 | 0.009 |
| 22.1 | g | 0.000 | | 1 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.210 | | 0 | 0.357 | 0.179 |
| 18:2 | g | 0.170 | | 1 | 0.289 | 0.145 |
| 18:3 | g | 0.010 | | 1 | 0.017 | 0.009 |
| 18:4 | g | 0.000 | | 1 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | | 1 | 0.051 | 0.026 |
| 20:5 | g | 0.000 | | 1 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 1 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 1 | 0.000 | 0.000 |
| Cholesterol | mg | 78 | 5.915 | 7 | 133 | 66 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.377 | | 0 | 0.641 | 0.320 |
| Threonine | g | 1.471 | | 0 | 2.501 | 1.250 |
| Isoleucine | g | 1.514 | | 0 | 2.574 | 1.287 |
| Leucine | g | 2.662 | | 0 | 4.525 | 2.263 |
| Lysine | g | 2.802 | | 0 | 4.763 | 2.382 |
| Methionine | g | 0.862 | | 0 | 1.465 | 0.733 |
| Cystine | g | 0.377 | | 0 | 0.641 | 0.320 |
| Phenylalanine | g | 1.315 | | 0 | 2.236 | 1.118 |
| Tyrosine | g | 1.132 | | 0 | 1.924 | 0.962 |
| Valine | g | 1.638 | | 0 | 2.785 | 1.392 |
| Arginine | g | 2.129 | | 0 | 3.619 | 1.810 |
| Histidine | g | 1.153 | | 0 | 1.960 | 0.980 |
| Alanine | g | 2.032 | | 0 | 3.454 | 1.727 |
| Aspartic acid | g | 3.077 | | 0 | 5.231 | 2.615 |
| Glutamic acid | g | 5.060 | | 0 | 8.602 | 4.301 |
| Glycine | g | 1.838 | | 0 | 3.125 | 1.562 |
| Proline | g | 1.487 | | 0 | 2.528 | 1.264 |
| Serine | g | 1.288 | | 0 | 2.190 | 1.095 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13229 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/4" fat, choice, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 60.21 | | 0 | 17.07 | 273.11 | |
| Energy | kcal | 258 | | 0 | 73 | 1170 | |
| Energy | kj | 1079 | | 0 | 306 | 4894 | |
| Protein (N x 5.95) | g | 17.98 | | 0 | 5.10 | 81.56 | |
| Total lipid (fat) | g | 20.08 | | 0 | 5.69 | 91.08 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.87 | | 0 | 0.25 | 3.95 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 2 | 27 | |
| Iron | mg | 1.94 | | 0 | 0.55 | 8.80 | |
| Magnesium | mg | 19 | | 0 | 5 | 86 | |
| Phosphorus | mg | 168 | | 0 | 48 | 762 | |
| Potassium | mg | 295 | | 0 | 84 | 1338 | |
| Sodium | mg | 52 | | 0 | 15 | 236 | |
| Zinc | mg | 3.15 | | 0 | 0.89 | 14.29 | |
| Copper | mg | 0.077 | | 0 | 0.022 | 0.349 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.054 | |
| Selenium | :g | 16.9 | | 0 | 4.8 | 76.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.028 | 0.454 | |
| Riboflavin | mg | 0.170 | | 0 | 0.048 | 0.771 | |
| Niacin | mg | 3.510 | | 0 | 0.995 | 15.921 | |
| Pantothenic acid | mg | 0.300 | | 0 | 0.085 | 1.361 | |
| Vitamin B-6 | mg | 0.370 | | 0 | 0.105 | 1.678 | |
| Folate | :g | 6 | | 0 | 2 | 27 | |
| Vitamin B-12 | :g | 2.70 | | 0 | 0.77 | 12.25 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.181 | | 0 | 0.051 | 0.821 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 8.020 | | 0 | 2.274 | 36.379 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.060 | | 0 | 0.017 | 0.272 | |
| 12:0 | g | 0.040 | | 0 | 0.011 | 0.181 | |
| 14:0 | g | 0.600 | | 0 | 0.170 | 2.722 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.760 | | 0 | 1.349 | 21.591 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.380 | | 0 | 0.675 | 10.796 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.940 | 0 | 2.534 | 40.552 |
| 14:1 | g | | | | |
| 16:1 | g | 0.930 | 0 | 0.264 | 4.218 |
| 18:1 | g | 7.920 | 0 | 2.245 | 35.925 |
| 20:1 | g | 0.030 | 0 | 0.009 | 0.136 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.740 | 0 | 0.210 | 3.357 |
| 18:2 | g | 0.470 | 0 | 0.133 | 2.132 |
| 18:3 | g | 0.220 | 0 | 0.062 | 0.998 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 68 | 0 | 19 | 308 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.201 | 0 | 0.057 | 0.912 |
| Threonine | g | 0.785 | 0 | 0.223 | 3.561 |
| Isoleucine | g | 0.808 | 0 | 0.229 | 3.665 |
| Leucine | g | 1.421 | 0 | 0.403 | 6.446 |
| Lysine | g | 1.496 | 0 | 0.424 | 6.786 |
| Methionine | g | 0.460 | 0 | 0.130 | 2.087 |
| Cystine | g | 0.201 | 0 | 0.057 | 0.912 |
| Phenylalanine | g | 0.702 | 0 | 0.199 | 3.184 |
| Tyrosine | g | 0.604 | 0 | 0.171 | 2.740 |
| Valine | g | 0.874 | 0 | 0.248 | 3.964 |
| Arginine | g | 1.136 | 0 | 0.322 | 5.153 |
| Histidine | g | 0.615 | 0 | 0.174 | 2.790 |
| Alanine | g | 1.084 | 0 | 0.307 | 4.917 |
| Aspartic acid | g | 1.642 | 0 | 0.466 | 7.448 |
| Glutamic acid | g | 2.701 | 0 | 0.766 | 12.252 |
| Glycine | g | 0.981 | 0 | 0.278 | 4.450 |
| Proline | g | 0.794 | 0 | 0.225 | 3.602 |
| Serine | g | 0.687 | 0 | 0.195 | 3.116 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13230 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

**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 | Samples | Measure 1* 254g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 50.12 | | 0 | 127.30 | 42.60 | |
| Energy | kcal | 327 | | 0 | 831 | 278 | |
| Energy | kj | 1368 | | 0 | 3475 | 1163 | |
| Protein (N x 5.95) | g | 22.35 | | 0 | 56.77 | 19.00 | |
| Total lipid (fat) | g | 25.64 | | 0 | 65.13 | 21.79 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.14 | | 0 | 2.90 | 0.97 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 20 | 7 | |
| Iron | mg | 2.62 | | 0 | 6.65 | 2.23 | |
| Magnesium | mg | 22 | | 0 | 56 | 19 | |
| Phosphorus | mg | 179 | | 0 | 455 | 152 | |
| Potassium | mg | 307 | | 0 | 780 | 261 | |
| Sodium | mg | 62 | | 0 | 157 | 53 | |
| Zinc | mg | 4.36 | | 0 | 11.07 | 3.71 | |
| Copper | mg | 0.119 | | 0 | 0.302 | 0.101 | |
| Manganese | mg | 0.014 | | 0 | 0.036 | 0.012 | |
| Selenium | :g | 23.4 | | 0 | 59.4 | 19.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.229 | 0.077 | |
| Riboflavin | mg | 0.210 | | 0 | 0.533 | 0.179 | |
| Niacin | mg | 3.890 | | 0 | 9.881 | 3.307 | |
| Pantothenic acid | mg | 0.300 | | 0 | 0.762 | 0.255 | |
| Vitamin B-6 | mg | 0.340 | | 0 | 0.864 | 0.289 | |
| Folate | :g | 7 | | 0 | 18 | 6 | |
| Vitamin B-12 | :g | 2.11 | | 0 | 5.36 | 1.79 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.217 | | 0 | 0.551 | 0.184 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.910 | | 0 | 25.171 | 8.424 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.070 | | 0 | 0.178 | 0.060 | |
| 12:0 | g | 0.060 | | 0 | 0.152 | 0.051 | |
| 14:0 | g | 0.740 | | 0 | 1.880 | 0.629 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.030 | | 0 | 15.316 | 5.126 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.790 | | 0 | 7.087 | 2.372 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 11.290 | 0 | 28.677 | 9.596 |
| 14:1 | g | | | | |
| 16:1 | g | 1.000 | 0 | 2.540 | 0.850 |
| 18:1 | g | 10.180 | 0 | 25.857 | 8.653 |
| 20:1 | g | 0.040 | 0 | 0.102 | 0.034 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.920 | 0 | 2.337 | 0.782 |
| 18:2 | g | 0.590 | 0 | 1.499 | 0.501 |
| 18:3 | g | 0.290 | 0 | 0.737 | 0.247 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.020 | 0 | 0.051 | 0.017 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 75 | 0 | 191 | 64 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.250 | 0 | 0.635 | 0.213 |
| Threonine | g | 0.976 | 0 | 2.479 | 0.830 |
| Isoleucine | g | 1.005 | 0 | 2.553 | 0.854 |
| Leucine | g | 1.766 | 0 | 4.486 | 1.501 |
| Lysine | g | 1.859 | 0 | 4.722 | 1.580 |
| Methionine | g | 0.572 | 0 | 1.453 | 0.486 |
| Cystine | g | 0.250 | 0 | 0.635 | 0.213 |
| Phenylalanine | g | 0.873 | 0 | 2.217 | 0.742 |
| Tyrosine | g | 0.751 | 0 | 1.908 | 0.638 |
| Valine | g | 1.087 | 0 | 2.761 | 0.924 |
| Arginine | g | 1.412 | 0 | 3.586 | 1.200 |
| Histidine | g | 0.765 | 0 | 1.943 | 0.650 |
| Alanine | g | 1.348 | 0 | 3.424 | 1.146 |
| Aspartic acid | g | 2.042 | 0 | 5.187 | 1.736 |
| Glutamic acid | g | 3.358 | 0 | 8.529 | 2.854 |
| Glycine | g | 1.219 | 0 | 3.096 | 1.036 |
| Proline | g | 0.987 | 0 | 2.507 | 0.839 |
| Serine | g | 0.855 | 0 | 2.172 | 0.727 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13231 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, choice, raw

**Refuse:** 35% Bone 20%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 69.59 | 0.439 | 12 | 19.73 | 315.66 | |
| Energy | kcal | 160 | | 0 | 45 | 726 | |
| Energy | kj | 669 | | 0 | 190 | 3035 | |
| Protein (N x 5.95) | g | 20.27 | 0.922 | 12 | 5.75 | 91.94 | |
| Total lipid (fat) | g | 8.17 | 0.479 | 12 | 2.32 | 37.06 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.01 | 0.049 | 9 | 0.29 | 4.58 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | 0.259 | 44 | 1 | 23 | |
| Iron | mg | 2.22 | 0.094 | 63 | 0.63 | 10.07 | |
| Magnesium | mg | 23 | 0.375 | 62 | 7 | 104 | |
| Phosphorus | mg | 191 | 3.961 | 41 | 54 | 866 | |
| Potassium | mg | 348 | 5.890 | 79 | 99 | 1579 | |
| Sodium | mg | 58 | 1.326 | 77 | 16 | 263 | |
| Zinc | mg | 3.65 | 0.086 | 57 | 1.03 | 16.56 | |
| Copper | mg | 0.087 | 0.003 | 53 | 0.025 | 0.395 | |
| Manganese | mg | 0.014 | 0.000 | 2 | 0.004 | 0.064 | |
| Selenium | :g | 17.8 | 1.682 | 19 | 5.0 | 80.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.190 | | 0 | 0.054 | 0.862 | |
| Niacin | mg | 4.000 | | 0 | 1.134 | 18.144 | |
| Pantothenic acid | mg | 0.340 | | 0 | 0.096 | 1.542 | |
| Vitamin B-6 | mg | 0.420 | | 0 | 0.119 | 1.905 | |
| Folate | :g | 7 | | 0 | 2 | 32 | |
| Vitamin B-12 | :g | 2.99 | | 0 | 0.85 | 13.56 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.990 | | 0 | 0.848 | 13.563 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.180 | | 5 | 0.051 | 0.816 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.720 | | 5 | 0.488 | 7.802 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.870 | | 5 | 0.247 | 3.946 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.780 | | 0 | 1.072 | 17.146 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.230 | | 5 | 0.065 | 1.043 |
| 18:1 | g | 3.450 | | 5 | 0.978 | 15.649 |
| 20:1 | g | 0.010 | | 5 | 0.003 | 0.045 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.310 | | 0 | 0.088 | 1.406 |
| 18:2 | g | 0.240 | | 5 | 0.068 | 1.089 |
| 18:3 | g | 0.030 | | 5 | 0.009 | 0.136 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | | 5 | 0.011 | 0.181 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 61 | 2.660 | 5 | 17 | 277 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.227 | | 0 | 0.064 | 1.030 |
| Threonine | g | 0.885 | | 0 | 0.251 | 4.014 |
| Isoleucine | g | 0.911 | | 0 | 0.258 | 4.132 |
| Leucine | g | 1.602 | | 0 | 0.454 | 7.267 |
| Lysine | g | 1.686 | | 0 | 0.478 | 7.648 |
| Methionine | g | 0.519 | | 0 | 0.147 | 2.354 |
| Cystine | g | 0.227 | | 0 | 0.064 | 1.030 |
| Phenylalanine | g | 0.791 | | 0 | 0.224 | 3.588 |
| Tyrosine | g | 0.681 | | 0 | 0.193 | 3.089 |
| Valine | g | 0.986 | | 0 | 0.280 | 4.472 |
| Arginine | g | 1.281 | | 0 | 0.363 | 5.811 |
| Histidine | g | 0.694 | | 0 | 0.197 | 3.148 |
| Alanine | g | 1.222 | | 0 | 0.346 | 5.543 |
| Aspartic acid | g | 1.851 | | 0 | 0.525 | 8.396 |
| Glutamic acid | g | 3.045 | | 0 | 0.863 | 13.812 |
| Glycine | g | 1.106 | | 0 | 0.314 | 5.017 |
| Proline | g | 0.895 | | 0 | 0.254 | 4.060 |
| Serine | g | 0.775 | | 0 | 0.220 | 3.515 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13232 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

**Refuse:** 4% 27% bone, 13% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 206g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 60.08 | 0.556 | 12 | 123.76 | 51.07 | |
| Energy | kcal | 215 | | 0 | 443 | 183 | |
| Energy | kj | 900 | | 0 | 1854 | 765 | |
| Protein (N x 5.95) | g | 26.04 | 0.605 | 12 | 53.64 | 22.13 | |
| Total lipid (fat) | g | 11.53 | 0.714 | 12 | 23.75 | 9.80 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.36 | 0.153 | 9 | 2.80 | 1.16 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | 0.514 | 26 | 14 | 6 | |
| Iron | mg | 3.11 | 0.155 | 26 | 6.41 | 2.64 | |
| Magnesium | mg | 27 | 0.706 | 23 | 56 | 23 | |
| Phosphorus | mg | 211 | 7.564 | 6 | 435 | 179 | |
| Potassium | mg | 367 | 14.733 | 26 | 756 | 312 | |
| Sodium | mg | 69 | 3.888 | 22 | 142 | 59 | |
| Zinc | mg | 5.29 | 0.161 | 20 | 10.90 | 4.50 | |
| Copper | mg | 0.143 | 0.011 | 16 | 0.295 | 0.122 | |
| Manganese | mg | 0.016 | 0.001 | 2 | 0.033 | 0.014 | |
| Selenium | ：g | 22.5 | | 0 | 46.4 | 19.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.227 | 0.094 | |
| Riboflavin | mg | 0.250 | | 0 | 0.515 | 0.213 | |
| Niacin | mg | 4.630 | | 0 | 9.538 | 3.936 | |
| Pantothenic acid | mg | 0.340 | | 0 | 0.700 | 0.289 | |
| Vitamin B-6 | mg | 0.400 | | 0 | 0.824 | 0.340 | |
| Folate | ：g | 8 | | 0 | 16 | 7 | |
| Vitamin B-12 | ：g | 2.27 | | 0 | 4.68 | 1.93 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.288 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.040 | | 0 | 8.322 | 3.434 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 5 | 0.021 | 0.009 | |
| 12:0 | g | 0.010 | | 5 | 0.021 | 0.009 | |
| 14:0 | g | 0.230 | | 5 | 0.474 | 0.196 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.330 | | 5 | 4.800 | 1.981 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.190 | | 5 | 2.451 | 1.011 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.240 | | 0 | 10.794 | 4.454 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.320 | | 5 | 0.659 | 0.272 |
| 18:1 | g | 4.820 | | 5 | 9.929 | 4.097 |
| 20:1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.370 | | 0 | 0.762 | 0.315 |
| 18:2 | g | 0.270 | | 5 | 0.556 | 0.230 |
| 18:3 | g | 0.050 | | 5 | 0.103 | 0.043 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | | 5 | 0.062 | 0.026 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 69 | 4.328 | 5 | 142 | 59 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.292 | | 0 | 0.602 | 0.248 |
| Threonine | g | 1.138 | | 0 | 2.344 | 0.967 |
| Isoleucine | g | 1.171 | | 0 | 2.412 | 0.995 |
| Leucine | g | 2.058 | | 0 | 4.239 | 1.749 |
| Lysine | g | 2.167 | | 0 | 4.464 | 1.842 |
| Methionine | g | 0.667 | | 0 | 1.374 | 0.567 |
| Cystine | g | 0.292 | | 0 | 0.602 | 0.248 |
| Phenylalanine | g | 1.017 | | 0 | 2.095 | 0.864 |
| Tyrosine | g | 0.875 | | 0 | 1.803 | 0.744 |
| Valine | g | 1.267 | | 0 | 2.610 | 1.077 |
| Arginine | g | 1.646 | | 0 | 3.391 | 1.399 |
| Histidine | g | 0.892 | | 0 | 1.838 | 0.758 |
| Alanine | g | 1.571 | | 0 | 3.236 | 1.335 |
| Aspartic acid | g | 2.379 | | 0 | 4.901 | 2.022 |
| Glutamic acid | g | 3.913 | | 0 | 8.061 | 3.326 |
| Glycine | g | 1.421 | | 0 | 2.927 | 1.208 |
| Proline | g | 1.150 | | 0 | 2.369 | 0.977 |
| Serine | g | 0.996 | | 0 | 2.052 | 0.847 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13233 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/4" fat, choice, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 61.79 | | 0 | 17.52 | 280.28 | |
| Energy | kcal | 238 | | 0 | 67 | 1080 | |
| Energy | kj | 996 | | 0 | 282 | 4518 | |
| Protein (N x 5.95) | g | 18.77 | | 0 | 5.32 | 85.14 | |
| Total lipid (fat) | g | 17.45 | | 0 | 4.95 | 79.15 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.11 | | 0 | 0.31 | 5.03 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 2 | 27 | |
| Iron | mg | 2.09 | | 0 | 0.59 | 9.48 | |
| Magnesium | mg | 19 | | 0 | 5 | 86 | |
| Phosphorus | mg | 172 | | 0 | 49 | 780 | |
| Potassium | mg | 305 | | 0 | 86 | 1383 | |
| Sodium | mg | 53 | | 0 | 15 | 240 | |
| Zinc | mg | 3.21 | | 0 | 0.91 | 14.56 | |
| Copper | mg | 0.078 | | 0 | 0.022 | 0.354 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | :g | 16.7 | | 0 | 4.7 | 75.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.028 | 0.454 | |
| Riboflavin | mg | 0.170 | | 0 | 0.048 | 0.771 | |
| Niacin | mg | 3.580 | | 0 | 1.015 | 16.239 | |
| Pantothenic acid | mg | 0.310 | | 0 | 0.088 | 1.406 | |
| Vitamin B-6 | mg | 0.380 | | 0 | 0.108 | 1.724 | |
| Folate | :g | 6 | | 0 | 2 | 27 | |
| Vitamin B-12 | :g | 2.75 | | 0 | 0.78 | 12.47 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.170 | | 0 | 0.048 | 0.771 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.970 | | 0 | 1.976 | 31.616 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.050 | | 0 | 0.014 | 0.227 | |
| 12:0 | g | 0.040 | | 0 | 0.011 | 0.181 | |
| 14:0 | g | 0.510 | | 0 | 0.145 | 2.313 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.150 | | 0 | 1.177 | 18.824 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.070 | | 0 | 0.587 | 9.390 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.750 | 0 | 2.197 | 35.154 |
| 14:1 | g | | | | |
| 16:1 | g | 0.790 | 0 | 0.224 | 3.583 |
| 18:1 | g | 6.880 | 0 | 1.950 | 31.208 |
| 20:1 | g | 0.030 | 0 | 0.009 | 0.136 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.640 | 0 | 0.181 | 2.903 |
| 18:2 | g | 0.410 | 0 | 0.116 | 1.860 |
| 18:3 | g | 0.200 | 0 | 0.057 | 0.907 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 62 | 0 | 18 | 281 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.210 | 0 | 0.060 | 0.953 |
| Threonine | g | 0.820 | 0 | 0.232 | 3.720 |
| Isoleucine | g | 0.844 | 0 | 0.239 | 3.828 |
| Leucine | g | 1.484 | 0 | 0.421 | 6.731 |
| Lysine | g | 1.562 | 0 | 0.443 | 7.085 |
| Methionine | g | 0.481 | 0 | 0.136 | 2.182 |
| Cystine | g | 0.210 | 0 | 0.060 | 0.953 |
| Phenylalanine | g | 0.733 | 0 | 0.208 | 3.325 |
| Tyrosine | g | 0.631 | 0 | 0.179 | 2.862 |
| Valine | g | 0.913 | 0 | 0.259 | 4.141 |
| Arginine | g | 1.186 | 0 | 0.336 | 5.380 |
| Histidine | g | 0.643 | 0 | 0.182 | 2.917 |
| Alanine | g | 1.132 | 0 | 0.321 | 5.135 |
| Aspartic acid | g | 1.715 | 0 | 0.486 | 7.779 |
| Glutamic acid | g | 2.820 | 0 | 0.799 | 12.792 |
| Glycine | g | 1.024 | 0 | 0.290 | 4.645 |
| Proline | g | 0.829 | 0 | 0.235 | 3.760 |
| Serine | g | 0.718 | 0 | 0.204 | 3.257 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13234 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

**Refuse:** 27% Bone

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 254g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 52.02 | | 0 | 132.13 | 44.22 | |
| Energy | kcal | 309 | | 0 | 785 | 263 | |
| Energy | kj | 1293 | | 0 | 3284 | 1099 | |
| Protein (N x 5.95) | g | 23.23 | | 0 | 59.00 | 19.75 | |
| Total lipid (fat) | g | 23.31 | | 0 | 59.21 | 19.81 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.12 | | 0 | 2.84 | 0.95 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 20 | 7 | |
| Iron | mg | 2.71 | | 0 | 6.88 | 2.30 | |
| Magnesium | mg | 23 | | 0 | 58 | 20 | |
| Phosphorus | mg | 184 | | 0 | 467 | 156 | |
| Potassium | mg | 321 | | 0 | 815 | 273 | |
| Sodium | mg | 64 | | 0 | 163 | 54 | |
| Zinc | mg | 4.45 | | 0 | 11.30 | 3.78 | |
| Copper | mg | 0.121 | | 0 | 0.307 | 0.103 | |
| Manganese | mg | 0.014 | | 0 | 0.036 | 0.012 | |
| Selenium | ：g | 22.3 | | 0 | 56.6 | 19.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.229 | 0.077 | |
| Riboflavin | mg | 0.210 | | 0 | 0.533 | 0.179 | |
| Niacin | mg | 3.950 | | 0 | 10.033 | 3.357 | |
| Pantothenic acid | mg | 0.290 | | 0 | 0.737 | 0.247 | |
| Vitamin B-6 | mg | 0.330 | | 0 | 0.838 | 0.281 | |
| Folate | ：g | 7 | | 0 | 18 | 6 | |
| Vitamin B-12 | ：g | 2.13 | | 0 | 5.41 | 1.81 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.210 | | 0 | 0.533 | 0.179 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.080 | | 0 | 23.063 | 7.718 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.070 | | 0 | 0.178 | 0.060 | |
| 12:0 | g | 0.060 | | 0 | 0.152 | 0.051 | |
| 14:0 | g | 0.680 | | 0 | 1.727 | 0.578 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.520 | | 0 | 14.021 | 4.692 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.550 | | 0 | 6.477 | 2.167 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 10.230 | 0 | 25.984 | 8.696 |
| 14:1 | g | | | | |
| 16:1 | g | 0.910 | 0 | 2.311 | 0.774 |
| 18:1 | g | 9.210 | 0 | 23.393 | 7.829 |
| 20:1 | g | 0.040 | 0 | 0.102 | 0.034 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.830 | 0 | 2.108 | 0.706 |
| 18:2 | g | 0.530 | 0 | 1.346 | 0.451 |
| 18:3 | g | 0.260 | 0 | 0.660 | 0.221 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.020 | 0 | 0.051 | 0.017 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 67 | 0 | 170 | 57 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.260 | 0 | 0.660 | 0.221 |
| Threonine | g | 1.015 | 0 | 2.578 | 0.863 |
| Isoleucine | g | 1.044 | 0 | 2.652 | 0.887 |
| Leucine | g | 1.836 | 0 | 4.663 | 1.561 |
| Lysine | g | 1.933 | 0 | 4.910 | 1.643 |
| Methionine | g | 0.595 | 0 | 1.511 | 0.506 |
| Cystine | g | 0.260 | 0 | 0.660 | 0.221 |
| Phenylalanine | g | 0.907 | 0 | 2.304 | 0.771 |
| Tyrosine | g | 0.781 | 0 | 1.984 | 0.664 |
| Valine | g | 1.130 | 0 | 2.870 | 0.961 |
| Arginine | g | 1.468 | 0 | 3.729 | 1.248 |
| Histidine | g | 0.795 | 0 | 2.019 | 0.676 |
| Alanine | g | 1.401 | 0 | 3.559 | 1.191 |
| Aspartic acid | g | 2.122 | 0 | 5.390 | 1.804 |
| Glutamic acid | g | 3.490 | 0 | 8.865 | 2.967 |
| Glycine | g | 1.267 | 0 | 3.218 | 1.077 |
| Proline | g | 1.026 | 0 | 2.606 | 0.872 |
| Serine | g | 0.888 | 0 | 2.256 | 0.755 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13235 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, choice, raw

**Refuse:** 34% Bone 22%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 69.71 | 0.728 | 12 | 19.76 | 316.20 | |
| Energy | kcal | 154 | | 0 | 44 | 699 | |
| Energy | kj | 644 | | 0 | 183 | 2921 | |
| Protein (N x 5.95) | g | 20.78 | 0.960 | 12 | 5.89 | 94.26 | |
| Total lipid (fat) | g | 7.27 | 0.539 | 12 | 2.06 | 32.98 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.27 | 0.164 | 9 | 0.36 | 5.76 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | 0.275 | 44 | 1 | 23 | |
| Iron | mg | 2.34 | 0.146 | 63 | 0.66 | 10.61 | |
| Magnesium | mg | 23 | 0.371 | 62 | 7 | 104 | |
| Phosphorus | mg | 192 | 3.873 | 42 | 54 | 871 | |
| Potassium | mg | 351 | 5.348 | 79 | 100 | 1592 | |
| Sodium | mg | 58 | 1.307 | 77 | 16 | 263 | |
| Zinc | mg | 3.63 | 0.082 | 57 | 1.03 | 16.47 | |
| Copper | mg | 0.087 | 0.003 | 53 | 0.025 | 0.395 | |
| Manganese | mg | 0.014 | 0.000 | 2 | 0.004 | 0.064 | |
| Selenium | :g | 17.8 | 1.682 | 19 | 5.0 | 80.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.190 | | 0 | 0.054 | 0.862 | |
| Niacin | mg | 4.000 | | 0 | 1.134 | 18.144 | |
| Pantothenic acid | mg | 0.340 | | 0 | 0.096 | 1.542 | |
| Vitamin B-6 | mg | 0.420 | | 0 | 0.119 | 1.905 | |
| Folate | :g | 7 | | 0 | 2 | 32 | |
| Vitamin B-12 | :g | 2.99 | | 0 | 0.85 | 13.56 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.690 | | 0 | 0.763 | 12.202 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.150 | | 5 | 0.043 | 0.680 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.570 | | 5 | 0.445 | 7.122 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.790 | | 5 | 0.224 | 3.583 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.330 | | 0 | 0.944 | 15.105 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.200 | | 5 | 0.057 | 0.907 |
| 18:1 | g | 3.050 | | 5 | 0.865 | 13.835 |
| 20:1 | g | 0.010 | | 5 | 0.003 | 0.045 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.280 | | 0 | 0.079 | 1.270 |
| 18:2 | g | 0.210 | | 5 | 0.060 | 0.953 |
| 18:3 | g | 0.030 | | 5 | 0.009 | 0.136 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | | 5 | 0.009 | 0.136 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 55 | 4.521 | 5 | 16 | 249 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.233 | | 0 | 0.066 | 1.057 |
| Threonine | g | 0.908 | | 0 | 0.257 | 4.119 |
| Isoleucine | g | 0.934 | | 0 | 0.265 | 4.237 |
| Leucine | g | 1.643 | | 0 | 0.466 | 7.453 |
| Lysine | g | 1.729 | | 0 | 0.490 | 7.843 |
| Methionine | g | 0.532 | | 0 | 0.151 | 2.413 |
| Cystine | g | 0.233 | | 0 | 0.066 | 1.057 |
| Phenylalanine | g | 0.811 | | 0 | 0.230 | 3.679 |
| Tyrosine | g | 0.698 | | 0 | 0.198 | 3.166 |
| Valine | g | 1.011 | | 0 | 0.287 | 4.586 |
| Arginine | g | 1.313 | | 0 | 0.372 | 5.956 |
| Histidine | g | 0.712 | | 0 | 0.202 | 3.230 |
| Alanine | g | 1.254 | | 0 | 0.356 | 5.688 |
| Aspartic acid | g | 1.899 | | 0 | 0.538 | 8.614 |
| Glutamic acid | g | 3.122 | | 0 | 0.885 | 14.161 |
| Glycine | g | 1.134 | | 0 | 0.321 | 5.144 |
| Proline | g | 0.918 | | 0 | 0.260 | 4.164 |
| Serine | g | 0.795 | | 0 | 0.225 | 3.606 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13236 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

**Refuse:** 4% 13% bone, 27% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 201g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 61.45 | 0.427 | 12 | 123.51 | 52.23 | |
| Energy | kcal | 205 | | 0 | 412 | 174 | |
| Energy | kj | 858 | | 0 | 1725 | 729 | |
| Protein (N x 5.95) | g | 26.78 | 0.539 | 12 | 53.83 | 22.76 | |
| Total lipid (fat) | g | 10.05 | 0.378 | 12 | 20.20 | 8.54 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.31 | 0.117 | 9 | 2.63 | 1.11 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | 0.608 | 25 | 12 | 5 | |
| Iron | mg | 3.17 | 0.176 | 25 | 6.37 | 2.69 | |
| Magnesium | mg | 28 | 0.589 | 23 | 56 | 24 | |
| Phosphorus | mg | 215 | 5.891 | 6 | 432 | 183 | |
| Potassium | mg | 378 | 11.781 | 25 | 760 | 321 | |
| Sodium | mg | 71 | 3.732 | 24 | 143 | 60 | |
| Zinc | mg | 5.31 | 0.159 | 20 | 10.67 | 4.51 | |
| Copper | mg | 0.143 | 0.011 | 16 | 0.287 | 0.122 | |
| Manganese | mg | 0.016 | 0.001 | 2 | 0.032 | 0.014 | |
| Selenium | :g | 22.0 | | 0 | 44.2 | 18.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.221 | 0.094 | |
| Riboflavin | mg | 0.250 | | 0 | 0.502 | 0.213 | |
| Niacin | mg | 4.630 | | 0 | 9.306 | 3.936 | |
| Pantothenic acid | mg | 0.330 | | 0 | 0.663 | 0.281 | |
| Vitamin B-6 | mg | 0.390 | | 0 | 0.784 | 0.331 | |
| Folate | :g | 8 | | 0 | 16 | 7 | |
| Vitamin B-12 | :g | 2.27 | | 0 | 4.56 | 1.93 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.281 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.600 | | 0 | 7.236 | 3.060 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 5 | 0.020 | 0.009 | |
| 12:0 | g | 0.010 | | 5 | 0.020 | 0.009 | |
| 14:0 | g | 0.210 | | 5 | 0.422 | 0.179 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.070 | | 5 | 4.161 | 1.759 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.050 | | 5 | 2.111 | 0.893 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.530 | | 0 | 9.105 | 3.851 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.280 | | 5 | 0.563 | 0.238 |
| 18:1 | g | 4.160 | | 5 | 8.362 | 3.536 |
| 20:1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.310 | | 0 | 0.623 | 0.264 |
| 18:2 | g | 0.230 | | 5 | 0.462 | 0.196 |
| 18:3 | g | 0.030 | | 5 | 0.060 | 0.026 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | | 5 | 0.060 | 0.026 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 59 | 6.246 | 5 | 119 | 50 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.300 | | 0 | 0.603 | 0.255 |
| Threonine | g | 1.170 | | 0 | 2.352 | 0.995 |
| Isoleucine | g | 1.204 | | 0 | 2.420 | 1.023 |
| Leucine | g | 2.117 | | 0 | 4.255 | 1.799 |
| Lysine | g | 2.228 | | 0 | 4.478 | 1.894 |
| Methionine | g | 0.686 | | 0 | 1.379 | 0.583 |
| Cystine | g | 0.300 | | 0 | 0.603 | 0.255 |
| Phenylalanine | g | 1.045 | | 0 | 2.100 | 0.888 |
| Tyrosine | g | 0.900 | | 0 | 1.809 | 0.765 |
| Valine | g | 1.302 | | 0 | 2.617 | 1.107 |
| Arginine | g | 1.692 | | 0 | 3.401 | 1.438 |
| Histidine | g | 0.917 | | 0 | 1.843 | 0.779 |
| Alanine | g | 1.615 | | 0 | 3.246 | 1.373 |
| Aspartic acid | g | 2.446 | | 0 | 4.916 | 2.079 |
| Glutamic acid | g | 4.023 | | 0 | 8.086 | 3.420 |
| Glycine | g | 1.461 | | 0 | 2.937 | 1.242 |
| Proline | g | 1.183 | | 0 | 2.378 | 1.006 |
| Serine | g | 1.024 | | 0 | 2.058 | 0.870 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13237 Beef, tenderloin, separable lean and fat, trimmed to 1/4" 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 56.83 | | 0 | 16.11 | 257.78 | |
| Energy | kcal | 283 | | 0 | 80 | 1284 | |
| Energy | kj | 1184 | | 0 | 336 | 5371 | |
| Protein (N x 5.95) | g | 17.76 | | 0 | 5.03 | 80.56 | |
| Total lipid (fat) | g | 23.02 | | 0 | 6.53 | 104.42 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.86 | | 0 | 0.24 | 3.90 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 2 | 32 | |
| Iron | mg | 2.29 | | 0 | 0.65 | 10.39 | |
| Magnesium | mg | 19 | | 0 | 5 | 86 | |
| Phosphorus | mg | 177 | | 0 | 50 | 803 | |
| Potassium | mg | 295 | | 0 | 84 | 1338 | |
| Sodium | mg | 48 | | 0 | 14 | 218 | |
| Zinc | mg | 2.97 | | 0 | 0.84 | 13.47 | |
| Copper | mg | 0.091 | | 0 | 0.026 | 0.413 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.054 | |
| Selenium | :g | 17.1 | | 0 | 4.8 | 77.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.200 | | 0 | 0.057 | 0.907 | |
| Niacin | mg | 2.930 | | 0 | 0.831 | 13.290 | |
| Pantothenic acid | mg | 0.300 | | 0 | 0.085 | 1.361 | |
| Vitamin B-6 | mg | 0.370 | | 0 | 0.105 | 1.678 | |
| Folate | :g | 6 | | 0 | 2 | 27 | |
| Vitamin B-12 | :g | 2.55 | | 0 | 0.72 | 11.57 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.310 | | 0 | 2.639 | 42.230 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.070 | | 0 | 0.020 | 0.318 | |
| 12:0 | g | 0.050 | | 0 | 0.014 | 0.227 | |
| 14:0 | g | 0.720 | | 0 | 0.204 | 3.266 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.560 | | 0 | 1.576 | 25.220 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.910 | | 0 | 0.825 | 13.200 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.740 | 0 | 2.761 | 44.181 |
| 14:1 | g | | | | |
| 16:1 | g | 1.100 | 0 | 0.312 | 4.990 |
| 18:1 | g | 8.620 | 0 | 2.444 | 39.100 |
| 20:1 | g | 0.030 | 0 | 0.009 | 0.136 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.890 | 0 | 0.252 | 4.037 |
| 18:2 | g | 0.580 | 0 | 0.164 | 2.631 |
| 18:3 | g | 0.280 | 0 | 0.079 | 1.270 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.011 | 0.181 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 71 | 0 | 20 | 322 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.199 | 0 | 0.056 | 0.903 |
| Threonine | g | 0.776 | 0 | 0.220 | 3.520 |
| Isoleucine | g | 0.799 | 0 | 0.227 | 3.624 |
| Leucine | g | 1.404 | 0 | 0.398 | 6.369 |
| Lysine | g | 1.478 | 0 | 0.419 | 6.704 |
| Methionine | g | 0.455 | 0 | 0.129 | 2.064 |
| Cystine | g | 0.199 | 0 | 0.056 | 0.903 |
| Phenylalanine | g | 0.694 | 0 | 0.197 | 3.148 |
| Tyrosine | g | 0.597 | 0 | 0.169 | 2.708 |
| Valine | g | 0.864 | 0 | 0.245 | 3.919 |
| Arginine | g | 1.123 | 0 | 0.318 | 5.094 |
| Histidine | g | 0.608 | 0 | 0.172 | 2.758 |
| Alanine | g | 1.072 | 0 | 0.304 | 4.863 |
| Aspartic acid | g | 1.623 | 0 | 0.460 | 7.362 |
| Glutamic acid | g | 2.669 | 0 | 0.757 | 12.107 |
| Glycine | g | 0.969 | 0 | 0.275 | 4.395 |
| Proline | g | 0.784 | 0 | 0.222 | 3.556 |
| Serine | g | 0.679 | 0 | 0.192 | 3.080 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13238 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

**Refuse:** 5% Connective tissue

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 85g | Measure 2* 117g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 53.04 | | 0 | 45.08 | 62.06 | |
| Energy | kcal | 291 | | 0 | 247 | 340 | |
| Energy | kj | 1218 | | 0 | 1035 | 1425 | |
| Protein (N x 5.95) | g | 25.26 | | 0 | 21.47 | 29.55 | |
| Total lipid (fat) | g | 20.26 | | 0 | 17.22 | 23.70 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.16 | | 0 | 0.99 | 1.36 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 7 | 9 | |
| Iron | mg | 3.15 | | 0 | 2.68 | 3.69 | |
| Magnesium | mg | 26 | | 0 | 22 | 30 | |
| Phosphorus | mg | 210 | | 0 | 179 | 246 | |
| Potassium | mg | 368 | | 0 | 313 | 431 | |
| Sodium | mg | 59 | | 0 | 50 | 69 | |
| Zinc | mg | 4.88 | | 0 | 4.15 | 5.71 | |
| Copper | mg | 0.156 | | 0 | 0.133 | 0.183 | |
| Manganese | mg | 0.015 | | 0 | 0.013 | 0.018 | |
| Selenium | :g | 24.5 | | 0 | 20.8 | 28.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.094 | 0.129 | |
| Riboflavin | mg | 0.260 | | 0 | 0.221 | 0.304 | |
| Niacin | mg | 3.520 | | 0 | 2.992 | 4.118 | |
| Pantothenic acid | mg | 0.340 | | 0 | 0.289 | 0.398 | |
| Vitamin B-6 | mg | 0.390 | | 0 | 0.331 | 0.456 | |
| Folate | :g | 6 | | 0 | 5 | 7 | |
| Vitamin B-12 | :g | 2.41 | | 0 | 2.05 | 2.82 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.190 | | 0 | 0.161 | 0.222 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.950 | | 0 | 6.758 | 9.301 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.050 | | 0 | 0.043 | 0.059 | |
| 12:0 | g | 0.050 | | 0 | 0.043 | 0.059 | |
| 14:0 | g | 0.610 | | 0 | 0.518 | 0.714 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.800 | | 0 | 4.080 | 5.616 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.430 | | 0 | 2.066 | 2.843 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.310 | 0 | 7.064 | 9.723 |
| 14:1 | g | | | | |
| 16:1 | g | 0.760 | 0 | 0.646 | 0.889 |
| 18:1 | g | 7.520 | 0 | 6.392 | 8.798 |
| 20:1 | g | 0.030 | 0 | 0.026 | 0.035 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.770 | 0 | 0.655 | 0.901 |
| 18:2 | g | 0.530 | 0 | 0.451 | 0.620 |
| 18:3 | g | 0.200 | 0 | 0.170 | 0.234 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.034 | 0.047 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 86 | 0 | 73 | 101 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.283 | 0 | 0.241 | 0.331 |
| Threonine | g | 1.103 | 0 | 0.938 | 1.291 |
| Isoleucine | g | 1.136 | 0 | 0.966 | 1.329 |
| Leucine | g | 1.996 | 0 | 1.697 | 2.335 |
| Lysine | g | 2.101 | 0 | 1.786 | 2.458 |
| Methionine | g | 0.647 | 0 | 0.550 | 0.757 |
| Cystine | g | 0.283 | 0 | 0.241 | 0.331 |
| Phenylalanine | g | 0.986 | 0 | 0.838 | 1.154 |
| Tyrosine | g | 0.849 | 0 | 0.722 | 0.993 |
| Valine | g | 1.229 | 0 | 1.045 | 1.438 |
| Arginine | g | 1.596 | 0 | 1.357 | 1.867 |
| Histidine | g | 0.865 | 0 | 0.735 | 1.012 |
| Alanine | g | 1.524 | 0 | 1.295 | 1.783 |
| Aspartic acid | g | 2.308 | 0 | 1.962 | 2.700 |
| Glutamic acid | g | 3.795 | 0 | 3.226 | 4.440 |
| Glycine | g | 1.378 | 0 | 1.171 | 1.612 |
| Proline | g | 1.115 | 0 | 0.948 | 1.305 |
| Serine | g | 0.966 | 0 | 0.821 | 1.130 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 135 g; yields excluding refuse

## NDB No. 13239 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted

**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 | Samples | Measure 1* 330g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 47.72 | | 0 | 157.48 | 40.56 | |
| Energy | kcal | 332 | | 0 | 1096 | 282 | |
| Energy | kj | 1389 | | 0 | 4584 | 1181 | |
| Protein (N x 5.95) | g | 23.61 | | 0 | 77.91 | 20.07 | |
| Total lipid (fat) | g | 25.60 | | 0 | 84.48 | 21.76 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.16 | | 0 | 3.83 | 0.99 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 30 | 8 | |
| Iron | mg | 3.06 | | 0 | 10.10 | 2.60 | |
| Magnesium | mg | 22 | | 0 | 73 | 19 | |
| Phosphorus | mg | 200 | | 0 | 660 | 170 | |
| Potassium | mg | 326 | | 0 | 1076 | 277 | |
| Sodium | mg | 56 | | 0 | 185 | 48 | |
| Zinc | mg | 3.97 | | 0 | 13.10 | 3.37 | |
| Copper | mg | 0.121 | | 0 | 0.399 | 0.103 | |
| Manganese | mg | 0.014 | | 0 | 0.046 | 0.012 | |
| Selenium | :g | 23.1 | | 0 | 76.2 | 19.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.264 | 0.068 | |
| Riboflavin | mg | 0.260 | | 0 | 0.858 | 0.221 | |
| Niacin | mg | 2.970 | | 0 | 9.801 | 2.525 | |
| Pantothenic acid | mg | 0.250 | | 0 | 0.825 | 0.213 | |
| Vitamin B-6 | mg | 0.250 | | 0 | 0.825 | 0.213 | |
| Folate | :g | 7 | | 0 | 23 | 6 | |
| Vitamin B-12 | :g | 2.45 | | 0 | 8.09 | 2.08 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 10.130 | | 0 | 33.429 | 8.611 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.070 | | 0 | 0.231 | 0.060 | |
| 12:0 | g | 0.060 | | 0 | 0.198 | 0.051 | |
| 14:0 | g | 0.780 | | 0 | 2.574 | 0.663 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.190 | | 0 | 20.427 | 5.261 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.030 | | 0 | 9.999 | 2.575 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 10.710 | 0 | 35.343 | 9.104 |
| 14:1 | g | | | | |
| 16:1 | g | 1.010 | 0 | 3.333 | 0.859 |
| 18:1 | g | 9.660 | 0 | 31.878 | 8.211 |
| 20:1 | g | 0.040 | 0 | 0.132 | 0.034 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 1.030 | 0 | 3.399 | 0.876 |
| 18:2 | g | 0.700 | 0 | 2.310 | 0.595 |
| 18:3 | g | 0.290 | 0 | 0.957 | 0.247 |
| 18:4 | g | | | | |
| 20:4 | g | 0.050 | 0 | 0.165 | 0.043 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 86 | 0 | 284 | 73 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.264 | 0 | 0.871 | 0.224 |
| Threonine | g | 1.031 | 0 | 3.402 | 0.876 |
| Isoleucine | g | 1.062 | 0 | 3.505 | 0.903 |
| Leucine | g | 1.866 | 0 | 6.158 | 1.586 |
| Lysine | g | 1.965 | 0 | 6.485 | 1.670 |
| Methionine | g | 0.605 | 0 | 1.997 | 0.514 |
| Cystine | g | 0.264 | 0 | 0.871 | 0.224 |
| Phenylalanine | g | 0.922 | 0 | 3.043 | 0.784 |
| Tyrosine | g | 0.793 | 0 | 2.617 | 0.674 |
| Valine | g | 1.149 | 0 | 3.792 | 0.977 |
| Arginine | g | 1.492 | 0 | 4.924 | 1.268 |
| Histidine | g | 0.809 | 0 | 2.670 | 0.688 |
| Alanine | g | 1.424 | 0 | 4.699 | 1.210 |
| Aspartic acid | g | 2.157 | 0 | 7.118 | 1.833 |
| Glutamic acid | g | 3.548 | 0 | 11.708 | 3.016 |
| Glycine | g | 1.288 | 0 | 4.250 | 1.095 |
| Proline | g | 1.043 | 0 | 3.442 | 0.887 |
| Serine | g | 0.903 | 0 | 2.980 | 0.768 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13240 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, choice, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 56.61 | | 0 | 16.05 | 256.78 | |
| Energy | kcal | 288 | | 0 | 82 | 1306 | |
| Energy | kj | 1205 | | 0 | 342 | 5466 | |
| Protein (N x 5.95) | g | 17.76 | | 0 | 5.03 | 80.56 | |
| Total lipid (fat) | g | 23.55 | | 0 | 6.68 | 106.82 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.86 | | 0 | 0.24 | 3.90 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 2 | 32 | |
| Iron | mg | 2.29 | | 0 | 0.65 | 10.39 | |
| Magnesium | mg | 19 | | 0 | 5 | 86 | |
| Phosphorus | mg | 177 | | 0 | 50 | 803 | |
| Potassium | mg | 295 | | 0 | 84 | 1338 | |
| Sodium | mg | 48 | | 0 | 14 | 218 | |
| Zinc | mg | 2.97 | | 0 | 0.84 | 13.47 | |
| Copper | mg | 0.091 | | 0 | 0.026 | 0.413 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.054 | |
| Selenium | :g | 17.1 | | 0 | 4.8 | 77.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.200 | | 0 | 0.057 | 0.907 | |
| Niacin | mg | 2.930 | | 0 | 0.831 | 13.290 | |
| Pantothenic acid | mg | 0.300 | | 0 | 0.085 | 1.361 | |
| Vitamin B-6 | mg | 0.370 | | 0 | 0.105 | 1.678 | |
| Folate | :g | 6 | | 0 | 2 | 27 | |
| Vitamin B-12 | :g | 2.55 | | 0 | 0.72 | 11.57 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.510 | | 0 | 2.696 | 43.137 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.080 | | 0 | 0.023 | 0.363 | |
| 12:0 | g | 0.060 | | 0 | 0.017 | 0.272 | |
| 14:0 | g | 0.740 | | 0 | 0.210 | 3.357 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.660 | | 0 | 1.605 | 25.674 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.970 | | 0 | 0.842 | 13.472 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.890 | 0 | 2.804 | 44.861 |
| 14:1 | g | | | | |
| 16:1 | g | 1.110 | 0 | 0.315 | 5.035 |
| 18:1 | g | 8.760 | 0 | 2.483 | 39.735 |
| 20:1 | g | 0.030 | 0 | 0.009 | 0.136 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.860 | 0 | 0.244 | 3.901 |
| 18:2 | g | 0.550 | 0 | 0.156 | 2.495 |
| 18:3 | g | 0.280 | 0 | 0.079 | 1.270 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 71 | 0 | 20 | 322 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.199 | 0 | 0.056 | 0.903 |
| Threonine | g | 0.776 | 0 | 0.220 | 3.520 |
| Isoleucine | g | 0.799 | 0 | 0.227 | 3.624 |
| Leucine | g | 1.404 | 0 | 0.398 | 6.369 |
| Lysine | g | 1.478 | 0 | 0.419 | 6.704 |
| Methionine | g | 0.455 | 0 | 0.129 | 2.064 |
| Cystine | g | 0.199 | 0 | 0.056 | 0.903 |
| Phenylalanine | g | 0.694 | 0 | 0.197 | 3.148 |
| Tyrosine | g | 0.597 | 0 | 0.169 | 2.708 |
| Valine | g | 0.864 | 0 | 0.245 | 3.919 |
| Arginine | g | 1.123 | 0 | 0.318 | 5.094 |
| Histidine | g | 0.608 | 0 | 0.172 | 2.758 |
| Alanine | g | 1.072 | 0 | 0.304 | 4.863 |
| Aspartic acid | g | 1.623 | 0 | 0.460 | 7.362 |
| Glutamic acid | g | 2.669 | 0 | 0.757 | 12.107 |
| Glycine | g | 0.969 | 0 | 0.275 | 4.395 |
| Proline | g | 0.784 | 0 | 0.222 | 3.556 |
| Serine | g | 0.679 | 0 | 0.192 | 3.080 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13241 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

**Refuse:** 5% Connective tissue

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 85g | Measure 2* 117g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 51.89 | | 0 | 44.11 | 60.71 | |
| Energy | kcal | 304 | | 0 | 258 | 356 | |
| Energy | kj | 1272 | | 0 | 1081 | 1488 | |
| Protein (N x 5.95) | g | 25.08 | | 0 | 21.32 | 29.34 | |
| Total lipid (fat) | g | 21.84 | | 0 | 18.56 | 25.55 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.15 | | 0 | 0.98 | 1.35 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 7 | 9 | |
| Iron | mg | 3.13 | | 0 | 2.66 | 3.66 | |
| Magnesium | mg | 26 | | 0 | 22 | 30 | |
| Phosphorus | mg | 209 | | 0 | 178 | 245 | |
| Potassium | mg | 365 | | 0 | 310 | 427 | |
| Sodium | mg | 59 | | 0 | 50 | 69 | |
| Zinc | mg | 4.84 | | 0 | 4.11 | 5.66 | |
| Copper | mg | 0.155 | | 0 | 0.132 | 0.181 | |
| Manganese | mg | 0.015 | | 0 | 0.013 | 0.018 | |
| Selenium | :g | 24.4 | | 0 | 20.7 | 28.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.094 | 0.129 | |
| Riboflavin | mg | 0.260 | | 0 | 0.221 | 0.304 | |
| Niacin | mg | 3.500 | | 0 | 2.975 | 4.095 | |
| Pantothenic acid | mg | 0.340 | | 0 | 0.289 | 0.398 | |
| Vitamin B-6 | mg | 0.390 | | 0 | 0.331 | 0.456 | |
| Folate | :g | 6 | | 0 | 5 | 7 | |
| Vitamin B-12 | :g | 2.40 | | 0 | 2.04 | 2.81 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 8.560 | | 0 | 7.276 | 10.015 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.060 | | 0 | 0.051 | 0.070 | |
| 12:0 | g | 0.050 | | 0 | 0.043 | 0.059 | |
| 14:0 | g | 0.660 | | 0 | 0.561 | 0.772 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.170 | | 0 | 4.394 | 6.049 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.620 | | 0 | 2.227 | 3.065 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.940 | 0 | 7.599 | 10.460 |
| 14:1 | g | | | | |
| 16:1 | g | 0.810 | 0 | 0.689 | 0.948 |
| 18:1 | g | 8.100 | 0 | 6.885 | 9.477 |
| 20:1 | g | 0.030 | 0 | 0.026 | 0.035 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.830 | 0 | 0.706 | 0.971 |
| 18:2 | g | 0.570 | 0 | 0.484 | 0.667 |
| 18:3 | g | 0.220 | 0 | 0.187 | 0.257 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.034 | 0.047 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 86 | 0 | 73 | 101 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.281 | 0 | 0.239 | 0.329 |
| Threonine | g | 1.096 | 0 | 0.932 | 1.282 |
| Isoleucine | g | 1.128 | 0 | 0.959 | 1.320 |
| Leucine | g | 1.982 | 0 | 1.685 | 2.319 |
| Lysine | g | 2.087 | 0 | 1.774 | 2.442 |
| Methionine | g | 0.642 | 0 | 0.546 | 0.751 |
| Cystine | g | 0.281 | 0 | 0.239 | 0.329 |
| Phenylalanine | g | 0.979 | 0 | 0.832 | 1.145 |
| Tyrosine | g | 0.843 | 0 | 0.717 | 0.986 |
| Valine | g | 1.220 | 0 | 1.037 | 1.427 |
| Arginine | g | 1.585 | 0 | 1.347 | 1.854 |
| Histidine | g | 0.859 | 0 | 0.730 | 1.005 |
| Alanine | g | 1.513 | 0 | 1.286 | 1.770 |
| Aspartic acid | g | 2.291 | 0 | 1.947 | 2.680 |
| Glutamic acid | g | 3.768 | 0 | 3.203 | 4.409 |
| Glycine | g | 1.368 | 0 | 1.163 | 1.601 |
| Proline | g | 1.108 | 0 | 0.942 | 1.296 |
| Serine | g | 0.959 | 0 | 0.815 | 1.122 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 174 g; yields excluding refuse

## NDB No. 13242 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

**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 | Samples | Measure 1* 329g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 47.35 | | 0 | 155.78 | 40.25 | |
| Energy | kcal | 339 | | 0 | 1115 | 288 | |
| Energy | kj | 1418 | | 0 | 4665 | 1205 | |
| Protein (N x 5.95) | g | 23.61 | | 0 | 77.68 | 20.07 | |
| Total lipid (fat) | g | 26.38 | | 0 | 86.79 | 22.42 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.16 | | 0 | 3.82 | 0.99 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 30 | 8 | |
| Iron | mg | 3.06 | | 0 | 10.07 | 2.60 | |
| Magnesium | mg | 26 | | 0 | 86 | 22 | |
| Phosphorus | mg | 232 | | 0 | 763 | 197 | |
| Potassium | mg | 400 | | 0 | 1316 | 340 | |
| Sodium | mg | 65 | | 0 | 214 | 55 | |
| Zinc | mg | 3.97 | | 0 | 13.06 | 3.37 | |
| Copper | mg | 0.121 | | 0 | 0.398 | 0.103 | |
| Manganese | mg | 0.016 | | 0 | 0.053 | 0.014 | |
| Selenium | :g | 23.1 | | 0 | 76.0 | 19.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.150 | | 0 | 0.494 | 0.128 | |
| Riboflavin | mg | 0.270 | | 0 | 0.888 | 0.230 | |
| Niacin | mg | 3.830 | | 0 | 12.601 | 3.256 | |
| Pantothenic acid | mg | 0.390 | | 0 | 1.283 | 0.331 | |
| Vitamin B-6 | mg | 0.470 | | 0 | 1.546 | 0.400 | |
| Folate | :g | 8 | | 0 | 26 | 7 | |
| Vitamin B-12 | :g | 3.33 | | 0 | 10.96 | 2.83 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 10.420 | | 0 | 34.282 | 8.857 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.080 | | 0 | 0.263 | 0.068 | |
| 12:0 | g | 0.070 | | 0 | 0.230 | 0.060 | |
| 14:0 | g | 0.820 | | 0 | 2.698 | 0.697 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.330 | | 0 | 20.826 | 5.380 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.130 | | 0 | 10.298 | 2.661 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 10.940 | 0 | 35.993 | 9.299 |
| 14:1 | g | | | | |
| 16:1 | g | 1.030 | 0 | 3.389 | 0.876 |
| 18:1 | g | 9.860 | 0 | 32.439 | 8.381 |
| 20:1 | g | 0.040 | 0 | 0.132 | 0.034 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 1.000 | 0 | 3.290 | 0.850 |
| 18:2 | g | 0.670 | 0 | 2.204 | 0.570 |
| 18:3 | g | 0.290 | 0 | 0.954 | 0.247 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.132 | 0.034 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 86 | 0 | 283 | 73 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.264 | 0 | 0.869 | 0.224 |
| Threonine | g | 1.031 | 0 | 3.392 | 0.876 |
| Isoleucine | g | 1.062 | 0 | 3.494 | 0.903 |
| Leucine | g | 1.866 | 0 | 6.139 | 1.586 |
| Lysine | g | 1.965 | 0 | 6.465 | 1.670 |
| Methionine | g | 0.605 | 0 | 1.990 | 0.514 |
| Cystine | g | 0.264 | 0 | 0.869 | 0.224 |
| Phenylalanine | g | 0.922 | 0 | 3.033 | 0.784 |
| Tyrosine | g | 0.793 | 0 | 2.609 | 0.674 |
| Valine | g | 1.149 | 0 | 3.780 | 0.977 |
| Arginine | g | 1.492 | 0 | 4.909 | 1.268 |
| Histidine | g | 0.809 | 0 | 2.662 | 0.688 |
| Alanine | g | 1.424 | 0 | 4.685 | 1.210 |
| Aspartic acid | g | 2.157 | 0 | 7.097 | 1.833 |
| Glutamic acid | g | 3.548 | 0 | 11.673 | 3.016 |
| Glycine | g | 1.288 | 0 | 4.238 | 1.095 |
| Proline | g | 1.043 | 0 | 3.431 | 0.887 |
| Serine | g | 0.903 | 0 | 2.971 | 0.768 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13243 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, select, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 57.14 | | 0 | 16.20 | 259.19 | |
| Energy | kcal | 278 | | 0 | 79 | 1261 | |
| Energy | kj | 1163 | | 0 | 330 | 5275 | |
| Protein (N x 5.95) | g | 17.76 | | 0 | 5.03 | 80.56 | |
| Total lipid (fat) | g | 22.41 | | 0 | 6.35 | 101.65 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.86 | | 0 | 0.24 | 3.90 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 2 | 32 | |
| Iron | mg | 2.29 | | 0 | 0.65 | 10.39 | |
| Magnesium | mg | 19 | | 0 | 5 | 86 | |
| Phosphorus | mg | 177 | | 0 | 50 | 803 | |
| Potassium | mg | 295 | | 0 | 84 | 1338 | |
| Sodium | mg | 48 | | 0 | 14 | 218 | |
| Zinc | mg | 2.97 | | 0 | 0.84 | 13.47 | |
| Copper | mg | 0.091 | | 0 | 0.026 | 0.413 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.054 | |
| Selenium | :g | 17.2 | | 0 | 4.9 | 78.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.200 | | 0 | 0.057 | 0.907 | |
| Niacin | mg | 2.930 | | 0 | 0.831 | 13.290 | |
| Pantothenic acid | mg | 0.300 | | 0 | 0.085 | 1.361 | |
| Vitamin B-6 | mg | 0.370 | | 0 | 0.105 | 1.678 | |
| Folate | :g | 6 | | 0 | 2 | 27 | |
| Vitamin B-12 | :g | 2.55 | | 0 | 0.72 | 11.57 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.090 | | 0 | 2.577 | 41.232 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.070 | | 0 | 0.020 | 0.318 | |
| 12:0 | g | 0.050 | | 0 | 0.014 | 0.227 | |
| 14:0 | g | 0.710 | | 0 | 0.201 | 3.221 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.430 | | 0 | 1.539 | 24.630 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.830 | | 0 | 0.802 | 12.837 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.510 | 0 | 2.696 | 43.137 |
| 14:1 | g | | | | |
| 16:1 | g | 1.080 | 0 | 0.306 | 4.899 |
| 18:1 | g | 8.400 | 0 | 2.381 | 38.102 |
| 20:1 | g | 0.030 | 0 | 0.009 | 0.136 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.860 | 0 | 0.244 | 3.901 |
| 18:2 | g | 0.560 | 0 | 0.159 | 2.540 |
| 18:3 | g | 0.270 | 0 | 0.077 | 1.225 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 71 | 0 | 20 | 322 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.199 | 0 | 0.056 | 0.903 |
| Threonine | g | 0.776 | 0 | 0.220 | 3.520 |
| Isoleucine | g | 0.799 | 0 | 0.227 | 3.624 |
| Leucine | g | 1.404 | 0 | 0.398 | 6.369 |
| Lysine | g | 1.478 | 0 | 0.419 | 6.704 |
| Methionine | g | 0.455 | 0 | 0.129 | 2.064 |
| Cystine | g | 0.199 | 0 | 0.056 | 0.903 |
| Phenylalanine | g | 0.694 | 0 | 0.197 | 3.148 |
| Tyrosine | g | 0.597 | 0 | 0.169 | 2.708 |
| Valine | g | 0.864 | 0 | 0.245 | 3.919 |
| Arginine | g | 1.123 | 0 | 0.318 | 5.094 |
| Histidine | g | 0.608 | 0 | 0.172 | 2.758 |
| Alanine | g | 1.072 | 0 | 0.304 | 4.863 |
| Aspartic acid | g | 1.623 | 0 | 0.460 | 7.362 |
| Glutamic acid | g | 2.669 | 0 | 0.757 | 12.107 |
| Glycine | g | 0.969 | 0 | 0.275 | 4.395 |
| Proline | g | 0.784 | 0 | 0.222 | 3.556 |
| Serine | g | 0.679 | 0 | 0.192 | 3.080 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13244 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, select, cooked, broiled

**Refuse:** 5% Connective tissue

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 85g | Measure 2* 117g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 54.64 | | 0 | 46.44 | 63.93 | |
| Energy | kcal | 271 | | 0 | 230 | 317 | |
| Energy | kj | 1134 | | 0 | 964 | 1327 | |
| Protein (N x 5.95) | g | 25.61 | | 0 | 21.77 | 29.96 | |
| Total lipid (fat) | g | 17.94 | | 0 | 15.25 | 20.99 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.17 | | 0 | 0.99 | 1.37 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 7 | 9 | |
| Iron | mg | 3.20 | | 0 | 2.72 | 3.74 | |
| Magnesium | mg | 26 | | 0 | 22 | 30 | |
| Phosphorus | mg | 214 | | 0 | 182 | 250 | |
| Potassium | mg | 374 | | 0 | 318 | 438 | |
| Sodium | mg | 60 | | 0 | 51 | 70 | |
| Zinc | mg | 4.96 | | 0 | 4.22 | 5.80 | |
| Copper | mg | 0.159 | | 0 | 0.135 | 0.186 | |
| Manganese | mg | 0.015 | | 0 | 0.013 | 0.018 | |
| Selenium | :g | 24.5 | | 0 | 20.8 | 28.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.120 | | 0 | 0.102 | 0.140 | |
| Riboflavin | mg | 0.270 | | 0 | 0.230 | 0.316 | |
| Niacin | mg | 3.570 | | 0 | 3.034 | 4.177 | |
| Pantothenic acid | mg | 0.340 | | 0 | 0.289 | 0.398 | |
| Vitamin B-6 | mg | 0.390 | | 0 | 0.331 | 0.456 | |
| Folate | :g | 6 | | 0 | 5 | 7 | |
| Vitamin B-12 | :g | 2.43 | | 0 | 2.07 | 2.84 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.040 | | 0 | 5.984 | 8.237 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.050 | | 0 | 0.043 | 0.059 | |
| 12:0 | g | 0.050 | | 0 | 0.043 | 0.059 | |
| 14:0 | g | 0.540 | | 0 | 0.459 | 0.632 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.250 | | 0 | 3.612 | 4.973 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.150 | | 0 | 1.827 | 2.515 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.360 | 0 | 6.256 | 8.611 |
| 14:1 | g | | | | |
| 16:1 | g | 0.670 | 0 | 0.570 | 0.784 |
| 18:1 | g | 6.660 | 0 | 5.661 | 7.792 |
| 20:1 | g | 0.030 | 0 | 0.026 | 0.035 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.680 | 0 | 0.578 | 0.796 |
| 18:2 | g | 0.470 | 0 | 0.400 | 0.550 |
| 18:3 | g | 0.180 | 0 | 0.153 | 0.211 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.026 | 0.035 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 86 | 0 | 73 | 101 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.287 | 0 | 0.244 | 0.336 |
| Threonine | g | 1.119 | 0 | 0.951 | 1.309 |
| Isoleucine | g | 1.151 | 0 | 0.978 | 1.347 |
| Leucine | g | 2.024 | 0 | 1.720 | 2.368 |
| Lysine | g | 2.131 | 0 | 1.811 | 2.493 |
| Methionine | g | 0.656 | 0 | 0.558 | 0.768 |
| Cystine | g | 0.287 | 0 | 0.244 | 0.336 |
| Phenylalanine | g | 1.000 | 0 | 0.850 | 1.170 |
| Tyrosine | g | 0.860 | 0 | 0.731 | 1.006 |
| Valine | g | 1.246 | 0 | 1.059 | 1.458 |
| Arginine | g | 1.619 | 0 | 1.376 | 1.894 |
| Histidine | g | 0.877 | 0 | 0.745 | 1.026 |
| Alanine | g | 1.545 | 0 | 1.313 | 1.808 |
| Aspartic acid | g | 2.340 | 0 | 1.989 | 2.738 |
| Glutamic acid | g | 3.848 | 0 | 3.271 | 4.502 |
| Glycine | g | 1.397 | 0 | 1.187 | 1.634 |
| Proline | g | 1.131 | 0 | 0.961 | 1.323 |
| Serine | g | 0.979 | 0 | 0.832 | 1.145 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 174 g; yields excluding refuse

## NDB No. 13245 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, select, cooked, roasted

**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 | Samples | Measure 1* 331g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 48.20 | | 0 | 159.54 | 40.97 | |
| Energy | kcal | 324 | | 0 | 1072 | 275 | |
| Energy | kj | 1356 | | 0 | 4488 | 1153 | |
| Protein (N x 5.95) | g | 23.61 | | 0 | 78.15 | 20.07 | |
| Total lipid (fat) | g | 24.72 | | 0 | 81.82 | 21.01 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.16 | | 0 | 3.84 | 0.99 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 30 | 8 | |
| Iron | mg | 3.06 | | 0 | 10.13 | 2.60 | |
| Magnesium | mg | 22 | | 0 | 73 | 19 | |
| Phosphorus | mg | 200 | | 0 | 662 | 170 | |
| Potassium | mg | 326 | | 0 | 1079 | 277 | |
| Sodium | mg | 56 | | 0 | 185 | 48 | |
| Zinc | mg | 3.97 | | 0 | 13.14 | 3.37 | |
| Copper | mg | 0.121 | | 0 | 0.401 | 0.103 | |
| Manganese | mg | 0.014 | | 0 | 0.046 | 0.012 | |
| Selenium | :g | 23.2 | | 0 | 76.8 | 19.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.265 | 0.068 | |
| Riboflavin | mg | 0.260 | | 0 | 0.861 | 0.221 | |
| Niacin | mg | 2.970 | | 0 | 9.831 | 2.525 | |
| Pantothenic acid | mg | 0.250 | | 0 | 0.828 | 0.213 | |
| Vitamin B-6 | mg | 0.250 | | 0 | 0.828 | 0.213 | |
| Folate | :g | 7 | | 0 | 23 | 6 | |
| Vitamin B-12 | :g | 2.45 | | 0 | 8.11 | 2.08 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.800 | | 0 | 32.438 | 8.330 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.070 | | 0 | 0.232 | 0.060 | |
| 12:0 | g | 0.060 | | 0 | 0.199 | 0.051 | |
| 14:0 | g | 0.760 | | 0 | 2.516 | 0.646 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.990 | | 0 | 19.827 | 5.091 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.920 | | 0 | 9.665 | 2.482 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 10.370 | 0 | 34.325 | 8.814 |
| 14:1 | g | | | | |
| 16:1 | g | 0.990 | 0 | 3.277 | 0.842 |
| 18:1 | g | 9.340 | 0 | 30.915 | 7.939 |
| 20:1 | g | 0.040 | 0 | 0.132 | 0.034 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.990 | 0 | 3.277 | 0.842 |
| 18:2 | g | 0.670 | 0 | 2.218 | 0.570 |
| 18:3 | g | 0.280 | 0 | 0.927 | 0.238 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.132 | 0.034 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 86 | 0 | 285 | 73 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.264 | 0 | 0.874 | 0.224 |
| Threonine | g | 1.031 | 0 | 3.413 | 0.876 |
| Isoleucine | g | 1.062 | 0 | 3.515 | 0.903 |
| Leucine | g | 1.866 | 0 | 6.176 | 1.586 |
| Lysine | g | 1.965 | 0 | 6.504 | 1.670 |
| Methionine | g | 0.605 | 0 | 2.003 | 0.514 |
| Cystine | g | 0.264 | 0 | 0.874 | 0.224 |
| Phenylalanine | g | 0.922 | 0 | 3.052 | 0.784 |
| Tyrosine | g | 0.793 | 0 | 2.625 | 0.674 |
| Valine | g | 1.149 | 0 | 3.803 | 0.977 |
| Arginine | g | 1.492 | 0 | 4.939 | 1.268 |
| Histidine | g | 0.809 | 0 | 2.678 | 0.688 |
| Alanine | g | 1.424 | 0 | 4.713 | 1.210 |
| Aspartic acid | g | 2.157 | 0 | 7.140 | 1.833 |
| Glutamic acid | g | 3.548 | 0 | 11.744 | 3.016 |
| Glycine | g | 1.288 | 0 | 4.263 | 1.095 |
| Proline | g | 1.043 | 0 | 3.452 | 0.887 |
| Serine | g | 0.903 | 0 | 2.989 | 0.768 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13246 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, prime, raw

**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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.54 | | 0 | 16.60 | 265.54 | |
| Energy | kcal | 284 | | 0 | 81 | 1288 | |
| Energy | kj | 1188 | | 0 | 337 | 5389 | |
| Protein (N x 5.95) | g | 17.90 | | 0 | 5.07 | 81.19 | |
| Total lipid (fat) | g | 23.06 | | 0 | 6.54 | 104.60 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.87 | | 0 | 0.25 | 3.95 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 2 | 32 | |
| Iron | mg | 2.31 | | 0 | 0.65 | 10.48 | |
| Magnesium | mg | 19 | | 0 | 5 | 86 | |
| Phosphorus | mg | 178 | | 0 | 50 | 807 | |
| Potassium | mg | 298 | | 0 | 84 | 1352 | |
| Sodium | mg | 48 | | 0 | 14 | 218 | |
| Zinc | mg | 3.00 | | 0 | 0.85 | 13.61 | |
| Copper | mg | 0.092 | | 0 | 0.026 | 0.417 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.054 | |
| Selenium | :g | 16.9 | | 0 | 4.8 | 76.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.031 | 0.499 | |
| Riboflavin | mg | 0.210 | | 0 | 0.060 | 0.953 | |
| Niacin | mg | 2.950 | | 0 | 0.836 | 13.381 | |
| Pantothenic acid | mg | 0.300 | | 0 | 0.085 | 1.361 | |
| Vitamin B-6 | mg | 0.370 | | 0 | 0.105 | 1.678 | |
| Folate | :g | 6 | | 0 | 2 | 27 | |
| Vitamin B-12 | :g | 2.57 | | 0 | 0.73 | 11.66 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.470 | | 0 | 2.685 | 42.956 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.070 | | 0 | 0.020 | 0.318 | |
| 12:0 | g | 0.050 | | 0 | 0.014 | 0.227 | |
| 14:0 | g | 0.710 | | 0 | 0.201 | 3.221 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.550 | | 0 | 1.573 | 25.175 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.920 | | 0 | 0.828 | 13.245 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.810 | 0 | 2.781 | 44.498 |
| 14:1 | g | | | | |
| 16:1 | g | 1.070 | 0 | 0.303 | 4.854 |
| 18:1 | g | 8.610 | 0 | 2.441 | 39.055 |
| 20:1 | g | 0.030 | 0 | 0.009 | 0.136 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.910 | 0 | 0.258 | 4.128 |
| 18:2 | g | 0.590 | 0 | 0.167 | 2.676 |
| 18:3 | g | 0.270 | 0 | 0.077 | 1.225 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.011 | 0.181 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 70 | 0 | 20 | 318 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.201 | 0 | 0.057 | 0.912 |
| Threonine | g | 0.782 | 0 | 0.222 | 3.547 |
| Isoleucine | g | 0.805 | 0 | 0.228 | 3.651 |
| Leucine | g | 1.415 | 0 | 0.401 | 6.418 |
| Lysine | g | 1.490 | 0 | 0.422 | 6.759 |
| Methionine | g | 0.458 | 0 | 0.130 | 2.077 |
| Cystine | g | 0.201 | 0 | 0.057 | 0.912 |
| Phenylalanine | g | 0.699 | 0 | 0.198 | 3.171 |
| Tyrosine | g | 0.602 | 0 | 0.171 | 2.731 |
| Valine | g | 0.871 | 0 | 0.247 | 3.951 |
| Arginine | g | 1.131 | 0 | 0.321 | 5.130 |
| Histidine | g | 0.613 | 0 | 0.174 | 2.781 |
| Alanine | g | 1.080 | 0 | 0.306 | 4.899 |
| Aspartic acid | g | 1.636 | 0 | 0.464 | 7.421 |
| Glutamic acid | g | 2.690 | 0 | 0.763 | 12.202 |
| Glycine | g | 0.977 | 0 | 0.277 | 4.432 |
| Proline | g | 0.791 | 0 | 0.224 | 3.588 |
| Serine | g | 0.685 | 0 | 0.194 | 3.107 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13247 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, prime, cooked, broiled

**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 | Samples | Measure 1* 85g | Measure 2* 120g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 51.04 | | 0 | 43.38 | 61.25 | |
| Energy | kcal | 317 | | 0 | 269 | 380 | |
| Energy | kj | 1326 | | 0 | 1127 | 1591 | |
| Protein (N x 5.95) | g | 24.91 | | 0 | 21.17 | 29.89 | |
| Total lipid (fat) | g | 23.37 | | 0 | 19.86 | 28.04 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.14 | | 0 | 0.97 | 1.37 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 7 | 10 | |
| Iron | mg | 3.10 | | 0 | 2.63 | 3.72 | |
| Magnesium | mg | 25 | | 0 | 21 | 30 | |
| Phosphorus | mg | 207 | | 0 | 176 | 248 | |
| Potassium | mg | 362 | | 0 | 308 | 434 | |
| Sodium | mg | 59 | | 0 | 50 | 71 | |
| Zinc | mg | 4.79 | | 0 | 4.07 | 5.75 | |
| Copper | mg | 0.154 | | 0 | 0.131 | 0.185 | |
| Manganese | mg | 0.015 | | 0 | 0.013 | 0.018 | |
| Selenium | :g | 24.1 | | 0 | 20.5 | 28.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.094 | 0.132 | |
| Riboflavin | mg | 0.260 | | 0 | 0.221 | 0.312 | |
| Niacin | mg | 3.470 | | 0 | 2.950 | 4.164 | |
| Pantothenic acid | mg | 0.340 | | 0 | 0.289 | 0.408 | |
| Vitamin B-6 | mg | 0.380 | | 0 | 0.323 | 0.456 | |
| Folate | :g | 6 | | 0 | 5 | 7 | |
| Vitamin B-12 | :g | 2.39 | | 0 | 2.03 | 2.87 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.330 | | 0 | 7.930 | 11.196 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.060 | | 0 | 0.051 | 0.072 | |
| 12:0 | g | 0.060 | | 0 | 0.051 | 0.072 | |
| 14:0 | g | 0.710 | | 0 | 0.603 | 0.852 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.520 | | 0 | 4.692 | 6.624 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.810 | | 0 | 2.389 | 3.372 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.680 | 0 | 8.228 | 11.616 |
| 14:1 | g | | | | |
| 16:1 | g | 0.860 | 0 | 0.731 | 1.032 |
| 18:1 | g | 8.660 | 0 | 7.361 | 10.392 |
| 20:1 | g | 0.030 | 0 | 0.026 | 0.036 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.900 | 0 | 0.765 | 1.080 |
| 18:2 | g | 0.620 | 0 | 0.527 | 0.744 |
| 18:3 | g | 0.220 | 0 | 0.187 | 0.264 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 0 | 0.043 | 0.060 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 86 | 0 | 73 | 103 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.279 | 0 | 0.237 | 0.335 |
| Threonine | g | 1.088 | 0 | 0.925 | 1.306 |
| Isoleucine | g | 1.120 | 0 | 0.952 | 1.344 |
| Leucine | g | 1.969 | 0 | 1.674 | 2.363 |
| Lysine | g | 2.072 | 0 | 1.761 | 2.486 |
| Methionine | g | 0.638 | 0 | 0.542 | 0.766 |
| Cystine | g | 0.279 | 0 | 0.237 | 0.335 |
| Phenylalanine | g | 0.972 | 0 | 0.826 | 1.166 |
| Tyrosine | g | 0.837 | 0 | 0.711 | 1.004 |
| Valine | g | 1.211 | 0 | 1.029 | 1.453 |
| Arginine | g | 1.574 | 0 | 1.338 | 1.889 |
| Histidine | g | 0.853 | 0 | 0.725 | 1.024 |
| Alanine | g | 1.502 | 0 | 1.277 | 1.802 |
| Aspartic acid | g | 2.275 | 0 | 1.934 | 2.730 |
| Glutamic acid | g | 3.742 | 0 | 3.181 | 4.490 |
| Glycine | g | 1.359 | 0 | 1.155 | 1.631 |
| Proline | g | 1.100 | 0 | 0.935 | 1.320 |
| Serine | g | 0.952 | 0 | 0.809 | 1.142 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 174 g; yields excluding refuse

## NDB No. 13248 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, prime, cooked, roasted

**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 | Samples | Measure 1* 326g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 47.45 | | 0 | 154.69 | 40.33 | |
| Energy | kcal | 353 | | 0 | 1151 | 300 | |
| Energy | kj | 1477 | | 0 | 4815 | 1255 | |
| Protein (N x 5.95) | g | 23.67 | | 0 | 77.16 | 20.12 | |
| Total lipid (fat) | g | 27.88 | | 0 | 90.89 | 23.70 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.00 | | 0 | 3.26 | 0.85 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 29 | 8 | |
| Iron | mg | 3.06 | | 0 | 9.98 | 2.60 | |
| Magnesium | mg | 22 | | 0 | 72 | 19 | |
| Phosphorus | mg | 199 | | 0 | 649 | 169 | |
| Potassium | mg | 330 | | 0 | 1076 | 281 | |
| Sodium | mg | 55 | | 0 | 179 | 47 | |
| Zinc | mg | 4.31 | | 0 | 14.05 | 3.66 | |
| Copper | mg | 0.139 | | 0 | 0.453 | 0.118 | |
| Manganese | mg | 0.014 | | 0 | 0.046 | 0.012 | |
| Selenium | :g | 22.8 | | 0 | 74.3 | 19.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.293 | 0.077 | |
| Riboflavin | mg | 0.270 | | 0 | 0.880 | 0.230 | |
| Niacin | mg | 2.970 | | 0 | 9.682 | 2.525 | |
| Pantothenic acid | mg | 0.380 | | 0 | 1.239 | 0.323 | |
| Vitamin B-6 | mg | 0.330 | | 0 | 1.076 | 0.281 | |
| Folate | :g | 7 | | 0 | 23 | 6 | |
| Vitamin B-12 | :g | 2.51 | | 0 | 8.18 | 2.13 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 11.130 | | 0 | 36.284 | 9.461 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.070 | | 0 | 0.228 | 0.060 | |
| 12:0 | g | 0.060 | | 0 | 0.196 | 0.051 | |
| 14:0 | g | 0.850 | | 0 | 2.771 | 0.723 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.590 | | 0 | 21.483 | 5.601 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.340 | | 0 | 10.888 | 2.839 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 11.550 | 0 | 37.653 | 9.818 |
| 14:1 | g | | | | |
| 16:1 | g | 1.040 | 0 | 3.390 | 0.884 |
| 18:1 | g | 10.330 | 0 | 33.676 | 8.781 |
| 20:1 | g | 0.040 | 0 | 0.130 | 0.034 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.070 | 0 | 3.488 | 0.910 |
| 18:2 | g | 0.730 | 0 | 2.380 | 0.620 |
| 18:3 | g | 0.270 | 0 | 0.880 | 0.230 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 0 | 0.163 | 0.043 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 88 | 0 | 287 | 75 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.265 | 0 | 0.864 | 0.225 |
| Threonine | g | 1.034 | 0 | 3.371 | 0.879 |
| Isoleucine | g | 1.064 | 0 | 3.469 | 0.904 |
| Leucine | g | 1.871 | 0 | 6.099 | 1.590 |
| Lysine | g | 1.969 | 0 | 6.419 | 1.674 |
| Methionine | g | 0.606 | 0 | 1.976 | 0.515 |
| Cystine | g | 0.265 | 0 | 0.864 | 0.225 |
| Phenylalanine | g | 0.924 | 0 | 3.012 | 0.785 |
| Tyrosine | g | 0.795 | 0 | 2.592 | 0.676 |
| Valine | g | 1.151 | 0 | 3.752 | 0.978 |
| Arginine | g | 1.496 | 0 | 4.877 | 1.272 |
| Histidine | g | 0.810 | 0 | 2.641 | 0.689 |
| Alanine | g | 1.428 | 0 | 4.655 | 1.214 |
| Aspartic acid | g | 2.163 | 0 | 7.051 | 1.839 |
| Glutamic acid | g | 3.556 | 0 | 11.593 | 3.023 |
| Glycine | g | 1.291 | 0 | 4.209 | 1.097 |
| Proline | g | 1.045 | 0 | 3.407 | 0.888 |
| Serine | g | 0.905 | 0 | 2.950 | 0.769 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13249 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, all grades, raw

**Refuse:** 25% Connective tissue 1%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 68.40 | | 1 | 19.39 | 310.26 | |
| Energy | kcal | 160 | | 0 | 45 | 726 | |
| Energy | kj | 669 | | 0 | 190 | 3035 | |
| Protein (N x 5.95) | g | 20.78 | 0.225 | 20 | 5.89 | 94.26 | |
| Total lipid (fat) | g | 7.90 | | 1 | 2.24 | 35.83 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.04 | 0.020 | 14 | 0.29 | 4.72 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | 0.663 | 11 | 2 | 27 | |
| Iron | mg | 2.77 | 0.147 | 18 | 0.79 | 12.56 | |
| Magnesium | mg | 24 | 0.565 | 18 | 7 | 109 | |
| Phosphorus | mg | 211 | 6.700 | 9 | 60 | 957 | |
| Potassium | mg | 367 | 3.851 | 34 | 104 | 1665 | |
| Sodium | mg | 54 | 1.639 | 34 | 15 | 245 | |
| Zinc | mg | 3.59 | 0.175 | 16 | 1.02 | 16.28 | |
| Copper | mg | 0.109 | 0.005 | 15 | 0.031 | 0.494 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | ΐg | 17.8 | 1.682 | 19 | 5.0 | 80.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.140 | 0.007 | 18 | 0.040 | 0.635 | |
| Riboflavin | mg | 0.250 | 0.010 | 16 | 0.071 | 1.134 | |
| Niacin | mg | 3.410 | 0.209 | 18 | 0.967 | 15.468 | |
| Pantothenic acid | mg | 0.350 | | 1 | 0.099 | 1.588 | |
| Vitamin B-6 | mg | 0.430 | | 1 | 0.122 | 1.950 | |
| Folate | ΐg | 7 | 1.053 | 10 | 2 | 32 | |
| Vitamin B-12 | ΐg | 2.90 | 0.349 | 17 | 0.82 | 13.15 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ΐg | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.950 | | 0 | 0.836 | 13.381 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 16 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 16 | 0.000 | 0.000 | |
| 14:0 | g | 0.190 | | 16 | 0.054 | 0.862 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.720 | | 16 | 0.488 | 7.802 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.040 | | 16 | 0.295 | 4.717 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.050 | | 0 | 0.865 | 13.835 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.220 | | 16 | 0.062 | 0.998 |
| 18:1 | g | 2.830 | | 16 | 0.802 | 12.837 |
| 20:1 | g | 0.000 | | 16 | 0.000 | 0.000 |
| 22.1 | g | | | | | |
| Polyunsaturated, total | g | 0.360 | | 0 | 0.102 | 1.633 |
| 18:2 | g | 0.290 | | 16 | 0.082 | 1.315 |
| 18:3 | g | 0.020 | | 16 | 0.006 | 0.091 |
| 18:4 | g | | | | | |
| 20:4 | g | 0.050 | | 16 | 0.014 | 0.227 |
| 20:5 | g | | | | | |
| 22:5 | g | | | | | |
| 22:6 | g | | | | | |
| Cholesterol | mg | 62 | 2.296 | 20 | 18 | 281 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.233 | | 0 | 0.066 | 1.057 |
| Threonine | g | 0.908 | | 0 | 0.257 | 4.119 |
| Isoleucine | g | 0.934 | | 0 | 0.265 | 4.237 |
| Leucine | g | 1.643 | | 0 | 0.466 | 7.453 |
| Lysine | g | 1.729 | | 0 | 0.490 | 7.843 |
| Methionine | g | 0.532 | | 0 | 0.151 | 2.413 |
| Cystine | g | 0.233 | | 0 | 0.066 | 1.057 |
| Phenylalanine | g | 0.811 | | 0 | 0.230 | 3.679 |
| Tyrosine | g | 0.698 | | 0 | 0.198 | 3.166 |
| Valine | g | 1.011 | | 0 | 0.287 | 4.586 |
| Arginine | g | 1.313 | | 0 | 0.372 | 5.956 |
| Histidine | g | 0.712 | | 0 | 0.202 | 3.230 |
| Alanine | g | 1.254 | | 0 | 0.356 | 5.688 |
| Aspartic acid | g | 1.899 | | 0 | 0.538 | 8.614 |
| Glutamic acid | g | 3.122 | | 0 | 0.885 | 14.161 |
| Glycine | g | 1.134 | | 0 | 0.321 | 5.144 |
| Proline | g | 0.918 | | 0 | 0.260 | 4.164 |
| Serine | g | 0.795 | | 0 | 0.225 | 3.606 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13250 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

**Refuse:** 21% 5% 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 | Samples | Measure 1* 85g | Measure 2* 98g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 60.10 | | 1 | 51.09 | 58.90 | |
| Energy | kcal | 211 | | 0 | 179 | 207 | |
| Energy | kj | 883 | | 0 | 751 | 865 | |
| Protein (N x 5.95) | g | 28.25 | 0.494 | 10 | 24.01 | 27.68 | |
| Total lipid (fat) | g | 10.00 | | 1 | 8.50 | 9.80 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.30 | 0.028 | 10 | 1.10 | 1.27 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | 0.845 | 9 | 6 | 7 | |
| Iron | mg | 3.58 | 0.241 | 9 | 3.04 | 3.51 | |
| Magnesium | mg | 30 | 0.509 | 9 | 26 | 29 | |
| Phosphorus | mg | 238 | | 1 | 202 | 233 | |
| Potassium | mg | 419 | 5.553 | 9 | 356 | 411 | |
| Sodium | mg | 63 | 5.260 | 9 | 54 | 62 | |
| Zinc | mg | 5.59 | 0.218 | 8 | 4.75 | 5.48 | |
| Copper | mg | 0.179 | 0.009 | 8 | 0.152 | 0.175 | |
| Manganese | mg | 0.017 | | 1 | 0.014 | 0.017 | |
| Selenium | :g | 24.4 | | 0 | 20.7 | 23.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.130 | 0.009 | 10 | 0.111 | 0.127 | |
| Riboflavin | mg | 0.300 | 0.011 | 9 | 0.255 | 0.294 | |
| Niacin | mg | 3.920 | 0.181 | 10 | 3.332 | 3.842 | |
| Pantothenic acid | mg | 0.380 | | 1 | 0.323 | 0.372 | |
| Vitamin B-6 | mg | 0.440 | | 1 | 0.374 | 0.431 | |
| Folate | :g | 7 | 1.671 | 10 | 6 | 7 | |
| Vitamin B-12 | :g | 2.57 | 0.385 | 10 | 2.18 | 2.52 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.119 | 0.137 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.740 | | 0 | 3.179 | 3.665 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 7 | 0.009 | 0.010 | |
| 12:0 | g | 0.010 | | 7 | 0.009 | 0.010 | |
| 14:0 | g | 0.260 | | 7 | 0.221 | 0.255 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.140 | | 7 | 1.819 | 2.097 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.310 | | 7 | 1.114 | 1.284 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.770 | | 0 | 3.204 | 3.695 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.270 | | 7 | 0.230 | 0.265 |
| 18:1 | g | 3.500 | | 7 | 2.975 | 3.430 |
| 20:1 | g | 0.000 | | 7 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.380 | | 0 | 0.323 | 0.372 |
| 18:2 | g | 0.300 | | 7 | 0.255 | 0.294 |
| 18:3 | g | 0.030 | | 7 | 0.026 | 0.029 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | | 7 | 0.034 | 0.039 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 84 | 2.363 | 7 | 71 | 82 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.316 | | 0 | 0.269 | 0.310 |
| Threonine | g | 1.234 | | 0 | 1.049 | 1.209 |
| Isoleucine | g | 1.270 | | 0 | 1.080 | 1.245 |
| Leucine | g | 2.233 | | 0 | 1.898 | 2.188 |
| Lysine | g | 2.350 | | 0 | 1.998 | 2.303 |
| Methionine | g | 0.723 | | 0 | 0.615 | 0.709 |
| Cystine | g | 0.316 | | 0 | 0.269 | 0.310 |
| Phenylalanine | g | 1.103 | | 0 | 0.938 | 1.081 |
| Tyrosine | g | 0.949 | | 0 | 0.807 | 0.930 |
| Valine | g | 1.374 | | 0 | 1.168 | 1.347 |
| Arginine | g | 1.785 | | 0 | 1.517 | 1.749 |
| Histidine | g | 0.967 | | 0 | 0.822 | 0.948 |
| Alanine | g | 1.704 | | 0 | 1.448 | 1.670 |
| Aspartic acid | g | 2.581 | | 0 | 2.194 | 2.529 |
| Glutamic acid | g | 4.244 | | 0 | 3.607 | 4.159 |
| Glycine | g | 1.541 | | 0 | 1.310 | 1.510 |
| Proline | g | 1.248 | | 0 | 1.061 | 1.223 |
| Serine | g | 1.080 | | 0 | 0.918 | 1.058 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 174 g; yields excluding refuse

## NDB No. 13251 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

**Refuse:** 26% 2% connective tissue, 24% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 251g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 56.92 | | 0 | 142.87 | 48.38 | |
| Energy | kcal | 222 | | 0 | 557 | 189 | |
| Energy | kj | 929 | | 0 | 2332 | 790 | |
| Protein (N x 5.95) | g | 27.71 | | 0 | 69.55 | 23.55 | |
| Total lipid (fat) | g | 11.48 | | 0 | 28.81 | 9.76 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.39 | | 0 | 3.49 | 1.18 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 18 | 6 | |
| Iron | mg | 3.69 | | 0 | 9.26 | 3.14 | |
| Magnesium | mg | 27 | | 0 | 68 | 23 | |
| Phosphorus | mg | 239 | | 0 | 600 | 203 | |
| Potassium | mg | 391 | | 0 | 981 | 332 | |
| Sodium | mg | 61 | | 0 | 153 | 52 | |
| Zinc | mg | 4.79 | | 0 | 12.02 | 4.07 | |
| Copper | mg | 0.145 | | 0 | 0.364 | 0.123 | |
| Manganese | mg | 0.016 | | 0 | 0.040 | 0.014 | |
| Selenium | :g | 23.7 | | 0 | 59.5 | 20.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.251 | 0.085 | |
| Riboflavin | mg | 0.310 | | 0 | 0.778 | 0.264 | |
| Niacin | mg | 3.410 | | 0 | 8.559 | 2.899 | |
| Pantothenic acid | mg | 0.280 | | 0 | 0.703 | 0.238 | |
| Vitamin B-6 | mg | 0.290 | | 0 | 0.728 | 0.247 | |
| Folate | :g | 9 | | 0 | 23 | 8 | |
| Vitamin B-12 | :g | 2.71 | | 0 | 6.80 | 2.30 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.330 | | 0 | 10.868 | 3.681 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.290 | | 0 | 0.728 | 0.247 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.530 | | 0 | 6.350 | 2.150 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.510 | | 0 | 3.790 | 1.283 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.480 | 0 | 11.245 | 3.808 |
| 14:1 | g | | | | |
| 16:1 | g | 0.340 | 0 | 0.853 | 0.289 |
| 18:1 | g | 4.140 | 0 | 10.391 | 3.519 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.520 | 0 | 1.305 | 0.442 |
| 18:2 | g | 0.410 | 0 | 1.029 | 0.349 |
| 18:3 | g | 0.050 | 0 | 0.126 | 0.043 |
| 18:4 | g | | | | |
| 20:4 | g | 0.060 | 0 | 0.151 | 0.051 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 83 | 0 | 208 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.310 | 0 | 0.778 | 0.264 |
| Threonine | g | 1.210 | 0 | 3.037 | 1.028 |
| Isoleucine | g | 1.246 | 0 | 3.127 | 1.059 |
| Leucine | g | 2.190 | 0 | 5.497 | 1.862 |
| Lysine | g | 2.305 | 0 | 5.786 | 1.959 |
| Methionine | g | 0.709 | 0 | 1.780 | 0.603 |
| Cystine | g | 0.310 | 0 | 0.778 | 0.264 |
| Phenylalanine | g | 1.082 | 0 | 2.716 | 0.920 |
| Tyrosine | g | 0.931 | 0 | 2.337 | 0.791 |
| Valine | g | 1.348 | 0 | 3.383 | 1.146 |
| Arginine | g | 1.751 | 0 | 4.395 | 1.488 |
| Histidine | g | 0.949 | 0 | 2.382 | 0.807 |
| Alanine | g | 1.671 | 0 | 4.194 | 1.420 |
| Aspartic acid | g | 2.531 | 0 | 6.353 | 2.151 |
| Glutamic acid | g | 4.163 | 0 | 10.449 | 3.539 |
| Glycine | g | 1.512 | 0 | 3.795 | 1.285 |
| Proline | g | 1.224 | 0 | 3.072 | 1.040 |
| Serine | g | 1.060 | 0 | 2.661 | 0.901 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13252 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, choice, raw

**Refuse:** 26% Connective tissue 2%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 68.10 | | 1 | 19.31 | 308.90 | |
| Energy | kcal | 166 | | 0 | 47 | 753 | |
| Energy | kj | 695 | | 0 | 197 | 3153 | |
| Protein (N x 5.95) | g | 20.78 | | 1 | 5.89 | 94.26 | |
| Total lipid (fat) | g | 8.60 | | 1 | 2.44 | 39.01 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.04 | | 1 | 0.29 | 4.72 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 1 | 2 | 27 | |
| Iron | mg | 2.77 | | 1 | 0.79 | 12.56 | |
| Magnesium | mg | 24 | | 1 | 7 | 109 | |
| Phosphorus | mg | 211 | | 1 | 60 | 957 | |
| Potassium | mg | 367 | | 1 | 104 | 1665 | |
| Sodium | mg | 54 | | 1 | 15 | 245 | |
| Zinc | mg | 3.59 | | 1 | 1.02 | 16.28 | |
| Copper | mg | 0.109 | | 1 | 0.031 | 0.494 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 17.8 | | 0 | 5.0 | 80.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.140 | | 1 | 0.040 | 0.635 | |
| Riboflavin | mg | 0.250 | | 1 | 0.071 | 1.134 | |
| Niacin | mg | 3.410 | | 1 | 0.967 | 15.468 | |
| Pantothenic acid | mg | 0.350 | | 1 | 0.099 | 1.588 | |
| Vitamin B-6 | mg | 0.430 | | 1 | 0.122 | 1.950 | |
| Folate | :g | 7 | | 1 | 2 | 32 | |
| Vitamin B-12 | :g | 2.90 | | 1 | 0.82 | 13.15 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.220 | | 0 | 0.913 | 14.606 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 7 | 0.003 | 0.045 | |
| 12:0 | g | 0.010 | | 7 | 0.003 | 0.045 | |
| 14:0 | g | 0.220 | | 7 | 0.062 | 0.998 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.840 | | 7 | 0.522 | 8.346 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.130 | | 7 | 0.320 | 5.126 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.240 | 0 | 0.919 | 14.697 |
| 14:1 | g | | | | |
| 16:1 | g | 0.230 | 7 | 0.065 | 1.043 |
| 18:1 | g | 3.010 | 7 | 0.853 | 13.653 |
| 20:1 | g | 0.000 | 7 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.320 | 0 | 0.091 | 1.452 |
| 18:2 | g | 0.260 | 7 | 0.074 | 1.179 |
| 18:3 | g | 0.030 | 7 | 0.009 | 0.136 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 7 | 0.011 | 0.181 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 62 | 1 | 18 | 281 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.233 | 0 | 0.066 | 1.057 |
| Threonine | g | 0.908 | 0 | 0.257 | 4.119 |
| Isoleucine | g | 0.934 | 0 | 0.265 | 4.237 |
| Leucine | g | 1.643 | 0 | 0.466 | 7.453 |
| Lysine | g | 1.729 | 0 | 0.490 | 7.843 |
| Methionine | g | 0.532 | 0 | 0.151 | 2.413 |
| Cystine | g | 0.233 | 0 | 0.066 | 1.057 |
| Phenylalanine | g | 0.811 | 0 | 0.230 | 3.679 |
| Tyrosine | g | 0.698 | 0 | 0.198 | 3.166 |
| Valine | g | 1.011 | 0 | 0.287 | 4.586 |
| Arginine | g | 1.313 | 0 | 0.372 | 5.956 |
| Histidine | g | 0.712 | 0 | 0.202 | 3.230 |
| Alanine | g | 1.254 | 0 | 0.356 | 5.688 |
| Aspartic acid | g | 1.899 | 0 | 0.538 | 8.614 |
| Glutamic acid | g | 3.122 | 0 | 0.885 | 14.161 |
| Glycine | g | 1.134 | 0 | 0.321 | 5.144 |
| Proline | g | 0.918 | 0 | 0.260 | 4.164 |
| Serine | g | 0.795 | 0 | 0.225 | 3.606 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13253 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

**Refuse:** 22% 5% connective tissue, 17% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 85g | Measure 2* 99g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.20 | | 0 | 50.32 | 58.61 | |
| Energy | kcal | 222 | | 0 | 189 | 220 | |
| Energy | kj | 929 | | 0 | 790 | 920 | |
| Protein (N x 5.95) | g | 28.25 | | 0 | 24.01 | 27.97 | |
| Total lipid (fat) | g | 11.20 | | 0 | 9.52 | 11.09 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.30 | | 0 | 1.10 | 1.29 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 6 | 7 | |
| Iron | mg | 3.58 | | 0 | 3.04 | 3.54 | |
| Magnesium | mg | 30 | | 0 | 26 | 30 | |
| Phosphorus | mg | 238 | | 0 | 202 | 236 | |
| Potassium | mg | 419 | | 0 | 356 | 415 | |
| Sodium | mg | 63 | | 0 | 54 | 62 | |
| Zinc | mg | 5.59 | | 0 | 4.75 | 5.53 | |
| Copper | mg | 0.179 | | 0 | 0.152 | 0.177 | |
| Manganese | mg | 0.017 | | 0 | 0.014 | 0.017 | |
| Selenium | :g | 24.4 | | 0 | 20.7 | 24.2 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.130 | | 0 | 0.111 | 0.129 | |
| Riboflavin | mg | 0.300 | | 0 | 0.255 | 0.297 | |
| Niacin | mg | 3.920 | | 0 | 3.332 | 3.881 | |
| Pantothenic acid | mg | 0.380 | | 0 | 0.323 | 0.376 | |
| Vitamin B-6 | mg | 0.440 | | 0 | 0.374 | 0.436 | |
| Folate | :g | 7 | | 0 | 6 | 7 | |
| Vitamin B-12 | :g | 2.57 | | 0 | 2.18 | 2.54 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.190 | | 0 | 3.562 | 4.148 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 0 | 0.009 | 0.010 | |
| 12:0 | g | 0.010 | | 0 | 0.009 | 0.010 | |
| 14:0 | g | 0.290 | | 0 | 0.247 | 0.287 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.400 | | 0 | 2.040 | 2.376 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.470 | | 0 | 1.250 | 1.455 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.220 | 0 | 3.587 | 4.178 |
| 14:1 | g | | | | |
| 16:1 | g | 0.300 | 0 | 0.255 | 0.297 |
| 18:1 | g | 3.920 | 0 | 3.332 | 3.881 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.420 | 0 | 0.357 | 0.416 |
| 18:2 | g | 0.340 | 0 | 0.289 | 0.337 |
| 18:3 | g | 0.040 | 0 | 0.034 | 0.040 |
| 18:4 | g | | | | |
| 20:4 | g | 0.050 | 0 | 0.043 | 0.050 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 84 | 0 | 71 | 83 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.316 | 0 | 0.269 | 0.313 |
| Threonine | g | 1.234 | 0 | 1.049 | 1.222 |
| Isoleucine | g | 1.270 | 0 | 1.080 | 1.257 |
| Leucine | g | 2.233 | 0 | 1.898 | 2.211 |
| Lysine | g | 2.350 | 0 | 1.998 | 2.327 |
| Methionine | g | 0.723 | 0 | 0.615 | 0.716 |
| Cystine | g | 0.316 | 0 | 0.269 | 0.313 |
| Phenylalanine | g | 1.103 | 0 | 0.938 | 1.092 |
| Tyrosine | g | 0.949 | 0 | 0.807 | 0.940 |
| Valine | g | 1.374 | 0 | 1.168 | 1.360 |
| Arginine | g | 1.785 | 0 | 1.517 | 1.767 |
| Histidine | g | 0.967 | 0 | 0.822 | 0.957 |
| Alanine | g | 1.704 | 0 | 1.448 | 1.687 |
| Aspartic acid | g | 2.581 | 0 | 2.194 | 2.555 |
| Glutamic acid | g | 4.244 | 0 | 3.607 | 4.202 |
| Glycine | g | 1.541 | 0 | 1.310 | 1.526 |
| Proline | g | 1.248 | 0 | 1.061 | 1.236 |
| Serine | g | 1.080 | 0 | 0.918 | 1.069 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 174 g; yields excluding refuse

## NDB No. 13254 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

**Refuse:** 26% 2% connective tissue, 24% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 250g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 56.43 | | 0 | 141.07 | 47.97 | |
| Energy | kcal | 231 | | 0 | 578 | 196 | |
| Energy | kj | 967 | | 0 | 2418 | 822 | |
| Protein (N x 5.95) | g | 27.71 | | 0 | 69.28 | 23.55 | |
| Total lipid (fat) | g | 12.50 | | 0 | 31.25 | 10.63 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.39 | | 0 | 3.48 | 1.18 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 20 | 7 | |
| Iron | mg | 3.69 | | 0 | 9.22 | 3.14 | |
| Magnesium | mg | 32 | | 0 | 80 | 27 | |
| Phosphorus | mg | 281 | | 0 | 703 | 239 | |
| Potassium | mg | 489 | | 0 | 1223 | 416 | |
| Sodium | mg | 72 | | 0 | 180 | 61 | |
| Zinc | mg | 4.79 | | 0 | 11.97 | 4.07 | |
| Copper | mg | 0.145 | | 0 | 0.363 | 0.123 | |
| Manganese | mg | 0.019 | | 0 | 0.048 | 0.016 | |
| Selenium | :g | 23.7 | | 0 | 59.3 | 20.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.180 | | 0 | 0.450 | 0.153 | |
| Riboflavin | mg | 0.330 | | 0 | 0.825 | 0.281 | |
| Niacin | mg | 4.550 | | 0 | 11.375 | 3.868 | |
| Pantothenic acid | mg | 0.470 | | 0 | 1.175 | 0.400 | |
| Vitamin B-6 | mg | 0.570 | | 0 | 1.425 | 0.484 | |
| Folate | :g | 9 | | 0 | 23 | 8 | |
| Vitamin B-12 | :g | 3.87 | | 0 | 9.68 | 3.29 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.720 | | 0 | 11.800 | 4.012 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.020 | | 0 | 0.050 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.050 | 0.017 | |
| 14:0 | g | 0.330 | | 0 | 0.825 | 0.281 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.720 | | 0 | 6.800 | 2.312 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.640 | | 0 | 4.100 | 1.394 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.770 | 0 | 11.925 | 4.054 |
| 14:1 | g | | | | |
| 16:1 | g | 0.370 | 0 | 0.925 | 0.315 |
| 18:1 | g | 4.410 | 0 | 11.025 | 3.749 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.470 | 0 | 1.175 | 0.400 |
| 18:2 | g | 0.370 | 0 | 0.925 | 0.315 |
| 18:3 | g | 0.050 | 0 | 0.125 | 0.043 |
| 18:4 | g | | | | |
| 20:4 | g | 0.050 | 0 | 0.125 | 0.043 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 83 | 0 | 208 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.310 | 0 | 0.775 | 0.264 |
| Threonine | g | 1.210 | 0 | 3.025 | 1.028 |
| Isoleucine | g | 1.246 | 0 | 3.115 | 1.059 |
| Leucine | g | 2.190 | 0 | 5.475 | 1.862 |
| Lysine | g | 2.305 | 0 | 5.763 | 1.959 |
| Methionine | g | 0.709 | 0 | 1.773 | 0.603 |
| Cystine | g | 0.310 | 0 | 0.775 | 0.264 |
| Phenylalanine | g | 1.082 | 0 | 2.705 | 0.920 |
| Tyrosine | g | 0.931 | 0 | 2.328 | 0.791 |
| Valine | g | 1.348 | 0 | 3.370 | 1.146 |
| Arginine | g | 1.751 | 0 | 4.378 | 1.488 |
| Histidine | g | 0.949 | 0 | 2.373 | 0.807 |
| Alanine | g | 1.671 | 0 | 4.178 | 1.420 |
| Aspartic acid | g | 2.531 | 0 | 6.327 | 2.151 |
| Glutamic acid | g | 4.163 | 0 | 10.408 | 3.539 |
| Glycine | g | 1.512 | 0 | 3.780 | 1.285 |
| Proline | g | 1.224 | 0 | 3.060 | 1.040 |
| Serine | g | 1.060 | 0 | 2.650 | 0.901 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13255 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, select, raw

**Refuse:** 25% Connective tissue 1%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 68.80 | | 1 | 19.50 | 312.08 | |
| Energy | kcal | 153 | | 0 | 43 | 694 | |
| Energy | kj | 640 | | 0 | 181 | 2903 | |
| Protein (N x 5.95) | g | 20.78 | | 1 | 5.89 | 94.26 | |
| Total lipid (fat) | g | 7.10 | | 1 | 2.01 | 32.21 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.04 | | 1 | 0.29 | 4.72 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 1 | 2 | 27 | |
| Iron | mg | 2.77 | | 1 | 0.79 | 12.56 | |
| Magnesium | mg | 24 | | 1 | 7 | 109 | |
| Phosphorus | mg | 211 | | 1 | 60 | 957 | |
| Potassium | mg | 367 | | 1 | 104 | 1665 | |
| Sodium | mg | 54 | | 1 | 15 | 245 | |
| Zinc | mg | 3.59 | | 1 | 1.02 | 16.28 | |
| Copper | mg | 0.109 | | 1 | 0.031 | 0.494 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 17.8 | | 0 | 5.0 | 80.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.140 | | 1 | 0.040 | 0.635 | |
| Riboflavin | mg | 0.250 | | 1 | 0.071 | 1.134 | |
| Niacin | mg | 3.410 | | 1 | 0.967 | 15.468 | |
| Pantothenic acid | mg | 0.350 | | 1 | 0.099 | 1.588 | |
| Vitamin B-6 | mg | 0.430 | | 1 | 0.122 | 1.950 | |
| Folate | :g | 7 | | 1 | 2 | 32 | |
| Vitamin B-12 | :g | 2.90 | | 1 | 0.82 | 13.15 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.650 | | 0 | 0.751 | 12.020 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 16 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 16 | 0.000 | 0.000 | |
| 14:0 | g | 0.170 | | 16 | 0.048 | 0.771 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.540 | | 16 | 0.437 | 6.985 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.940 | | 16 | 0.266 | 4.264 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.740 | 0 | 0.777 | 12.429 |
| 14:1 | g | | | | |
| 16:1 | g | 0.200 | 16 | 0.057 | 0.907 |
| 18:1 | g | 2.550 | 16 | 0.723 | 11.567 |
| 20:1 | g | 0.000 | 16 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.330 | 0 | 0.094 | 1.497 |
| 18:2 | g | 0.260 | 16 | 0.074 | 1.179 |
| 18:3 | g | 0.020 | 16 | 0.006 | 0.091 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 16 | 0.011 | 0.181 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 62 | 1 | 18 | 281 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.233 | 0 | 0.066 | 1.057 |
| Threonine | g | 0.908 | 0 | 0.257 | 4.119 |
| Isoleucine | g | 0.934 | 0 | 0.265 | 4.237 |
| Leucine | g | 1.643 | 0 | 0.466 | 7.453 |
| Lysine | g | 1.729 | 0 | 0.490 | 7.843 |
| Methionine | g | 0.532 | 0 | 0.151 | 2.413 |
| Cystine | g | 0.233 | 0 | 0.066 | 1.057 |
| Phenylalanine | g | 0.811 | 0 | 0.230 | 3.679 |
| Tyrosine | g | 0.698 | 0 | 0.198 | 3.166 |
| Valine | g | 1.011 | 0 | 0.287 | 4.586 |
| Arginine | g | 1.313 | 0 | 0.372 | 5.956 |
| Histidine | g | 0.712 | 0 | 0.202 | 3.230 |
| Alanine | g | 1.254 | 0 | 0.356 | 5.688 |
| Aspartic acid | g | 1.899 | 0 | 0.538 | 8.614 |
| Glutamic acid | g | 3.122 | 0 | 0.885 | 14.161 |
| Glycine | g | 1.134 | 0 | 0.321 | 5.144 |
| Proline | g | 0.918 | 0 | 0.260 | 4.164 |
| Serine | g | 0.795 | 0 | 0.225 | 3.606 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13256 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, select, cooked, broiled

**Refuse:** 2% 5% connective tissue, 15% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 99g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 61.00 | | 0 | 60.39 | 51.85 | |
| Energy | kcal | 199 | | 0 | 197 | 169 | |
| Energy | kj | 833 | | 0 | 825 | 708 | |
| Protein (N x 5.95) | g | 28.25 | | 0 | 27.97 | 24.01 | |
| Total lipid (fat) | g | 8.70 | | 0 | 8.61 | 7.39 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.30 | | 0 | 1.29 | 1.10 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 7 | 6 | |
| Iron | mg | 3.58 | | 0 | 3.54 | 3.04 | |
| Magnesium | mg | 30 | | 0 | 30 | 26 | |
| Phosphorus | mg | 238 | | 0 | 236 | 202 | |
| Potassium | mg | 419 | | 0 | 415 | 356 | |
| Sodium | mg | 63 | | 0 | 62 | 54 | |
| Zinc | mg | 5.59 | | 0 | 5.53 | 4.75 | |
| Copper | mg | 0.179 | | 0 | 0.177 | 0.152 | |
| Manganese | mg | 0.017 | | 0 | 0.017 | 0.014 | |
| Selenium | ：g | 24.4 | | 0 | 24.2 | 20.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.130 | | 0 | 0.129 | 0.111 | |
| Riboflavin | mg | 0.300 | | 0 | 0.297 | 0.255 | |
| Niacin | mg | 3.920 | | 0 | 3.881 | 3.332 | |
| Pantothenic acid | mg | 0.380 | | 0 | 0.376 | 0.323 | |
| Vitamin B-6 | mg | 0.440 | | 0 | 0.436 | 0.374 | |
| Folate | ：g | 7 | | 0 | 7 | 6 | |
| Vitamin B-12 | ：g | 2.57 | | 0 | 2.54 | 2.18 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.250 | | 0 | 3.217 | 2.763 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 0 | 0.010 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.010 | 0.009 | |
| 14:0 | g | 0.220 | | 0 | 0.218 | 0.187 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.870 | | 0 | 1.851 | 1.590 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.140 | | 0 | 1.129 | 0.969 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.280 | 0 | 3.247 | 2.788 |
| 14:1 | g | | | | |
| 16:1 | g | 0.230 | 0 | 0.228 | 0.196 |
| 18:1 | g | 3.050 | 0 | 3.019 | 2.592 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.330 | 0 | 0.327 | 0.281 |
| 18:2 | g | 0.260 | 0 | 0.257 | 0.221 |
| 18:3 | g | 0.030 | 0 | 0.030 | 0.026 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.040 | 0.034 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 84 | 0 | 83 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.316 | 0 | 0.313 | 0.269 |
| Threonine | g | 1.234 | 0 | 1.222 | 1.049 |
| Isoleucine | g | 1.270 | 0 | 1.257 | 1.080 |
| Leucine | g | 2.233 | 0 | 2.211 | 1.898 |
| Lysine | g | 2.350 | 0 | 2.327 | 1.998 |
| Methionine | g | 0.723 | 0 | 0.716 | 0.615 |
| Cystine | g | 0.316 | 0 | 0.313 | 0.269 |
| Phenylalanine | g | 1.103 | 0 | 1.092 | 0.938 |
| Tyrosine | g | 0.949 | 0 | 0.940 | 0.807 |
| Valine | g | 1.374 | 0 | 1.360 | 1.168 |
| Arginine | g | 1.785 | 0 | 1.767 | 1.517 |
| Histidine | g | 0.967 | 0 | 0.957 | 0.822 |
| Alanine | g | 1.704 | 0 | 1.687 | 1.448 |
| Aspartic acid | g | 2.581 | 0 | 2.555 | 2.194 |
| Glutamic acid | g | 4.244 | 0 | 4.202 | 3.607 |
| Glycine | g | 1.541 | 0 | 1.526 | 1.310 |
| Proline | g | 1.248 | 0 | 1.236 | 1.061 |
| Serine | g | 1.080 | 0 | 1.069 | 0.918 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 raw steak yields

Measure 2: 3 oz

## NDB No. 13257 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, select, cooked, roasted

**Refuse:** 26% 2% connective tissue, 24% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 251g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 57.55 | | 0 | 144.45 | 48.92 | |
| Energy | kcal | 211 | | 0 | 530 | 179 | |
| Energy | kj | 883 | | 0 | 2216 | 751 | |
| Protein (N x 5.95) | g | 27.71 | | 0 | 69.55 | 23.55 | |
| Total lipid (fat) | g | 10.32 | | 0 | 25.90 | 8.77 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.39 | | 0 | 3.49 | 1.18 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 18 | 6 | |
| Iron | mg | 3.69 | | 0 | 9.26 | 3.14 | |
| Magnesium | mg | 27 | | 0 | 68 | 23 | |
| Phosphorus | mg | 239 | | 0 | 600 | 203 | |
| Potassium | mg | 391 | | 0 | 981 | 332 | |
| Sodium | mg | 61 | | 0 | 153 | 52 | |
| Zinc | mg | 4.79 | | 0 | 12.02 | 4.07 | |
| Copper | mg | 0.145 | | 0 | 0.364 | 0.123 | |
| Manganese | mg | 0.016 | | 0 | 0.040 | 0.014 | |
| Selenium | :g | 23.7 | | 0 | 59.5 | 20.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.251 | 0.085 | |
| Riboflavin | mg | 0.310 | | 0 | 0.778 | 0.264 | |
| Niacin | mg | 3.410 | | 0 | 8.559 | 2.899 | |
| Pantothenic acid | mg | 0.280 | | 0 | 0.703 | 0.238 | |
| Vitamin B-6 | mg | 0.290 | | 0 | 0.728 | 0.247 | |
| Folate | :g | 9 | | 0 | 23 | 8 | |
| Vitamin B-12 | :g | 2.71 | | 0 | 6.80 | 2.30 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.890 | | 0 | 9.764 | 3.307 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.260 | | 0 | 0.653 | 0.221 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.270 | | 0 | 5.698 | 1.930 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.350 | | 0 | 3.389 | 1.148 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.030 | 0 | 10.115 | 3.426 |
| 14:1 | g | | | | |
| 16:1 | g | 0.310 | 0 | 0.778 | 0.264 |
| 18:1 | g | 3.720 | 0 | 9.337 | 3.162 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.470 | 0 | 1.180 | 0.400 |
| 18:2 | g | 0.370 | 0 | 0.929 | 0.315 |
| 18:3 | g | 0.040 | 0 | 0.100 | 0.034 |
| 18:4 | g | | | | |
| 20:4 | g | 0.060 | 0 | 0.151 | 0.051 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 83 | 0 | 208 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.310 | 0 | 0.778 | 0.264 |
| Threonine | g | 1.210 | 0 | 3.037 | 1.028 |
| Isoleucine | g | 1.246 | 0 | 3.127 | 1.059 |
| Leucine | g | 2.190 | 0 | 5.497 | 1.862 |
| Lysine | g | 2.305 | 0 | 5.786 | 1.959 |
| Methionine | g | 0.709 | 0 | 1.780 | 0.603 |
| Cystine | g | 0.310 | 0 | 0.778 | 0.264 |
| Phenylalanine | g | 1.082 | 0 | 2.716 | 0.920 |
| Tyrosine | g | 0.931 | 0 | 2.337 | 0.791 |
| Valine | g | 1.348 | 0 | 3.383 | 1.146 |
| Arginine | g | 1.751 | 0 | 4.395 | 1.488 |
| Histidine | g | 0.949 | 0 | 2.382 | 0.807 |
| Alanine | g | 1.671 | 0 | 4.194 | 1.420 |
| Aspartic acid | g | 2.531 | 0 | 6.353 | 2.151 |
| Glutamic acid | g | 4.163 | 0 | 10.449 | 3.539 |
| Glycine | g | 1.512 | 0 | 3.795 | 1.285 |
| Proline | g | 1.224 | 0 | 3.072 | 1.040 |
| Serine | g | 1.060 | 0 | 2.661 | 0.901 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13258 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, prime, raw

**Refuse:** 25% Connective tissue 3%, separable fat 22%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 69.92 | | 1 | 19.82 | 317.16 | |
| Energy | kcal | 169 | | 0 | 48 | 767 | |
| Energy | kj | 707 | | 0 | 200 | 3207 | |
| Protein (N x 5.95) | g | 20.78 | | 1 | 5.89 | 94.26 | |
| Total lipid (fat) | g | 8.85 | | 1 | 2.51 | 40.14 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.04 | | 1 | 0.29 | 4.72 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 1 | 2 | 27 | |
| Iron | mg | 2.77 | | 1 | 0.79 | 12.56 | |
| Magnesium | mg | 24 | | 1 | 7 | 109 | |
| Phosphorus | mg | 211 | | 1 | 60 | 957 | |
| Potassium | mg | 367 | | 1 | 104 | 1665 | |
| Sodium | mg | 54 | | 1 | 15 | 245 | |
| Zinc | mg | 3.59 | | 1 | 1.02 | 16.28 | |
| Copper | mg | 0.109 | | 1 | 0.031 | 0.494 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 17.8 | | 0 | 5.0 | 80.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.140 | | 1 | 0.040 | 0.635 | |
| Riboflavin | mg | 0.250 | | 1 | 0.071 | 1.134 | |
| Niacin | mg | 3.410 | | 1 | 0.967 | 15.468 | |
| Pantothenic acid | mg | 0.350 | | 1 | 0.099 | 1.588 | |
| Vitamin B-6 | mg | 0.430 | | 1 | 0.122 | 1.950 | |
| Folate | :g | 7 | | 1 | 2 | 32 | |
| Vitamin B-12 | :g | 2.90 | | 1 | 0.82 | 13.15 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.540 | | 0 | 1.004 | 16.057 | |
| 4:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 14:0 | g | 0.210 | | 1 | 0.060 | 0.953 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.930 | | 1 | 0.547 | 8.754 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.170 | | 1 | 0.332 | 5.307 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.530 | 0 | 1.001 | 16.012 |
| 14:1 | g | | | | |
| 16:1 | g | 0.240 | 1 | 0.068 | 1.089 |
| 18:1 | g | 3.170 | 1 | 0.899 | 14.379 |
| 20:1 | g | 0.010 | 1 | 0.003 | 0.045 |
| 22.1 | g | 0.000 | 1 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.420 | 0 | 0.119 | 1.905 |
| 18:2 | g | 0.320 | 1 | 0.091 | 1.452 |
| 18:3 | g | 0.030 | 1 | 0.009 | 0.136 |
| 18:4 | g | 0.000 | 1 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 1 | 0.014 | 0.227 |
| 20:5 | g | 0.000 | 1 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 1 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 1 | 0.000 | 0.000 |
| Cholesterol | mg | 62 | 1 | 18 | 281 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.233 | 0 | 0.066 | 1.057 |
| Threonine | g | 0.908 | 0 | 0.257 | 4.119 |
| Isoleucine | g | 0.934 | 0 | 0.265 | 4.237 |
| Leucine | g | 1.643 | 0 | 0.466 | 7.453 |
| Lysine | g | 1.729 | 0 | 0.490 | 7.843 |
| Methionine | g | 0.532 | 0 | 0.151 | 2.413 |
| Cystine | g | 0.233 | 0 | 0.066 | 1.057 |
| Phenylalanine | g | 0.811 | 0 | 0.230 | 3.679 |
| Tyrosine | g | 0.698 | 0 | 0.198 | 3.166 |
| Valine | g | 1.011 | 0 | 0.287 | 4.586 |
| Arginine | g | 1.313 | 0 | 0.372 | 5.956 |
| Histidine | g | 0.712 | 0 | 0.202 | 3.230 |
| Alanine | g | 1.254 | 0 | 0.356 | 5.688 |
| Aspartic acid | g | 1.899 | 0 | 0.538 | 8.614 |
| Glutamic acid | g | 3.122 | 0 | 0.885 | 14.161 |
| Glycine | g | 1.134 | 0 | 0.321 | 5.144 |
| Proline | g | 0.918 | 0 | 0.260 | 4.164 |
| Serine | g | 0.795 | 0 | 0.225 | 3.606 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13259 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, prime, cooked, broiled

**Refuse:** 21% 3% connective tissue, 18% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 85g | Measure 2* 98g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.65 | | 0 | 49.85 | 57.48 | |
| Energy | kcal | 232 | | 0 | 197 | 227 | |
| Energy | kj | 971 | | 0 | 825 | 952 | |
| Protein (N x 5.95) | g | 28.25 | | 0 | 24.01 | 27.68 | |
| Total lipid (fat) | g | 12.36 | | 0 | 10.51 | 12.11 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.30 | | 0 | 1.10 | 1.27 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 6 | 7 | |
| Iron | mg | 3.58 | | 0 | 3.04 | 3.51 | |
| Magnesium | mg | 30 | | 0 | 26 | 29 | |
| Phosphorus | mg | 238 | | 0 | 202 | 233 | |
| Potassium | mg | 419 | | 0 | 356 | 411 | |
| Sodium | mg | 63 | | 0 | 54 | 62 | |
| Zinc | mg | 5.59 | | 0 | 4.75 | 5.48 | |
| Copper | mg | 0.179 | | 0 | 0.152 | 0.175 | |
| Manganese | mg | 0.017 | | 0 | 0.014 | 0.017 | |
| Selenium | :g | 24.4 | | 0 | 20.7 | 23.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.130 | | 0 | 0.111 | 0.127 | |
| Riboflavin | mg | 0.300 | | 0 | 0.255 | 0.294 | |
| Niacin | mg | 3.920 | | 0 | 3.332 | 3.842 | |
| Pantothenic acid | mg | 0.380 | | 0 | 0.323 | 0.372 | |
| Vitamin B-6 | mg | 0.440 | | 0 | 0.374 | 0.431 | |
| Folate | :g | 7 | | 0 | 6 | 7 | |
| Vitamin B-12 | :g | 2.57 | | 0 | 2.18 | 2.52 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.830 | | 0 | 4.106 | 4.733 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.009 | 0.010 | |
| 12:0 | g | 0.010 | | 0 | 0.009 | 0.010 | |
| 14:0 | g | 0.320 | | 0 | 0.272 | 0.314 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.650 | | 0 | 2.252 | 2.597 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.620 | | 0 | 1.377 | 1.588 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.810 | 0 | 4.088 | 4.714 |
| 14:1 | g | | | | |
| 16:1 | g | 0.330 | 0 | 0.281 | 0.323 |
| 18:1 | g | 4.330 | 0 | 3.681 | 4.243 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.490 | 0 | 0.417 | 0.480 |
| 18:2 | g | 0.380 | 0 | 0.323 | 0.372 |
| 18:3 | g | 0.030 | 0 | 0.026 | 0.029 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.060 | 0 | 0.051 | 0.059 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 84 | 0 | 71 | 82 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.316 | 0 | 0.269 | 0.310 |
| Threonine | g | 1.234 | 0 | 1.049 | 1.209 |
| Isoleucine | g | 1.270 | 0 | 1.080 | 1.245 |
| Leucine | g | 2.233 | 0 | 1.898 | 2.188 |
| Lysine | g | 2.350 | 0 | 1.998 | 2.303 |
| Methionine | g | 0.723 | 0 | 0.615 | 0.709 |
| Cystine | g | 0.316 | 0 | 0.269 | 0.310 |
| Phenylalanine | g | 1.103 | 0 | 0.938 | 1.081 |
| Tyrosine | g | 0.949 | 0 | 0.807 | 0.930 |
| Valine | g | 1.374 | 0 | 1.168 | 1.347 |
| Arginine | g | 1.785 | 0 | 1.517 | 1.749 |
| Histidine | g | 0.967 | 0 | 0.822 | 0.948 |
| Alanine | g | 1.704 | 0 | 1.448 | 1.670 |
| Aspartic acid | g | 2.581 | 0 | 2.194 | 2.529 |
| Glutamic acid | g | 4.244 | 0 | 3.607 | 4.159 |
| Glycine | g | 1.541 | 0 | 1.310 | 1.510 |
| Proline | g | 1.248 | 0 | 1.061 | 1.223 |
| Serine | g | 1.080 | 0 | 0.918 | 1.058 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 174 g; yields excluding refuse

## NDB No. 13260 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, prime, cooked, roasted

**Refuse:** 25% 3% connective tissue, 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 | Samples | Measure 1* 250g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 56.03 | | 0 | 140.07 | 47.63 | |
| Energy | kcal | 255 | | 0 | 638 | 217 | |
| Energy | kj | 1067 | | 0 | 2668 | 907 | |
| Protein (N x 5.95) | g | 27.54 | | 0 | 68.85 | 23.41 | |
| Total lipid (fat) | g | 15.27 | | 0 | 38.17 | 12.98 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.16 | | 0 | 2.90 | 0.99 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 18 | 6 | |
| Iron | mg | 3.66 | | 0 | 9.15 | 3.11 | |
| Magnesium | mg | 27 | | 0 | 68 | 23 | |
| Phosphorus | mg | 236 | | 0 | 590 | 201 | |
| Potassium | mg | 393 | | 0 | 983 | 334 | |
| Sodium | mg | 59 | | 0 | 148 | 50 | |
| Zinc | mg | 5.17 | | 0 | 12.93 | 4.39 | |
| Copper | mg | 0.167 | | 0 | 0.418 | 0.142 | |
| Manganese | mg | 0.016 | | 0 | 0.040 | 0.014 | |
| Selenium | :g | 23.7 | | 0 | 59.3 | 20.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | 0.250 | 0.085 | |
| Riboflavin | mg | 0.320 | | 0 | 0.800 | 0.272 | |
| Niacin | mg | 3.390 | | 0 | 8.475 | 2.882 | |
| Pantothenic acid | mg | 0.450 | | 0 | 1.125 | 0.383 | |
| Vitamin B-6 | mg | 0.380 | | 0 | 0.950 | 0.323 | |
| Folate | :g | 8 | | 0 | 20 | 7 | |
| Vitamin B-12 | :g | 2.77 | | 0 | 6.92 | 2.35 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.350 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.970 | | 0 | 14.925 | 5.074 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.025 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.025 | 0.009 | |
| 14:0 | g | 0.400 | | 0 | 1.000 | 0.340 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.270 | | 0 | 8.175 | 2.780 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.000 | | 0 | 5.000 | 1.700 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.940 | 0 | 14.850 | 5.049 |
| 14:1 | g | | | | |
| 16:1 | g | 0.410 | 0 | 1.025 | 0.349 |
| 18:1 | g | 5.340 | 0 | 13.350 | 4.539 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.600 | 0 | 1.500 | 0.510 |
| 18:2 | g | 0.470 | 0 | 1.175 | 0.400 |
| 18:3 | g | 0.040 | 0 | 0.100 | 0.034 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.070 | 0 | 0.175 | 0.060 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 86 | 0 | 215 | 73 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.308 | 0 | 0.770 | 0.262 |
| Threonine | g | 1.203 | 0 | 3.007 | 1.023 |
| Isoleucine | g | 1.238 | 0 | 3.095 | 1.052 |
| Leucine | g | 2.177 | 0 | 5.442 | 1.850 |
| Lysine | g | 2.291 | 0 | 5.728 | 1.947 |
| Methionine | g | 0.705 | 0 | 1.763 | 0.599 |
| Cystine | g | 0.308 | 0 | 0.770 | 0.262 |
| Phenylalanine | g | 1.075 | 0 | 2.688 | 0.914 |
| Tyrosine | g | 0.925 | 0 | 2.313 | 0.786 |
| Valine | g | 1.339 | 0 | 3.348 | 1.138 |
| Arginine | g | 1.740 | 0 | 4.350 | 1.479 |
| Histidine | g | 0.943 | 0 | 2.357 | 0.802 |
| Alanine | g | 1.661 | 0 | 4.152 | 1.412 |
| Aspartic acid | g | 2.516 | 0 | 6.290 | 2.139 |
| Glutamic acid | g | 4.137 | 0 | 10.342 | 3.516 |
| Glycine | g | 1.502 | 0 | 3.755 | 1.277 |
| Proline | g | 1.216 | 0 | 3.040 | 1.034 |
| Serine | g | 1.053 | 0 | 2.632 | 0.895 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13261 Beef, top loin, separable lean and fat, trimmed to 1/4" fat, all grades, raw

**Refuse:** 9% Connective tissue

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 454g | Measure 2* 238g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 60.78 | | 0 | 275.70 | 144.66 | |
| Energy | kcal | 243 | | 0 | 1102 | 578 | |
| Energy | kj | 1017 | | 0 | 4613 | 2420 | |
| Protein (N x 5.95) | g | 19.00 | | 0 | 86.18 | 45.22 | |
| Total lipid (fat) | g | 17.92 | | 0 | 81.29 | 42.65 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.77 | | 0 | 3.49 | 1.83 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 27 | 14 | |
| Iron | mg | 1.58 | | 0 | 7.17 | 3.76 | |
| Magnesium | mg | 18 | | 0 | 82 | 43 | |
| Phosphorus | mg | 163 | | 0 | 739 | 388 | |
| Potassium | mg | 295 | | 0 | 1338 | 702 | |
| Sodium | mg | 53 | | 0 | 240 | 126 | |
| Zinc | mg | 3.14 | | 0 | 14.24 | 7.47 | |
| Copper | mg | 0.069 | | 0 | 0.313 | 0.164 | |
| Manganese | mg | 0.012 | | 0 | 0.054 | 0.029 | |
| Selenium | :g | 16.8 | | 0 | 76.2 | 40.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.408 | 0.214 | |
| Riboflavin | mg | 0.140 | | 0 | 0.635 | 0.333 | |
| Niacin | mg | 3.880 | | 0 | 17.600 | 9.234 | |
| Pantothenic acid | mg | 0.320 | | 0 | 1.452 | 0.762 | |
| Vitamin B-6 | mg | 0.390 | | 0 | 1.769 | 0.928 | |
| Folate | :g | 6 | | 0 | 27 | 14 | |
| Vitamin B-12 | :g | 2.75 | | 0 | 12.47 | 6.54 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.290 | | 0 | 33.067 | 17.350 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.060 | | 0 | 0.272 | 0.143 | |
| 12:0 | g | 0.040 | | 0 | 0.181 | 0.095 | |
| 14:0 | g | 0.580 | | 0 | 2.631 | 1.380 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.420 | | 0 | 20.049 | 10.520 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.180 | | 0 | 9.888 | 5.188 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.780 | 0 | 35.290 | 18.516 |
| 14:1 | g | | | | |
| 16:1 | g | 0.900 | 0 | 4.082 | 2.142 |
| 18:1 | g | 6.860 | 0 | 31.117 | 16.327 |
| 20:1 | g | 0.030 | 0 | 0.136 | 0.071 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.640 | 0 | 2.903 | 1.523 |
| 18:2 | g | 0.410 | 0 | 1.860 | 0.976 |
| 18:3 | g | 0.210 | 0 | 0.953 | 0.500 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.091 | 0.048 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 67 | 0 | 304 | 159 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.213 | 0 | 0.966 | 0.507 |
| Threonine | g | 0.830 | 0 | 3.765 | 1.975 |
| Isoleucine | g | 0.854 | 0 | 3.874 | 2.033 |
| Leucine | g | 1.502 | 0 | 6.813 | 3.575 |
| Lysine | g | 1.581 | 0 | 7.171 | 3.763 |
| Methionine | g | 0.486 | 0 | 2.204 | 1.157 |
| Cystine | g | 0.213 | 0 | 0.966 | 0.507 |
| Phenylalanine | g | 0.742 | 0 | 3.366 | 1.766 |
| Tyrosine | g | 0.638 | 0 | 2.894 | 1.518 |
| Valine | g | 0.924 | 0 | 4.191 | 2.199 |
| Arginine | g | 1.201 | 0 | 5.448 | 2.858 |
| Histidine | g | 0.651 | 0 | 2.953 | 1.549 |
| Alanine | g | 1.146 | 0 | 5.198 | 2.727 |
| Aspartic acid | g | 1.736 | 0 | 7.874 | 4.132 |
| Glutamic acid | g | 2.855 | 0 | 12.950 | 6.795 |
| Glycine | g | 1.037 | 0 | 4.704 | 2.468 |
| Proline | g | 0.839 | 0 | 3.806 | 1.997 |
| Serine | g | 0.727 | 0 | 3.298 | 1.730 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

## NDB No. 13262 Beef, short loin, top loin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

**Refuse:** 9% Connective tissue

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 85g | Measure 2* 178g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 52.79 | | 0 | 44.87 | 93.97 | |
| Energy | kcal | 287 | | 0 | 244 | 511 | |
| Energy | kj | 1201 | | 0 | 1021 | 2138 | |
| Protein (N x 5.95) | g | 25.56 | | 0 | 21.73 | 45.50 | |
| Total lipid (fat) | g | 19.76 | | 0 | 16.80 | 35.17 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.05 | | 0 | 0.89 | 1.87 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 8 | 16 | |
| Iron | mg | 2.23 | | 0 | 1.90 | 3.97 | |
| Magnesium | mg | 23 | | 0 | 20 | 41 | |
| Phosphorus | mg | 194 | | 0 | 165 | 345 | |
| Potassium | mg | 349 | | 0 | 297 | 621 | |
| Sodium | mg | 63 | | 0 | 54 | 112 | |
| Zinc | mg | 4.57 | | 0 | 3.88 | 8.13 | |
| Copper | mg | 0.096 | | 0 | 0.082 | 0.171 | |
| Manganese | mg | 0.014 | | 0 | 0.012 | 0.025 | |
| Selenium | :g | 23.1 | | 0 | 19.6 | 41.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.068 | 0.142 | |
| Riboflavin | mg | 0.180 | | 0 | 0.153 | 0.320 | |
| Niacin | mg | 4.700 | | 0 | 3.995 | 8.366 | |
| Pantothenic acid | mg | 0.330 | | 0 | 0.281 | 0.587 | |
| Vitamin B-6 | mg | 0.370 | | 0 | 0.315 | 0.659 | |
| Folate | :g | 7 | | 0 | 6 | 12 | |
| Vitamin B-12 | :g | 1.94 | | 0 | 1.65 | 3.45 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.021 | | 0 | 0.018 | 0.037 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.820 | | 0 | 6.647 | 13.920 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.050 | | 0 | 0.043 | 0.089 | |
| 12:0 | g | 0.050 | | 0 | 0.043 | 0.089 | |
| 14:0 | g | 0.630 | | 0 | 0.536 | 1.121 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.790 | | 0 | 4.071 | 8.526 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.310 | | 0 | 1.964 | 4.112 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.310 | 0 | 7.064 | 14.792 |
| 14:1 | g | | | | |
| 16:1 | g | 0.790 | 0 | 0.672 | 1.406 |
| 18:1 | g | 7.490 | 0 | 6.366 | 13.332 |
| 20:1 | g | 0.030 | 0 | 0.026 | 0.053 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.710 | 0 | 0.603 | 1.264 |
| 18:2 | g | 0.480 | 0 | 0.408 | 0.854 |
| 18:3 | g | 0.190 | 0 | 0.161 | 0.338 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.026 | 0.053 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 79 | 0 | 67 | 141 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.286 | 0 | 0.243 | 0.509 |
| Threonine | g | 1.117 | 0 | 0.949 | 1.988 |
| Isoleucine | g | 1.149 | 0 | 0.977 | 2.045 |
| Leucine | g | 2.021 | 0 | 1.718 | 3.597 |
| Lysine | g | 2.127 | 0 | 1.808 | 3.786 |
| Methionine | g | 0.654 | 0 | 0.556 | 1.164 |
| Cystine | g | 0.286 | 0 | 0.243 | 0.509 |
| Phenylalanine | g | 0.998 | 0 | 0.848 | 1.776 |
| Tyrosine | g | 0.859 | 0 | 0.730 | 1.529 |
| Valine | g | 1.243 | 0 | 1.057 | 2.213 |
| Arginine | g | 1.616 | 0 | 1.374 | 2.876 |
| Histidine | g | 0.875 | 0 | 0.744 | 1.558 |
| Alanine | g | 1.542 | 0 | 1.311 | 2.745 |
| Aspartic acid | g | 2.336 | 0 | 1.986 | 4.158 |
| Glutamic acid | g | 3.841 | 0 | 3.265 | 6.837 |
| Glycine | g | 1.395 | 0 | 1.186 | 2.483 |
| Proline | g | 1.129 | 0 | 0.960 | 2.010 |
| Serine | g | 0.978 | 0 | 0.831 | 1.741 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

## NDB No. 13263 Beef, short loin, top loin, separable lean and fat, trimmed to 1/4" fat, choice, 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 | Samples | Measure 1* 454g | Measure 2* 235g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.31 | | 0 | 269.03 | 139.38 | |
| Energy | kcal | 260 | | 0 | 1179 | 611 | |
| Energy | kj | 1088 | | 0 | 4935 | 2557 | |
| Protein (N x 5.95) | g | 18.73 | | 0 | 84.96 | 44.02 | |
| Total lipid (fat) | g | 19.94 | | 0 | 90.45 | 46.86 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.76 | | 0 | 3.45 | 1.79 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 27 | 14 | |
| Iron | mg | 1.56 | | 0 | 7.08 | 3.67 | |
| Magnesium | mg | 18 | | 0 | 82 | 42 | |
| Phosphorus | mg | 160 | | 0 | 726 | 376 | |
| Potassium | mg | 290 | | 0 | 1315 | 682 | |
| Sodium | mg | 53 | | 0 | 240 | 125 | |
| Zinc | mg | 3.09 | | 0 | 14.02 | 7.26 | |
| Copper | mg | 0.069 | | 0 | 0.313 | 0.162 | |
| Manganese | mg | 0.012 | | 0 | 0.054 | 0.028 | |
| Selenium | :g | 16.8 | | 0 | 76.2 | 39.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.408 | 0.212 | |
| Riboflavin | mg | 0.130 | | 0 | 0.590 | 0.306 | |
| Niacin | mg | 3.820 | | 0 | 17.328 | 8.977 | |
| Pantothenic acid | mg | 0.310 | | 0 | 1.406 | 0.728 | |
| Vitamin B-6 | mg | 0.380 | | 0 | 1.724 | 0.893 | |
| Folate | :g | 6 | | 0 | 27 | 14 | |
| Vitamin B-12 | :g | 2.72 | | 0 | 12.34 | 6.39 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 8.100 | | 0 | 36.742 | 19.035 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.070 | | 0 | 0.318 | 0.165 | |
| 12:0 | g | 0.040 | | 0 | 0.181 | 0.094 | |
| 14:0 | g | 0.650 | | 0 | 2.948 | 1.528 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.920 | | 0 | 22.317 | 11.562 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.430 | | 0 | 11.022 | 5.711 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.660 | 0 | 39.282 | 20.351 |
| 14:1 | g | | | | |
| 16:1 | g | 0.990 | 0 | 4.491 | 2.327 |
| 18:1 | g | 7.630 | 0 | 34.610 | 17.930 |
| 20:1 | g | 0.030 | 0 | 0.136 | 0.070 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.720 | 0 | 3.266 | 1.692 |
| 18:2 | g | 0.460 | 0 | 2.087 | 1.081 |
| 18:3 | g | 0.230 | 0 | 1.043 | 0.541 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.091 | 0.047 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 67 | 0 | 304 | 157 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.210 | 0 | 0.953 | 0.494 |
| Threonine | g | 0.818 | 0 | 3.710 | 1.922 |
| Isoleucine | g | 0.842 | 0 | 3.819 | 1.979 |
| Leucine | g | 1.481 | 0 | 6.718 | 3.480 |
| Lysine | g | 1.559 | 0 | 7.072 | 3.664 |
| Methionine | g | 0.480 | 0 | 2.177 | 1.128 |
| Cystine | g | 0.210 | 0 | 0.953 | 0.494 |
| Phenylalanine | g | 0.731 | 0 | 3.316 | 1.718 |
| Tyrosine | g | 0.629 | 0 | 2.853 | 1.478 |
| Valine | g | 0.911 | 0 | 4.132 | 2.141 |
| Arginine | g | 1.184 | 0 | 5.371 | 2.782 |
| Histidine | g | 0.641 | 0 | 2.908 | 1.506 |
| Alanine | g | 1.130 | 0 | 5.126 | 2.655 |
| Aspartic acid | g | 1.712 | 0 | 7.766 | 4.023 |
| Glutamic acid | g | 2.815 | 0 | 12.769 | 6.615 |
| Glycine | g | 1.022 | 0 | 4.636 | 2.402 |
| Proline | g | 0.827 | 0 | 3.751 | 1.943 |
| Serine | g | 0.716 | 0 | 3.248 | 1.683 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

## NDB No. 13264 Beef, short loin, top loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

**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 | Samples | Measure 1* 85g | Measure 2* 180g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 51.93 | | 0 | 44.14 | 93.47 | |
| Energy | kcal | 298 | | 0 | 253 | 536 | |
| Energy | kj | 1247 | | 0 | 1060 | 2245 | |
| Protein (N x 5.95) | g | 25.38 | | 0 | 21.57 | 45.68 | |
| Total lipid (fat) | g | 20.98 | | 0 | 17.83 | 37.76 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.04 | | 0 | 0.88 | 1.87 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 8 | 16 | |
| Iron | mg | 2.22 | | 0 | 1.89 | 4.00 | |
| Magnesium | mg | 23 | | 0 | 20 | 41 | |
| Phosphorus | mg | 192 | | 0 | 163 | 346 | |
| Potassium | mg | 346 | | 0 | 294 | 623 | |
| Sodium | mg | 63 | | 0 | 54 | 113 | |
| Zinc | mg | 4.53 | | 0 | 3.85 | 8.15 | |
| Copper | mg | 0.096 | | 0 | 0.082 | 0.173 | |
| Manganese | mg | 0.014 | | 0 | 0.012 | 0.025 | |
| Selenium | :g | 23.0 | | 0 | 19.6 | 41.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.068 | 0.144 | |
| Riboflavin | mg | 0.180 | | 0 | 0.153 | 0.324 | |
| Niacin | mg | 4.660 | | 0 | 3.961 | 8.388 | |
| Pantothenic acid | mg | 0.330 | | 0 | 0.281 | 0.594 | |
| Vitamin B-6 | mg | 0.370 | | 0 | 0.315 | 0.666 | |
| Folate | :g | 7 | | 0 | 6 | 13 | |
| Vitamin B-12 | :g | 1.93 | | 0 | 1.64 | 3.47 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 8.310 | | 0 | 7.064 | 14.958 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.050 | | 0 | 0.043 | 0.090 | |
| 12:0 | g | 0.050 | | 0 | 0.043 | 0.090 | |
| 14:0 | g | 0.670 | | 0 | 0.570 | 1.206 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.090 | | 0 | 4.326 | 9.162 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.450 | | 0 | 2.083 | 4.410 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.820 | 0 | 7.497 | 15.876 |
| 14:1 | g | | | | |
| 16:1 | g | 0.840 | 0 | 0.714 | 1.512 |
| 18:1 | g | 7.960 | 0 | 6.766 | 14.328 |
| 20:1 | g | 0.030 | 0 | 0.026 | 0.054 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.750 | 0 | 0.637 | 1.350 |
| 18:2 | g | 0.510 | 0 | 0.434 | 0.918 |
| 18:3 | g | 0.210 | 0 | 0.179 | 0.378 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.034 | 0.072 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 79 | 0 | 67 | 142 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.284 | 0 | 0.241 | 0.511 |
| Threonine | g | 1.109 | 0 | 0.943 | 1.996 |
| Isoleucine | g | 1.141 | 0 | 0.970 | 2.054 |
| Leucine | g | 2.006 | 0 | 1.705 | 3.611 |
| Lysine | g | 2.112 | 0 | 1.795 | 3.802 |
| Methionine | g | 0.650 | 0 | 0.553 | 1.170 |
| Cystine | g | 0.284 | 0 | 0.241 | 0.511 |
| Phenylalanine | g | 0.991 | 0 | 0.842 | 1.784 |
| Tyrosine | g | 0.853 | 0 | 0.725 | 1.535 |
| Valine | g | 1.235 | 0 | 1.050 | 2.223 |
| Arginine | g | 1.604 | 0 | 1.363 | 2.887 |
| Histidine | g | 0.869 | 0 | 0.739 | 1.564 |
| Alanine | g | 1.531 | 0 | 1.301 | 2.756 |
| Aspartic acid | g | 2.319 | 0 | 1.971 | 4.174 |
| Glutamic acid | g | 3.814 | 0 | 3.242 | 6.865 |
| Glycine | g | 1.385 | 0 | 1.177 | 2.493 |
| Proline | g | 1.121 | 0 | 0.953 | 2.018 |
| Serine | g | 0.971 | 0 | 0.825 | 1.748 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

## NDB No. 13265 Beef, short loin, top loin, separable lean and fat, trimmed to 1/4" fat, select, raw

**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 | Samples | Measure 1* 454g | Measure 2* 240g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 61.86 | | 0 | 280.60 | 148.46 | |
| Energy | kcal | 230 | | 0 | 1043 | 552 | |
| Energy | kj | 962 | | 0 | 4364 | 2309 | |
| Protein (N x 5.95) | g | 19.13 | | 0 | 86.77 | 45.91 | |
| Total lipid (fat) | g | 16.45 | | 0 | 74.62 | 39.48 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.78 | | 0 | 3.54 | 1.87 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 27 | 14 | |
| Iron | mg | 1.59 | | 0 | 7.21 | 3.82 | |
| Magnesium | mg | 19 | | 0 | 86 | 46 | |
| Phosphorus | mg | 164 | | 0 | 744 | 394 | |
| Potassium | mg | 298 | | 0 | 1352 | 715 | |
| Sodium | mg | 54 | | 0 | 245 | 130 | |
| Zinc | mg | 3.16 | | 0 | 14.33 | 7.58 | |
| Copper | mg | 0.070 | | 0 | 0.318 | 0.168 | |
| Manganese | mg | 0.013 | | 0 | 0.059 | 0.031 | |
| Selenium | :g | 16.9 | | 0 | 76.7 | 40.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.408 | 0.216 | |
| Riboflavin | mg | 0.140 | | 0 | 0.635 | 0.336 | |
| Niacin | mg | 3.910 | | 0 | 17.736 | 9.384 | |
| Pantothenic acid | mg | 0.320 | | 0 | 1.452 | 0.768 | |
| Vitamin B-6 | mg | 0.390 | | 0 | 1.769 | 0.936 | |
| Folate | :g | 6 | | 0 | 27 | 14 | |
| Vitamin B-12 | :g | 2.76 | | 0 | 12.52 | 6.62 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.700 | | 0 | 30.391 | 16.080 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.060 | | 0 | 0.272 | 0.144 | |
| 12:0 | g | 0.040 | | 0 | 0.181 | 0.096 | |
| 14:0 | g | 0.540 | | 0 | 2.449 | 1.296 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.060 | | 0 | 18.416 | 9.744 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.010 | | 0 | 9.117 | 4.824 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.150 | 0 | 32.432 | 17.160 |
| 14:1 | g | | | | |
| 16:1 | g | 0.830 | 0 | 3.765 | 1.992 |
| 18:1 | g | 6.290 | 0 | 28.531 | 15.096 |
| 20:1 | g | 0.030 | 0 | 0.136 | 0.072 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.590 | 0 | 2.676 | 1.416 |
| 18:2 | g | 0.380 | 0 | 1.724 | 0.912 |
| 18:3 | g | 0.200 | 0 | 0.907 | 0.480 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.091 | 0.048 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 66 | 0 | 299 | 158 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.214 | 0 | 0.971 | 0.514 |
| Threonine | g | 0.836 | 0 | 3.792 | 2.006 |
| Isoleucine | g | 0.860 | 0 | 3.901 | 2.064 |
| Leucine | g | 1.512 | 0 | 6.858 | 3.629 |
| Lysine | g | 1.592 | 0 | 7.221 | 3.821 |
| Methionine | g | 0.490 | 0 | 2.223 | 1.176 |
| Cystine | g | 0.214 | 0 | 0.971 | 0.514 |
| Phenylalanine | g | 0.747 | 0 | 3.388 | 1.793 |
| Tyrosine | g | 0.643 | 0 | 2.917 | 1.543 |
| Valine | g | 0.931 | 0 | 4.223 | 2.234 |
| Arginine | g | 1.209 | 0 | 5.484 | 2.902 |
| Histidine | g | 0.655 | 0 | 2.971 | 1.572 |
| Alanine | g | 1.154 | 0 | 5.235 | 2.770 |
| Aspartic acid | g | 1.748 | 0 | 7.929 | 4.195 |
| Glutamic acid | g | 2.875 | 0 | 13.041 | 6.900 |
| Glycine | g | 1.044 | 0 | 4.736 | 2.506 |
| Proline | g | 0.845 | 0 | 3.833 | 2.028 |
| Serine | g | 0.732 | 0 | 3.320 | 1.757 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

## NDB No. 13266 Beef, short loin, top loin, separable lean and fat, trimmed to 1/4" fat, select, cooked, broiled

**Refuse:** 9% Connective tissue

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 85g | Measure 2* 178g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 54.38 | | 0 | 46.22 | 96.80 | |
| Energy | kcal | 266 | | 0 | 226 | 473 | |
| Energy | kj | 1113 | | 0 | 946 | 1981 | |
| Protein (N x 5.95) | g | 25.92 | | 0 | 22.03 | 46.14 | |
| Total lipid (fat) | g | 17.18 | | 0 | 14.60 | 30.58 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.06 | | 0 | 0.90 | 1.89 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 8 | 16 | |
| Iron | mg | 2.26 | | 0 | 1.92 | 4.02 | |
| Magnesium | mg | 24 | | 0 | 20 | 43 | |
| Phosphorus | mg | 197 | | 0 | 167 | 351 | |
| Potassium | mg | 354 | | 0 | 301 | 630 | |
| Sodium | mg | 64 | | 0 | 54 | 114 | |
| Zinc | mg | 4.65 | | 0 | 3.95 | 8.28 | |
| Copper | mg | 0.098 | | 0 | 0.083 | 0.174 | |
| Manganese | mg | 0.015 | | 0 | 0.013 | 0.027 | |
| Selenium | :g | 23.2 | | 0 | 19.7 | 41.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.068 | 0.142 | |
| Riboflavin | mg | 0.180 | | 0 | 0.153 | 0.320 | |
| Niacin | mg | 4.770 | | 0 | 4.054 | 8.491 | |
| Pantothenic acid | mg | 0.330 | | 0 | 0.281 | 0.587 | |
| Vitamin B-6 | mg | 0.380 | | 0 | 0.323 | 0.676 | |
| Folate | :g | 7 | | 0 | 6 | 12 | |
| Vitamin B-12 | :g | 1.94 | | 0 | 1.65 | 3.45 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.800 | | 0 | 5.780 | 12.104 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.040 | | 0 | 0.034 | 0.071 | |
| 12:0 | g | 0.040 | | 0 | 0.034 | 0.071 | |
| 14:0 | g | 0.550 | | 0 | 0.468 | 0.979 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.170 | | 0 | 3.544 | 7.423 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.000 | | 0 | 1.700 | 3.560 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.230 | 0 | 6.146 | 12.869 |
| 14:1 | g | | | | |
| 16:1 | g | 0.690 | 0 | 0.587 | 1.228 |
| 18:1 | g | 6.520 | 0 | 5.542 | 11.606 |
| 20:1 | g | 0.030 | 0 | 0.026 | 0.053 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.610 | 0 | 0.518 | 1.086 |
| 18:2 | g | 0.410 | 0 | 0.349 | 0.730 |
| 18:3 | g | 0.170 | 0 | 0.145 | 0.303 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.026 | 0.053 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 79 | 0 | 67 | 141 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.290 | 0 | 0.247 | 0.516 |
| Threonine | g | 1.132 | 0 | 0.962 | 2.015 |
| Isoleucine | g | 1.166 | 0 | 0.991 | 2.075 |
| Leucine | g | 2.049 | 0 | 1.742 | 3.647 |
| Lysine | g | 2.157 | 0 | 1.833 | 3.839 |
| Methionine | g | 0.664 | 0 | 0.564 | 1.182 |
| Cystine | g | 0.290 | 0 | 0.247 | 0.516 |
| Phenylalanine | g | 1.012 | 0 | 0.860 | 1.801 |
| Tyrosine | g | 0.871 | 0 | 0.740 | 1.550 |
| Valine | g | 1.261 | 0 | 1.072 | 2.245 |
| Arginine | g | 1.638 | 0 | 1.392 | 2.916 |
| Histidine | g | 0.888 | 0 | 0.755 | 1.581 |
| Alanine | g | 1.564 | 0 | 1.329 | 2.784 |
| Aspartic acid | g | 2.368 | 0 | 2.013 | 4.215 |
| Glutamic acid | g | 3.895 | 0 | 3.311 | 6.933 |
| Glycine | g | 1.414 | 0 | 1.202 | 2.517 |
| Proline | g | 1.145 | 0 | 0.973 | 2.038 |
| Serine | g | 0.991 | 0 | 0.842 | 1.764 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

## NDB No. 13267 Beef, short loin, top loin, separable lean and fat, trimmed to 1/4" fat, prime, raw

**Refuse:** 5% Connective tissue

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 454g | Measure 2* 247g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 56.07 | | 0 | 254.33 | 138.49 | |
| Energy | kcal | 305 | | 0 | 1383 | 753 | |
| Energy | kj | 1276 | | 0 | 5788 | 3152 | |
| Protein (N x 5.95) | g | 18.33 | | 0 | 83.14 | 45.28 | |
| Total lipid (fat) | g | 25.17 | | 0 | 114.17 | 62.17 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.74 | | 0 | 3.36 | 1.83 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 27 | 15 | |
| Iron | mg | 1.53 | | 0 | 6.94 | 3.78 | |
| Magnesium | mg | 17 | | 0 | 77 | 42 | |
| Phosphorus | mg | 157 | | 0 | 712 | 388 | |
| Potassium | mg | 281 | | 0 | 1275 | 694 | |
| Sodium | mg | 52 | | 0 | 236 | 128 | |
| Zinc | mg | 3.01 | | 0 | 13.65 | 7.43 | |
| Copper | mg | 0.067 | | 0 | 0.304 | 0.165 | |
| Manganese | mg | 0.012 | | 0 | 0.054 | 0.030 | |
| Selenium | ΄g | 16.7 | | 0 | 75.8 | 41.2 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.363 | 0.198 | |
| Riboflavin | mg | 0.130 | | 0 | 0.590 | 0.321 | |
| Niacin | mg | 3.720 | | 0 | 16.874 | 9.188 | |
| Pantothenic acid | mg | 0.310 | | 0 | 1.406 | 0.766 | |
| Vitamin B-6 | mg | 0.380 | | 0 | 1.724 | 0.939 | |
| Folate | ΄g | 6 | | 0 | 27 | 15 | |
| Vitamin B-12 | ΄g | 2.67 | | 0 | 12.11 | 6.59 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ΄g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 10.330 | | 0 | 46.857 | 25.515 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.070 | | 0 | 0.318 | 0.173 | |
| 12:0 | g | 0.060 | | 0 | 0.272 | 0.148 | |
| 14:0 | g | 0.820 | | 0 | 3.720 | 2.025 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.190 | | 0 | 28.078 | 15.289 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.050 | | 0 | 13.835 | 7.533 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 11.080 | 0 | 50.259 | 27.368 |
| 14:1 | g | | | | |
| 16:1 | g | 1.230 | 0 | 5.579 | 3.038 |
| 18:1 | g | 9.650 | 0 | 43.772 | 23.836 |
| 20:1 | g | 0.030 | 0 | 0.136 | 0.074 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.910 | 0 | 4.128 | 2.248 |
| 18:2 | g | 0.590 | 0 | 2.676 | 1.457 |
| 18:3 | g | 0.270 | 0 | 1.225 | 0.667 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.181 | 0.099 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 69 | 0 | 313 | 170 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.205 | 0 | 0.930 | 0.506 |
| Threonine | g | 0.801 | 0 | 3.633 | 1.978 |
| Isoleucine | g | 0.824 | 0 | 3.738 | 2.035 |
| Leucine | g | 1.449 | 0 | 6.573 | 3.579 |
| Lysine | g | 1.525 | 0 | 6.917 | 3.767 |
| Methionine | g | 0.469 | 0 | 2.127 | 1.158 |
| Cystine | g | 0.205 | 0 | 0.930 | 0.506 |
| Phenylalanine | g | 0.716 | 0 | 3.248 | 1.769 |
| Tyrosine | g | 0.616 | 0 | 2.794 | 1.522 |
| Valine | g | 0.892 | 0 | 4.046 | 2.203 |
| Arginine | g | 1.159 | 0 | 5.257 | 2.863 |
| Histidine | g | 0.628 | 0 | 2.849 | 1.551 |
| Alanine | g | 1.106 | 0 | 5.017 | 2.732 |
| Aspartic acid | g | 1.675 | 0 | 7.598 | 4.137 |
| Glutamic acid | g | 2.755 | 0 | 12.497 | 6.805 |
| Glycine | g | 1.000 | 0 | 4.536 | 2.470 |
| Proline | g | 0.810 | 0 | 3.674 | 2.001 |
| Serine | g | 0.701 | 0 | 3.180 | 1.731 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

## NDB No. 13268 Beef, short loin, top loin, separable lean and fat, trimmed to 1/4" fat, prime, cooked, broiled

**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 | Samples | Measure 1* 85g | Measure 2* 180g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 50.18 | | 0 | 42.65 | 90.32 | |
| Energy | kcal | 323 | | 0 | 275 | 581 | |
| Energy | kj | 1351 | | 0 | 1148 | 2432 | |
| Protein (N x 5.95) | g | 25.38 | | 0 | 21.57 | 45.68 | |
| Total lipid (fat) | g | 23.82 | | 0 | 20.25 | 42.88 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.04 | | 0 | 0.88 | 1.87 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 8 | 16 | |
| Iron | mg | 2.22 | | 0 | 1.89 | 4.00 | |
| Magnesium | mg | 23 | | 0 | 20 | 41 | |
| Phosphorus | mg | 192 | | 0 | 163 | 346 | |
| Potassium | mg | 346 | | 0 | 294 | 623 | |
| Sodium | mg | 63 | | 0 | 54 | 113 | |
| Zinc | mg | 4.53 | | 0 | 3.85 | 8.15 | |
| Copper | mg | 0.096 | | 0 | 0.082 | 0.173 | |
| Manganese | mg | 0.014 | | 0 | 0.012 | 0.025 | |
| Selenium | :g | 22.9 | | 0 | 19.5 | 41.2 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.068 | 0.144 | |
| Riboflavin | mg | 0.180 | | 0 | 0.153 | 0.324 | |
| Niacin | mg | 4.660 | | 0 | 3.961 | 8.388 | |
| Pantothenic acid | mg | 0.330 | | 0 | 0.281 | 0.594 | |
| Vitamin B-6 | mg | 0.370 | | 0 | 0.315 | 0.666 | |
| Folate | :g | 7 | | 0 | 6 | 13 | |
| Vitamin B-12 | :g | 1.93 | | 0 | 1.64 | 3.47 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.600 | | 0 | 8.160 | 17.280 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.060 | | 0 | 0.051 | 0.108 | |
| 12:0 | g | 0.050 | | 0 | 0.043 | 0.090 | |
| 14:0 | g | 0.750 | | 0 | 0.637 | 1.350 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.740 | | 0 | 4.879 | 10.332 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.800 | | 0 | 2.380 | 5.040 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 10.130 | 0 | 8.611 | 18.234 |
| 14:1 | g | | | | |
| 16:1 | g | 0.930 | 0 | 0.791 | 1.674 |
| 18:1 | g | 9.010 | 0 | 7.659 | 16.218 |
| 20:1 | g | 0.040 | 0 | 0.034 | 0.072 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.860 | 0 | 0.731 | 1.548 |
| 18:2 | g | 0.580 | 0 | 0.493 | 1.044 |
| 18:3 | g | 0.210 | 0 | 0.179 | 0.378 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 0 | 0.043 | 0.090 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 79 | 0 | 67 | 142 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.284 | 0 | 0.241 | 0.511 |
| Threonine | g | 1.109 | 0 | 0.943 | 1.996 |
| Isoleucine | g | 1.141 | 0 | 0.970 | 2.054 |
| Leucine | g | 2.006 | 0 | 1.705 | 3.611 |
| Lysine | g | 2.112 | 0 | 1.795 | 3.802 |
| Methionine | g | 0.650 | 0 | 0.553 | 1.170 |
| Cystine | g | 0.284 | 0 | 0.241 | 0.511 |
| Phenylalanine | g | 0.991 | 0 | 0.842 | 1.784 |
| Tyrosine | g | 0.853 | 0 | 0.725 | 1.535 |
| Valine | g | 1.235 | 0 | 1.050 | 2.223 |
| Arginine | g | 1.604 | 0 | 1.363 | 2.887 |
| Histidine | g | 0.869 | 0 | 0.739 | 1.564 |
| Alanine | g | 1.531 | 0 | 1.301 | 2.756 |
| Aspartic acid | g | 2.319 | 0 | 1.971 | 4.174 |
| Glutamic acid | g | 3.814 | 0 | 3.242 | 6.865 |
| Glycine | g | 1.385 | 0 | 1.177 | 2.493 |
| Proline | g | 1.121 | 0 | 0.953 | 2.018 |
| Serine | g | 0.971 | 0 | 0.825 | 1.748 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

## NDB No. 13269 Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, all grades, raw

**Refuse:** 27% Connective tissue 9%, separable fat 18%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 70.30 | | 1 | 19.93 | 318.88 | |
| Energy | kcal | 142 | | 0 | 40 | 644 | |
| Energy | kj | 594 | | 0 | 168 | 2694 | |
| Protein (N x 5.95) | g | 21.53 | 0.229 | 63 | 6.10 | 97.66 | |
| Total lipid (fat) | g | 5.50 | | 1 | 1.56 | 24.95 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.89 | 0.039 | 54 | 0.25 | 4.04 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | 0.251 | 27 | 1 | 23 | |
| Iron | mg | 1.78 | 0.047 | 39 | 0.50 | 8.07 | |
| Magnesium | mg | 22 | 0.485 | 40 | 6 | 100 | |
| Phosphorus | mg | 185 | 4.686 | 29 | 52 | 839 | |
| Potassium | mg | 349 | 8.577 | 39 | 99 | 1583 | |
| Sodium | mg | 59 | 1.789 | 39 | 17 | 268 | |
| Zinc | mg | 3.64 | 0.095 | 37 | 1.03 | 16.51 | |
| Copper | mg | 0.078 | 0.003 | 38 | 0.022 | 0.354 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 17.8 | 1.682 | 19 | 5.0 | 80.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | 0.006 | 22 | 0.028 | 0.454 | |
| Riboflavin | mg | 0.150 | 0.010 | 20 | 0.043 | 0.680 | |
| Niacin | mg | 4.450 | 0.265 | 23 | 1.262 | 20.185 | |
| Pantothenic acid | mg | 0.360 | | 1 | 0.102 | 1.633 | |
| Vitamin B-6 | mg | 0.440 | | 1 | 0.125 | 1.996 | |
| Folate | :g | 7 | 1.128 | 10 | 2 | 32 | |
| Vitamin B-12 | :g | 3.05 | 0.234 | 22 | 0.86 | 13.83 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.090 | | 0 | 0.593 | 9.480 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 21 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 21 | 0.000 | 0.000 | |
| 14:0 | g | 0.160 | | 21 | 0.045 | 0.726 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.300 | | 21 | 0.369 | 5.897 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.630 | | 21 | 0.179 | 2.858 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.350 | | 0 | 0.666 | 10.660 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.200 | | 21 | 0.057 | 0.907 |
| 18:1 | g | 2.150 | | 21 | 0.610 | 9.752 |
| 20:1 | g | 0.010 | | 21 | 0.003 | 0.045 |
| 22.1 | g | | | | | |
| Polyunsaturated, total | g | 0.200 | | 0 | 0.057 | 0.907 |
| 18:2 | g | 0.160 | | 21 | 0.045 | 0.726 |
| 18:3 | g | 0.010 | | 21 | 0.003 | 0.045 |
| 18:4 | g | | | | | |
| 20:4 | g | 0.030 | | 21 | 0.009 | 0.136 |
| 20:5 | g | | | | | |
| 22:5 | g | | | | | |
| 22:6 | g | | | | | |
| Cholesterol | mg | 59 | 0.941 | 33 | 17 | 268 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.241 | | 0 | 0.068 | 1.093 |
| Threonine | g | 0.940 | | 0 | 0.266 | 4.264 |
| Isoleucine | g | 0.968 | | 0 | 0.274 | 4.391 |
| Leucine | g | 1.702 | | 0 | 0.483 | 7.720 |
| Lysine | g | 1.791 | | 0 | 0.508 | 8.124 |
| Methionine | g | 0.551 | | 0 | 0.156 | 2.499 |
| Cystine | g | 0.241 | | 0 | 0.068 | 1.093 |
| Phenylalanine | g | 0.841 | | 0 | 0.238 | 3.815 |
| Tyrosine | g | 0.723 | | 0 | 0.205 | 3.280 |
| Valine | g | 1.047 | | 0 | 0.297 | 4.749 |
| Arginine | g | 1.361 | | 0 | 0.386 | 6.173 |
| Histidine | g | 0.737 | | 0 | 0.209 | 3.343 |
| Alanine | g | 1.299 | | 0 | 0.368 | 5.892 |
| Aspartic acid | g | 1.967 | | 0 | 0.558 | 8.922 |
| Glutamic acid | g | 3.235 | | 0 | 0.917 | 14.674 |
| Glycine | g | 1.175 | | 0 | 0.333 | 5.330 |
| Proline | g | 0.951 | | 0 | 0.270 | 4.314 |
| Serine | g | 0.823 | | 0 | 0.233 | 3.733 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13270 Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

**Refuse:** 24% 9% connective tissue, 15% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 85g | Measure 2* 149g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.80 | | 1 | 50.83 | 89.10 | |
| Energy | kcal | 207 | | 0 | 176 | 308 | |
| Energy | kj | 866 | | 0 | 736 | 1290 | |
| Protein (N x 5.95) | g | 28.62 | 0.632 | 10 | 24.33 | 42.64 | |
| Total lipid (fat) | g | 9.40 | | 1 | 7.99 | 14.01 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.17 | 0.031 | 10 | 0.99 | 1.74 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | 0.787 | 10 | 7 | 12 | |
| Iron | mg | 2.47 | 0.163 | 10 | 2.10 | 3.68 | |
| Magnesium | mg | 27 | 0.785 | 10 | 23 | 40 | |
| Phosphorus | mg | 218 | | 1 | 185 | 325 | |
| Potassium | mg | 396 | 10.170 | 10 | 337 | 590 | |
| Sodium | mg | 68 | 7.016 | 9 | 58 | 101 | |
| Zinc | mg | 5.22 | 0.316 | 8 | 4.44 | 7.78 | |
| Copper | mg | 0.107 | 0.010 | 8 | 0.091 | 0.159 | |
| Manganese | mg | 0.016 | | 1 | 0.014 | 0.024 | |
| Selenium | :g | 22.8 | | 0 | 19.4 | 34.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | 0.009 | 10 | 0.077 | 0.134 | |
| Riboflavin | mg | 0.200 | 0.009 | 10 | 0.170 | 0.298 | |
| Niacin | mg | 5.340 | 0.362 | 10 | 4.539 | 7.957 | |
| Pantothenic acid | mg | 0.370 | | 1 | 0.315 | 0.551 | |
| Vitamin B-6 | mg | 0.420 | | 1 | 0.357 | 0.626 | |
| Folate | :g | 8 | 1.383 | 10 | 7 | 12 | |
| Vitamin B-12 | :g | 2.00 | 0.294 | 11 | 1.70 | 2.98 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.119 | 0.209 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.590 | | 0 | 3.051 | 5.349 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 8 | 0.000 | 0.000 | |
| 12:0 | g | 0.010 | | 8 | 0.009 | 0.015 | |
| 14:0 | g | 0.270 | | 8 | 0.230 | 0.402 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.140 | | 8 | 1.819 | 3.189 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.170 | | 8 | 0.995 | 1.743 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.780 | | 0 | 3.213 | 5.632 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.310 | | 8 | 0.264 | 0.462 |
| 18:1 | g | 3.470 | | 8 | 2.950 | 5.170 |
| 20:1 | g | 0.000 | | 8 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.310 | | 0 | 0.264 | 0.462 |
| 18:2 | g | 0.240 | | 8 | 0.204 | 0.358 |
| 18:3 | g | 0.020 | | 8 | 0.017 | 0.030 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | | 8 | 0.034 | 0.060 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 76 | 1.062 | 8 | 65 | 113 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.321 | | 0 | 0.273 | 0.478 |
| Threonine | g | 1.250 | | 0 | 1.063 | 1.863 |
| Isoleucine | g | 1.287 | | 0 | 1.094 | 1.918 |
| Leucine | g | 2.262 | | 0 | 1.923 | 3.370 |
| Lysine | g | 2.381 | | 0 | 2.024 | 3.548 |
| Methionine | g | 0.733 | | 0 | 0.623 | 1.092 |
| Cystine | g | 0.321 | | 0 | 0.273 | 0.478 |
| Phenylalanine | g | 1.117 | | 0 | 0.949 | 1.664 |
| Tyrosine | g | 0.962 | | 0 | 0.818 | 1.433 |
| Valine | g | 1.392 | | 0 | 1.183 | 2.074 |
| Arginine | g | 1.809 | | 0 | 1.538 | 2.695 |
| Histidine | g | 0.980 | | 0 | 0.833 | 1.460 |
| Alanine | g | 1.726 | | 0 | 1.467 | 2.572 |
| Aspartic acid | g | 2.615 | | 0 | 2.223 | 3.896 |
| Glutamic acid | g | 4.300 | | 0 | 3.655 | 6.407 |
| Glycine | g | 1.561 | | 0 | 1.327 | 2.326 |
| Proline | g | 1.264 | | 0 | 1.074 | 1.883 |
| Serine | g | 1.094 | | 0 | 0.930 | 1.630 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

## NDB No. 13271 Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, choice, raw

**Refuse:** 28% Connective tissue 10%, separable fat 18%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 69.70 | | 1 | 19.76 | 316.16 | |
| Energy | kcal | 150 | | 0 | 43 | 680 | |
| Energy | kj | 628 | | 0 | 178 | 2849 | |
| Protein (N x 5.95) | g | 21.53 | | 1 | 6.10 | 97.66 | |
| Total lipid (fat) | g | 6.40 | | 1 | 1.81 | 29.03 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.89 | | 1 | 0.25 | 4.04 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 1 | 1 | 23 | |
| Iron | mg | 1.78 | | 1 | 0.50 | 8.07 | |
| Magnesium | mg | 22 | | 1 | 6 | 100 | |
| Phosphorus | mg | 185 | | 1 | 52 | 839 | |
| Potassium | mg | 349 | | 1 | 99 | 1583 | |
| Sodium | mg | 59 | | 1 | 17 | 268 | |
| Zinc | mg | 3.64 | | 1 | 1.03 | 16.51 | |
| Copper | mg | 0.078 | | 1 | 0.022 | 0.354 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 17.8 | | 0 | 5.0 | 80.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 1 | 0.028 | 0.454 | |
| Riboflavin | mg | 0.150 | | 1 | 0.043 | 0.680 | |
| Niacin | mg | 4.450 | | 1 | 1.262 | 20.185 | |
| Pantothenic acid | mg | 0.360 | | 1 | 0.102 | 1.633 | |
| Vitamin B-6 | mg | 0.440 | | 1 | 0.125 | 1.996 | |
| Folate | :g | 7 | | 1 | 2 | 32 | |
| Vitamin B-12 | :g | 3.05 | | 1 | 0.86 | 13.83 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.430 | | 0 | 0.689 | 11.022 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 21 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 21 | 0.000 | 0.000 | |
| 14:0 | g | 0.190 | | 21 | 0.054 | 0.862 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.510 | | 21 | 0.428 | 6.849 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.730 | | 21 | 0.207 | 3.311 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.730 | 0 | 0.774 | 12.383 |
| 14:1 | g | | | | |
| 16:1 | g | 0.230 | 21 | 0.065 | 1.043 |
| 18:1 | g | 2.500 | 21 | 0.709 | 11.340 |
| 20:1 | g | 0.010 | 21 | 0.003 | 0.045 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.230 | 0 | 0.065 | 1.043 |
| 18:2 | g | 0.190 | 21 | 0.054 | 0.862 |
| 18:3 | g | 0.010 | 21 | 0.003 | 0.045 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 21 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 59 | 1 | 17 | 268 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.241 | 0 | 0.068 | 1.093 |
| Threonine | g | 0.940 | 0 | 0.266 | 4.264 |
| Isoleucine | g | 0.968 | 0 | 0.274 | 4.391 |
| Leucine | g | 1.702 | 0 | 0.483 | 7.720 |
| Lysine | g | 1.791 | 0 | 0.508 | 8.124 |
| Methionine | g | 0.551 | 0 | 0.156 | 2.499 |
| Cystine | g | 0.241 | 0 | 0.068 | 1.093 |
| Phenylalanine | g | 0.841 | 0 | 0.238 | 3.815 |
| Tyrosine | g | 0.723 | 0 | 0.205 | 3.280 |
| Valine | g | 1.047 | 0 | 0.297 | 4.749 |
| Arginine | g | 1.361 | 0 | 0.386 | 6.173 |
| Histidine | g | 0.737 | 0 | 0.209 | 3.343 |
| Alanine | g | 1.299 | 0 | 0.368 | 5.892 |
| Aspartic acid | g | 1.967 | 0 | 0.558 | 8.922 |
| Glutamic acid | g | 3.235 | 0 | 0.917 | 14.674 |
| Glycine | g | 1.175 | 0 | 0.333 | 5.330 |
| Proline | g | 0.951 | 0 | 0.270 | 4.314 |
| Serine | g | 0.823 | 0 | 0.233 | 3.733 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13272 Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

**Refuse:** 25% 8% connective tissue, 17% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 85g | Measure 2* 147g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.25 | | 0 | 50.36 | 87.10 | |
| Energy | kcal | 214 | | 0 | 182 | 315 | |
| Energy | kj | 895 | | 0 | 761 | 1316 | |
| Protein (N x 5.95) | g | 28.62 | | 0 | 24.33 | 42.07 | |
| Total lipid (fat) | g | 10.15 | | 0 | 8.63 | 14.92 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.17 | | 0 | 0.99 | 1.72 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 7 | 12 | |
| Iron | mg | 2.47 | | 0 | 2.10 | 3.63 | |
| Magnesium | mg | 27 | | 0 | 23 | 40 | |
| Phosphorus | mg | 218 | | 0 | 185 | 320 | |
| Potassium | mg | 396 | | 0 | 337 | 582 | |
| Sodium | mg | 68 | | 0 | 58 | 100 | |
| Zinc | mg | 5.22 | | 0 | 4.44 | 7.67 | |
| Copper | mg | 0.107 | | 0 | 0.091 | 0.157 | |
| Manganese | mg | 0.016 | | 0 | 0.014 | 0.024 | |
| Selenium | :g | 22.8 | | 0 | 19.4 | 33.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.077 | 0.132 | |
| Riboflavin | mg | 0.200 | | 0 | 0.170 | 0.294 | |
| Niacin | mg | 5.340 | | 0 | 4.539 | 7.850 | |
| Pantothenic acid | mg | 0.370 | | 0 | 0.315 | 0.544 | |
| Vitamin B-6 | mg | 0.420 | | 0 | 0.357 | 0.617 | |
| Folate | :g | 8 | | 0 | 7 | 12 | |
| Vitamin B-12 | :g | 2.00 | | 0 | 1.70 | 2.94 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.870 | | 0 | 3.289 | 5.689 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.010 | | 0 | 0.009 | 0.015 | |
| 14:0 | g | 0.300 | | 0 | 0.255 | 0.441 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.310 | | 0 | 1.964 | 3.396 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.260 | | 0 | 1.071 | 1.852 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.080 | 0 | 3.468 | 5.998 |
| 14:1 | g | | | | |
| 16:1 | g | 0.330 | 0 | 0.281 | 0.485 |
| 18:1 | g | 3.750 | 0 | 3.188 | 5.513 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.330 | 0 | 0.281 | 0.485 |
| 18:2 | g | 0.260 | 0 | 0.221 | 0.382 |
| 18:3 | g | 0.020 | 0 | 0.017 | 0.029 |
| 18:4 | g | | | | |
| 20:4 | g | 0.050 | 0 | 0.043 | 0.074 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 76 | 0 | 65 | 112 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.321 | 0 | 0.273 | 0.472 |
| Threonine | g | 1.250 | 0 | 1.063 | 1.837 |
| Isoleucine | g | 1.287 | 0 | 1.094 | 1.892 |
| Leucine | g | 2.262 | 0 | 1.923 | 3.325 |
| Lysine | g | 2.381 | 0 | 2.024 | 3.500 |
| Methionine | g | 0.733 | 0 | 0.623 | 1.078 |
| Cystine | g | 0.321 | 0 | 0.273 | 0.472 |
| Phenylalanine | g | 1.117 | 0 | 0.949 | 1.642 |
| Tyrosine | g | 0.962 | 0 | 0.818 | 1.414 |
| Valine | g | 1.392 | 0 | 1.183 | 2.046 |
| Arginine | g | 1.809 | 0 | 1.538 | 2.659 |
| Histidine | g | 0.980 | 0 | 0.833 | 1.441 |
| Alanine | g | 1.726 | 0 | 1.467 | 2.537 |
| Aspartic acid | g | 2.615 | 0 | 2.223 | 3.844 |
| Glutamic acid | g | 4.300 | 0 | 3.655 | 6.321 |
| Glycine | g | 1.561 | 0 | 1.327 | 2.295 |
| Proline | g | 1.264 | 0 | 1.074 | 1.858 |
| Serine | g | 1.094 | 0 | 0.930 | 1.608 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

## NDB No. 13273 Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, select, raw

**Refuse:** 24% Connective tissue 8%, separable fat 16%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 71.00 | | 1 | 20.13 | 322.06 | |
| Energy | kcal | 133 | | 0 | 38 | 603 | |
| Energy | kj | 556 | | 0 | 158 | 2522 | |
| Protein (N x 5.95) | g | 21.53 | | 1 | 6.10 | 97.66 | |
| Total lipid (fat) | g | 4.50 | | 1 | 1.28 | 20.41 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.89 | | 1 | 0.25 | 4.04 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 1 | 1 | 23 | |
| Iron | mg | 1.78 | | 1 | 0.50 | 8.07 | |
| Magnesium | mg | 22 | | 1 | 6 | 100 | |
| Phosphorus | mg | 185 | | 1 | 52 | 839 | |
| Potassium | mg | 349 | | 1 | 99 | 1583 | |
| Sodium | mg | 59 | | 1 | 17 | 268 | |
| Zinc | mg | 3.64 | | 1 | 1.03 | 16.51 | |
| Copper | mg | 0.078 | | 1 | 0.022 | 0.354 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 17.8 | | 0 | 5.0 | 80.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 1 | 0.028 | 0.454 | |
| Riboflavin | mg | 0.150 | | 1 | 0.043 | 0.680 | |
| Niacin | mg | 4.450 | | 1 | 1.262 | 20.185 | |
| Pantothenic acid | mg | 0.360 | | 1 | 0.102 | 1.633 | |
| Vitamin B-6 | mg | 0.440 | | 1 | 0.125 | 1.996 | |
| Folate | :g | 7 | | 1 | 2 | 32 | |
| Vitamin B-12 | :g | 3.05 | | 1 | 0.86 | 13.83 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.710 | | 0 | 0.485 | 7.757 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 21 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 21 | 0.000 | 0.000 | |
| 14:0 | g | 0.130 | | 21 | 0.037 | 0.590 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.060 | | 21 | 0.301 | 4.808 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.510 | | 21 | 0.145 | 2.313 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.920 | 0 | 0.544 | 8.709 |
| 14:1 | g | | | | |
| 16:1 | g | 0.160 | 21 | 0.045 | 0.726 |
| 18:1 | g | 1.760 | 21 | 0.499 | 7.983 |
| 20:1 | g | 0.010 | 21 | 0.003 | 0.045 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.160 | 0 | 0.045 | 0.726 |
| 18:2 | g | 0.130 | 21 | 0.037 | 0.590 |
| 18:3 | g | 0.010 | 21 | 0.003 | 0.045 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 21 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 59 | 1 | 17 | 268 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.241 | 0 | 0.068 | 1.093 |
| Threonine | g | 0.940 | 0 | 0.266 | 4.264 |
| Isoleucine | g | 0.968 | 0 | 0.274 | 4.391 |
| Leucine | g | 1.702 | 0 | 0.483 | 7.720 |
| Lysine | g | 1.791 | 0 | 0.508 | 8.124 |
| Methionine | g | 0.551 | 0 | 0.156 | 2.499 |
| Cystine | g | 0.241 | 0 | 0.068 | 1.093 |
| Phenylalanine | g | 0.841 | 0 | 0.238 | 3.815 |
| Tyrosine | g | 0.723 | 0 | 0.205 | 3.280 |
| Valine | g | 1.047 | 0 | 0.297 | 4.749 |
| Arginine | g | 1.361 | 0 | 0.386 | 6.173 |
| Histidine | g | 0.737 | 0 | 0.209 | 3.343 |
| Alanine | g | 1.299 | 0 | 0.368 | 5.892 |
| Aspartic acid | g | 1.967 | 0 | 0.558 | 8.922 |
| Glutamic acid | g | 3.235 | 0 | 0.917 | 14.674 |
| Glycine | g | 1.175 | 0 | 0.333 | 5.330 |
| Proline | g | 0.951 | 0 | 0.270 | 4.314 |
| Serine | g | 0.823 | 0 | 0.233 | 3.733 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13274 Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, select, cooked, broiled

**Refuse:** 23% 9% connective tissue, 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 | Samples | Measure 1* 85g | Measure 2* 151g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 60.70 | | 0 | 51.59 | 91.66 | |
| Energy | kcal | 193 | | 0 | 164 | 291 | |
| Energy | kj | 808 | | 0 | 687 | 1220 | |
| Protein (N x 5.95) | g | 28.62 | | 0 | 24.33 | 43.22 | |
| Total lipid (fat) | g | 7.80 | | 0 | 6.63 | 11.78 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.17 | | 0 | 0.99 | 1.77 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 7 | 12 | |
| Iron | mg | 2.47 | | 0 | 2.10 | 3.73 | |
| Magnesium | mg | 27 | | 0 | 23 | 41 | |
| Phosphorus | mg | 218 | | 0 | 185 | 329 | |
| Potassium | mg | 396 | | 0 | 337 | 598 | |
| Sodium | mg | 68 | | 0 | 58 | 103 | |
| Zinc | mg | 5.22 | | 0 | 4.44 | 7.88 | |
| Copper | mg | 0.107 | | 0 | 0.091 | 0.162 | |
| Manganese | mg | 0.016 | | 0 | 0.014 | 0.024 | |
| Selenium | :g | 22.8 | | 0 | 19.4 | 34.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.077 | 0.136 | |
| Riboflavin | mg | 0.200 | | 0 | 0.170 | 0.302 | |
| Niacin | mg | 5.340 | | 0 | 4.539 | 8.063 | |
| Pantothenic acid | mg | 0.370 | | 0 | 0.315 | 0.559 | |
| Vitamin B-6 | mg | 0.420 | | 0 | 0.357 | 0.634 | |
| Folate | :g | 8 | | 0 | 7 | 12 | |
| Vitamin B-12 | :g | 2.00 | | 0 | 1.70 | 3.02 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.980 | | 0 | 2.533 | 4.500 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.010 | | 0 | 0.009 | 0.015 | |
| 14:0 | g | 0.230 | | 0 | 0.196 | 0.347 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.770 | | 0 | 1.504 | 2.673 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.970 | | 0 | 0.825 | 1.465 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.130 | 0 | 2.661 | 4.726 |
| 14:1 | g | | | | |
| 16:1 | g | 0.250 | 0 | 0.213 | 0.378 |
| 18:1 | g | 2.880 | 0 | 2.448 | 4.349 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.250 | 0 | 0.213 | 0.378 |
| 18:2 | g | 0.200 | 0 | 0.170 | 0.302 |
| 18:3 | g | 0.020 | 0 | 0.017 | 0.030 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.026 | 0.045 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 76 | 0 | 65 | 115 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.321 | 0 | 0.273 | 0.485 |
| Threonine | g | 1.250 | 0 | 1.063 | 1.888 |
| Isoleucine | g | 1.287 | 0 | 1.094 | 1.943 |
| Leucine | g | 2.262 | 0 | 1.923 | 3.416 |
| Lysine | g | 2.381 | 0 | 2.024 | 3.595 |
| Methionine | g | 0.733 | 0 | 0.623 | 1.107 |
| Cystine | g | 0.321 | 0 | 0.273 | 0.485 |
| Phenylalanine | g | 1.117 | 0 | 0.949 | 1.687 |
| Tyrosine | g | 0.962 | 0 | 0.818 | 1.453 |
| Valine | g | 1.392 | 0 | 1.183 | 2.102 |
| Arginine | g | 1.809 | 0 | 1.538 | 2.732 |
| Histidine | g | 0.980 | 0 | 0.833 | 1.480 |
| Alanine | g | 1.726 | 0 | 1.467 | 2.606 |
| Aspartic acid | g | 2.615 | 0 | 2.223 | 3.949 |
| Glutamic acid | g | 4.300 | 0 | 3.655 | 6.493 |
| Glycine | g | 1.561 | 0 | 1.327 | 2.357 |
| Proline | g | 1.264 | 0 | 1.074 | 1.909 |
| Serine | g | 1.094 | 0 | 0.930 | 1.652 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

## NDB No. 13275 Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, prime, raw

**Refuse:** 27% Connective tissue 5%, separable fat 22%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 67.39 | | 1 | 19.11 | 305.68 | |
| Energy | kcal | 189 | | 0 | 54 | 857 | |
| Energy | kj | 791 | | 0 | 224 | 3588 | |
| Protein (N x 5.95) | g | 21.53 | | 1 | 6.10 | 97.66 | |
| Total lipid (fat) | g | 10.73 | | 1 | 3.04 | 48.67 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.89 | | 1 | 0.25 | 4.04 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 1 | 1 | 23 | |
| Iron | mg | 1.78 | | 1 | 0.50 | 8.07 | |
| Magnesium | mg | 22 | | 1 | 6 | 100 | |
| Phosphorus | mg | 185 | | 1 | 52 | 839 | |
| Potassium | mg | 349 | | 1 | 99 | 1583 | |
| Sodium | mg | 59 | | 1 | 17 | 268 | |
| Zinc | mg | 3.64 | | 1 | 1.03 | 16.51 | |
| Copper | mg | 0.078 | | 1 | 0.022 | 0.354 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 17.8 | | 0 | 5.0 | 80.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 1 | 0.028 | 0.454 | |
| Riboflavin | mg | 0.150 | | 1 | 0.043 | 0.680 | |
| Niacin | mg | 4.450 | | 1 | 1.262 | 20.185 | |
| Pantothenic acid | mg | 0.360 | | 1 | 0.102 | 1.633 | |
| Vitamin B-6 | mg | 0.440 | | 1 | 0.125 | 1.996 | |
| Folate | :g | 7 | | 1 | 2 | 32 | |
| Vitamin B-12 | :g | 3.05 | | 1 | 0.86 | 13.83 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.290 | | 0 | 1.216 | 19.459 | |
| 4:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 12:0 | g | 0.010 | | 1 | 0.003 | 0.045 | |
| 14:0 | g | 0.320 | | 1 | 0.091 | 1.452 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.540 | | 1 | 0.720 | 11.521 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.230 | | 1 | 0.349 | 5.579 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.810 | 0 | 1.364 | 21.818 |
| 14:1 | g | | | | |
| 16:1 | g | 0.390 | 1 | 0.111 | 1.769 |
| 18:1 | g | 4.190 | 1 | 1.188 | 19.006 |
| 20:1 | g | 0.010 | 1 | 0.003 | 0.045 |
| 22.1 | g | 0.000 | 1 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.390 | 0 | 0.111 | 1.769 |
| 18:2 | g | 0.310 | 1 | 0.088 | 1.406 |
| 18:3 | g | 0.020 | 1 | 0.006 | 0.091 |
| 18:4 | g | 0.000 | 1 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 1 | 0.014 | 0.227 |
| 20:5 | g | 0.000 | 1 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 1 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 1 | 0.000 | 0.000 |
| Cholesterol | mg | 59 | 1 | 17 | 268 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.241 | 0 | 0.068 | 1.093 |
| Threonine | g | 0.940 | 0 | 0.266 | 4.264 |
| Isoleucine | g | 0.968 | 0 | 0.274 | 4.391 |
| Leucine | g | 1.702 | 0 | 0.483 | 7.720 |
| Lysine | g | 1.791 | 0 | 0.508 | 8.124 |
| Methionine | g | 0.551 | 0 | 0.156 | 2.499 |
| Cystine | g | 0.241 | 0 | 0.068 | 1.093 |
| Phenylalanine | g | 0.841 | 0 | 0.238 | 3.815 |
| Tyrosine | g | 0.723 | 0 | 0.205 | 3.280 |
| Valine | g | 1.047 | 0 | 0.297 | 4.749 |
| Arginine | g | 1.361 | 0 | 0.386 | 6.173 |
| Histidine | g | 0.737 | 0 | 0.209 | 3.343 |
| Alanine | g | 1.299 | 0 | 0.368 | 5.892 |
| Aspartic acid | g | 1.967 | 0 | 0.558 | 8.922 |
| Glutamic acid | g | 3.235 | 0 | 0.917 | 14.674 |
| Glycine | g | 1.175 | 0 | 0.333 | 5.330 |
| Proline | g | 0.951 | 0 | 0.270 | 4.314 |
| Serine | g | 0.823 | 0 | 0.233 | 3.733 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13276 Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, prime, cooked, broiled

**Refuse:** 25% 8% connective tissue, 17% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 85g | Measure 2* 147g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 57.12 | | 0 | 48.55 | 83.97 | |
| Energy | kcal | 245 | | 0 | 208 | 360 | |
| Energy | kj | 1025 | | 0 | 871 | 1507 | |
| Protein (N x 5.95) | g | 28.62 | | 0 | 24.33 | 42.07 | |
| Total lipid (fat) | g | 13.61 | | 0 | 11.57 | 20.01 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.17 | | 0 | 0.99 | 1.72 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 7 | 12 | |
| Iron | mg | 2.47 | | 0 | 2.10 | 3.63 | |
| Magnesium | mg | 27 | | 0 | 23 | 40 | |
| Phosphorus | mg | 218 | | 0 | 185 | 320 | |
| Potassium | mg | 396 | | 0 | 337 | 582 | |
| Sodium | mg | 68 | | 0 | 58 | 100 | |
| Zinc | mg | 5.22 | | 0 | 4.44 | 7.67 | |
| Copper | mg | 0.107 | | 0 | 0.091 | 0.157 | |
| Manganese | mg | 0.016 | | 0 | 0.014 | 0.024 | |
| Selenium | :g | 22.8 | | 0 | 19.4 | 33.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.077 | 0.132 | |
| Riboflavin | mg | 0.200 | | 0 | 0.170 | 0.294 | |
| Niacin | mg | 5.340 | | 0 | 4.539 | 7.850 | |
| Pantothenic acid | mg | 0.370 | | 0 | 0.315 | 0.544 | |
| Vitamin B-6 | mg | 0.420 | | 0 | 0.357 | 0.617 | |
| Folate | :g | 8 | | 0 | 7 | 12 | |
| Vitamin B-12 | :g | 2.00 | | 0 | 1.70 | 2.94 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.450 | | 0 | 4.633 | 8.011 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.009 | 0.015 | |
| 12:0 | g | 0.010 | | 0 | 0.009 | 0.015 | |
| 14:0 | g | 0.400 | | 0 | 0.340 | 0.588 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.100 | | 0 | 2.635 | 4.557 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.690 | | 0 | 1.437 | 2.484 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.670 | 0 | 4.819 | 8.335 |
| 14:1 | g | | | | |
| 16:1 | g | 0.440 | 0 | 0.374 | 0.647 |
| 18:1 | g | 5.030 | 0 | 4.276 | 7.394 |
| 20:1 | g | 0.010 | 0 | 0.009 | 0.015 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.470 | 0 | 0.400 | 0.691 |
| 18:2 | g | 0.350 | 0 | 0.298 | 0.514 |
| 18:3 | g | 0.030 | 0 | 0.026 | 0.044 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.060 | 0 | 0.051 | 0.088 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 76 | 0 | 65 | 112 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.321 | 0 | 0.273 | 0.472 |
| Threonine | g | 1.250 | 0 | 1.063 | 1.837 |
| Isoleucine | g | 1.287 | 0 | 1.094 | 1.892 |
| Leucine | g | 2.262 | 0 | 1.923 | 3.325 |
| Lysine | g | 2.381 | 0 | 2.024 | 3.500 |
| Methionine | g | 0.733 | 0 | 0.623 | 1.078 |
| Cystine | g | 0.321 | 0 | 0.273 | 0.472 |
| Phenylalanine | g | 1.117 | 0 | 0.949 | 1.642 |
| Tyrosine | g | 0.962 | 0 | 0.818 | 1.414 |
| Valine | g | 1.392 | 0 | 1.183 | 2.046 |
| Arginine | g | 1.809 | 0 | 1.538 | 2.659 |
| Histidine | g | 0.980 | 0 | 0.833 | 1.441 |
| Alanine | g | 1.726 | 0 | 1.467 | 2.537 |
| Aspartic acid | g | 2.615 | 0 | 2.223 | 3.844 |
| Glutamic acid | g | 4.300 | 0 | 3.655 | 6.321 |
| Glycine | g | 1.561 | 0 | 1.327 | 2.295 |
| Proline | g | 1.264 | 0 | 1.074 | 1.858 |
| Serine | g | 1.094 | 0 | 0.930 | 1.608 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

## NDB No. 13277 Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, raw

**Refuse:** 5% Connective tissue

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 63.46 | | 0 | 17.99 | 287.85 | |
| Energy | kcal | 217 | | 0 | 62 | 984 | |
| Energy | kj | 908 | | 0 | 257 | 4119 | |
| Protein (N x 5.95) | g | 19.15 | | 0 | 5.43 | 86.86 | |
| Total lipid (fat) | g | 15.04 | | 0 | 4.26 | 68.22 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.95 | | 0 | 0.27 | 4.31 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 2 | 32 | |
| Iron | mg | 2.38 | | 0 | 0.67 | 10.80 | |
| Magnesium | mg | 21 | | 0 | 6 | 95 | |
| Phosphorus | mg | 186 | | 0 | 53 | 844 | |
| Potassium | mg | 314 | | 0 | 89 | 1424 | |
| Sodium | mg | 53 | | 0 | 15 | 240 | |
| Zinc | mg | 3.64 | | 0 | 1.03 | 16.51 | |
| Copper | mg | 0.086 | | 0 | 0.024 | 0.390 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | :g | 18.4 | | 0 | 5.2 | 83.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.120 | | 0 | 0.034 | 0.544 | |
| Riboflavin | mg | 0.210 | | 0 | 0.060 | 0.953 | |
| Niacin | mg | 3.220 | | 0 | 0.913 | 14.606 | |
| Pantothenic acid | mg | 0.320 | | 0 | 0.091 | 1.452 | |
| Vitamin B-6 | mg | 0.400 | | 0 | 0.113 | 1.814 | |
| Folate | :g | 7 | | 0 | 2 | 32 | |
| Vitamin B-12 | :g | 2.90 | | 0 | 0.82 | 13.15 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.010 | | 0 | 1.704 | 27.261 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.050 | | 0 | 0.014 | 0.227 | |
| 12:0 | g | 0.030 | | 0 | 0.009 | 0.136 | |
| 14:0 | g | 0.470 | | 0 | 0.133 | 2.132 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.620 | | 0 | 1.026 | 16.420 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.830 | | 0 | 0.519 | 8.301 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.420 | 0 | 1.820 | 29.121 |
| 14:1 | g | | | | |
| 16:1 | g | 0.730 | 0 | 0.207 | 3.311 |
| 18:1 | g | 5.680 | 0 | 1.610 | 25.764 |
| 20:1 | g | 0.020 | 0 | 0.006 | 0.091 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.590 | 0 | 0.167 | 2.676 |
| 18:2 | g | 0.380 | 0 | 0.108 | 1.724 |
| 18:3 | g | 0.180 | 0 | 0.051 | 0.816 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 67 | 0 | 19 | 304 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.215 | 0 | 0.061 | 0.975 |
| Threonine | g | 0.837 | 0 | 0.237 | 3.797 |
| Isoleucine | g | 0.861 | 0 | 0.244 | 3.905 |
| Leucine | g | 1.514 | 0 | 0.429 | 6.868 |
| Lysine | g | 1.594 | 0 | 0.452 | 7.230 |
| Methionine | g | 0.490 | 0 | 0.139 | 2.223 |
| Cystine | g | 0.215 | 0 | 0.061 | 0.975 |
| Phenylalanine | g | 0.748 | 0 | 0.212 | 3.393 |
| Tyrosine | g | 0.644 | 0 | 0.183 | 2.921 |
| Valine | g | 0.932 | 0 | 0.264 | 4.228 |
| Arginine | g | 1.210 | 0 | 0.343 | 5.489 |
| Histidine | g | 0.656 | 0 | 0.186 | 2.976 |
| Alanine | g | 1.155 | 0 | 0.327 | 5.239 |
| Aspartic acid | g | 1.750 | 0 | 0.496 | 7.938 |
| Glutamic acid | g | 2.878 | 0 | 0.816 | 13.055 |
| Glycine | g | 1.045 | 0 | 0.296 | 4.740 |
| Proline | g | 0.846 | 0 | 0.240 | 3.837 |
| Serine | g | 0.732 | 0 | 0.208 | 3.320 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13278 Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

**Refuse:** 5% Connective tissue

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 306g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 56.53 | | 0 | 172.98 | 48.05 | |
| Energy | kcal | 258 | | 0 | 789 | 219 | |
| Energy | kj | 1079 | | 0 | 3302 | 917 | |
| Protein (N x 5.95) | g | 27.81 | | 0 | 85.10 | 23.64 | |
| Total lipid (fat) | g | 15.41 | | 0 | 47.15 | 13.10 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.25 | | 0 | 3.83 | 1.06 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | | 0 | 34 | 9 | |
| Iron | mg | 3.06 | | 0 | 9.36 | 2.60 | |
| Magnesium | mg | 29 | | 0 | 89 | 25 | |
| Phosphorus | mg | 222 | | 0 | 679 | 189 | |
| Potassium | mg | 366 | | 0 | 1120 | 311 | |
| Sodium | mg | 63 | | 0 | 193 | 54 | |
| Zinc | mg | 5.85 | | 0 | 17.90 | 4.97 | |
| Copper | mg | 0.133 | | 0 | 0.407 | 0.113 | |
| Manganese | mg | 0.016 | | 0 | 0.049 | 0.014 | |
| Selenium | :g | 26.7 | | 0 | 81.7 | 22.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.337 | 0.094 | |
| Riboflavin | mg | 0.270 | | 0 | 0.826 | 0.230 | |
| Niacin | mg | 3.930 | | 0 | 12.026 | 3.341 | |
| Pantothenic acid | mg | 0.360 | | 0 | 1.102 | 0.306 | |
| Vitamin B-6 | mg | 0.410 | | 0 | 1.255 | 0.349 | |
| Folate | :g | 9 | | 0 | 28 | 8 | |
| Vitamin B-12 | :g | 2.69 | | 0 | 8.23 | 2.29 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.180 | | 0 | 0.551 | 0.153 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.140 | | 0 | 18.788 | 5.219 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.040 | | 0 | 0.122 | 0.034 | |
| 12:0 | g | 0.040 | | 0 | 0.122 | 0.034 | |
| 14:0 | g | 0.470 | | 0 | 1.438 | 0.400 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.720 | | 0 | 11.383 | 3.162 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.880 | | 0 | 5.753 | 1.598 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.630 | 0 | 20.288 | 5.635 |
| 14:1 | g | | | | |
| 16:1 | g | 0.600 | 0 | 1.836 | 0.510 |
| 18:1 | g | 6.000 | 0 | 18.360 | 5.100 |
| 20:1 | g | 0.030 | 0 | 0.092 | 0.026 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.590 | 0 | 1.805 | 0.501 |
| 18:2 | g | 0.400 | 0 | 1.224 | 0.340 |
| 18:3 | g | 0.150 | 0 | 0.459 | 0.128 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.122 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 90 | 0 | 275 | 77 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.311 | 0 | 0.952 | 0.264 |
| Threonine | g | 1.215 | 0 | 3.718 | 1.033 |
| Isoleucine | g | 1.250 | 0 | 3.825 | 1.063 |
| Leucine | g | 2.198 | 0 | 6.726 | 1.868 |
| Lysine | g | 2.313 | 0 | 7.078 | 1.966 |
| Methionine | g | 0.712 | 0 | 2.179 | 0.605 |
| Cystine | g | 0.311 | 0 | 0.952 | 0.264 |
| Phenylalanine | g | 1.086 | 0 | 3.323 | 0.923 |
| Tyrosine | g | 0.934 | 0 | 2.858 | 0.794 |
| Valine | g | 1.352 | 0 | 4.137 | 1.149 |
| Arginine | g | 1.757 | 0 | 5.376 | 1.493 |
| Histidine | g | 0.952 | 0 | 2.913 | 0.809 |
| Alanine | g | 1.677 | 0 | 5.132 | 1.425 |
| Aspartic acid | g | 2.540 | 0 | 7.772 | 2.159 |
| Glutamic acid | g | 4.177 | 0 | 12.782 | 3.550 |
| Glycine | g | 1.517 | 0 | 4.642 | 1.289 |
| Proline | g | 1.228 | 0 | 3.758 | 1.044 |
| Serine | g | 1.063 | 0 | 3.253 | 0.904 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13279 Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, choice, raw

**Refuse:** 5% Connective tissue

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 62.70 | | 0 | 17.78 | 284.41 | |
| Energy | kcal | 227 | | 0 | 64 | 1030 | |
| Energy | kj | 950 | | 0 | 269 | 4309 | |
| Protein (N x 5.95) | g | 19.02 | | 0 | 5.39 | 86.27 | |
| Total lipid (fat) | g | 16.20 | | 0 | 4.59 | 73.48 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.94 | | 0 | 0.27 | 4.26 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 2 | 36 | |
| Iron | mg | 2.36 | | 0 | 0.67 | 10.70 | |
| Magnesium | mg | 20 | | 0 | 6 | 91 | |
| Phosphorus | mg | 184 | | 0 | 52 | 835 | |
| Potassium | mg | 311 | | 0 | 88 | 1411 | |
| Sodium | mg | 53 | | 0 | 15 | 240 | |
| Zinc | mg | 3.61 | | 0 | 1.02 | 16.37 | |
| Copper | mg | 0.085 | | 0 | 0.024 | 0.386 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | :g | 18.4 | | 0 | 5.2 | 83.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.120 | | 0 | 0.034 | 0.544 | |
| Riboflavin | mg | 0.200 | | 0 | 0.057 | 0.907 | |
| Niacin | mg | 3.200 | | 0 | 0.907 | 14.515 | |
| Pantothenic acid | mg | 0.320 | | 0 | 0.091 | 1.452 | |
| Vitamin B-6 | mg | 0.390 | | 0 | 0.111 | 1.769 | |
| Folate | :g | 7 | | 0 | 2 | 32 | |
| Vitamin B-12 | :g | 2.88 | | 0 | 0.82 | 13.06 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.460 | | 0 | 1.831 | 29.303 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.050 | | 0 | 0.014 | 0.227 | |
| 12:0 | g | 0.040 | | 0 | 0.011 | 0.181 | |
| 14:0 | g | 0.510 | | 0 | 0.145 | 2.313 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.890 | | 0 | 1.103 | 17.645 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.980 | | 0 | 0.561 | 8.981 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.910 | 0 | 1.959 | 31.344 |
| 14:1 | g | | | | |
| 16:1 | g | 0.780 | 0 | 0.221 | 3.538 |
| 18:1 | g | 6.110 | 0 | 1.732 | 27.715 |
| 20:1 | g | 0.020 | 0 | 0.006 | 0.091 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.630 | 0 | 0.179 | 2.858 |
| 18:2 | g | 0.410 | 0 | 0.116 | 1.860 |
| 18:3 | g | 0.190 | 0 | 0.054 | 0.862 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.009 | 0.136 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 67 | 0 | 19 | 304 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.213 | 0 | 0.060 | 0.966 |
| Threonine | g | 0.831 | 0 | 0.236 | 3.769 |
| Isoleucine | g | 0.855 | 0 | 0.242 | 3.878 |
| Leucine | g | 1.504 | 0 | 0.426 | 6.822 |
| Lysine | g | 1.583 | 0 | 0.449 | 7.180 |
| Methionine | g | 0.487 | 0 | 0.138 | 2.209 |
| Cystine | g | 0.213 | 0 | 0.060 | 0.966 |
| Phenylalanine | g | 0.743 | 0 | 0.211 | 3.370 |
| Tyrosine | g | 0.639 | 0 | 0.181 | 2.899 |
| Valine | g | 0.925 | 0 | 0.262 | 4.196 |
| Arginine | g | 1.202 | 0 | 0.341 | 5.452 |
| Histidine | g | 0.651 | 0 | 0.185 | 2.953 |
| Alanine | g | 1.147 | 0 | 0.325 | 5.203 |
| Aspartic acid | g | 1.738 | 0 | 0.493 | 7.884 |
| Glutamic acid | g | 2.858 | 0 | 0.810 | 12.964 |
| Glycine | g | 1.038 | 0 | 0.294 | 4.708 |
| Proline | g | 0.840 | 0 | 0.238 | 3.810 |
| Serine | g | 0.727 | 0 | 0.206 | 3.298 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13280 Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

**Refuse:** 5% Connective tissue

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 306g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 55.58 | | 0 | 170.07 | 47.24 | |
| Energy | kcal | 269 | | 0 | 823 | 229 | |
| Energy | kj | 1125 | | 0 | 3443 | 956 | |
| Protein (N x 5.95) | g | 27.61 | | 0 | 84.49 | 23.47 | |
| Total lipid (fat) | g | 16.73 | | 0 | 51.19 | 14.22 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.24 | | 0 | 3.79 | 1.05 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | | 0 | 34 | 9 | |
| Iron | mg | 3.04 | | 0 | 9.30 | 2.58 | |
| Magnesium | mg | 28 | | 0 | 86 | 24 | |
| Phosphorus | mg | 220 | | 0 | 673 | 187 | |
| Potassium | mg | 363 | | 0 | 1111 | 309 | |
| Sodium | mg | 62 | | 0 | 190 | 53 | |
| Zinc | mg | 5.80 | | 0 | 17.75 | 4.93 | |
| Copper | mg | 0.132 | | 0 | 0.404 | 0.112 | |
| Manganese | mg | 0.016 | | 0 | 0.049 | 0.014 | |
| Selenium | :g | 26.7 | | 0 | 81.7 | 22.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.337 | 0.094 | |
| Riboflavin | mg | 0.270 | | 0 | 0.826 | 0.230 | |
| Niacin | mg | 3.900 | | 0 | 11.934 | 3.315 | |
| Pantothenic acid | mg | 0.350 | | 0 | 1.071 | 0.298 | |
| Vitamin B-6 | mg | 0.410 | | 0 | 1.255 | 0.349 | |
| Folate | :g | 9 | | 0 | 28 | 8 | |
| Vitamin B-12 | :g | 2.68 | | 0 | 8.20 | 2.28 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.210 | | 0 | 0.643 | 0.179 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.670 | | 0 | 20.410 | 5.670 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.040 | | 0 | 0.122 | 0.034 | |
| 12:0 | g | 0.040 | | 0 | 0.122 | 0.034 | |
| 14:0 | g | 0.510 | | 0 | 1.561 | 0.434 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.030 | | 0 | 12.332 | 3.426 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.050 | | 0 | 6.273 | 1.742 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.190 | 0 | 22.001 | 6.111 |
| 14:1 | g | | | | |
| 16:1 | g | 0.650 | 0 | 1.989 | 0.553 |
| 18:1 | g | 6.510 | 0 | 19.921 | 5.534 |
| 20:1 | g | 0.030 | 0 | 0.092 | 0.026 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.640 | 0 | 1.958 | 0.544 |
| 18:2 | g | 0.440 | 0 | 1.346 | 0.374 |
| 18:3 | g | 0.160 | 0 | 0.490 | 0.136 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.122 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 90 | 0 | 275 | 77 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.309 | 0 | 0.946 | 0.263 |
| Threonine | g | 1.206 | 0 | 3.690 | 1.025 |
| Isoleucine | g | 1.241 | 0 | 3.797 | 1.055 |
| Leucine | g | 2.182 | 0 | 6.677 | 1.855 |
| Lysine | g | 2.297 | 0 | 7.029 | 1.952 |
| Methionine | g | 0.707 | 0 | 2.163 | 0.601 |
| Cystine | g | 0.309 | 0 | 0.946 | 0.263 |
| Phenylalanine | g | 1.078 | 0 | 3.299 | 0.916 |
| Tyrosine | g | 0.928 | 0 | 2.840 | 0.789 |
| Valine | g | 1.343 | 0 | 4.110 | 1.142 |
| Arginine | g | 1.745 | 0 | 5.340 | 1.483 |
| Histidine | g | 0.945 | 0 | 2.892 | 0.803 |
| Alanine | g | 1.665 | 0 | 5.095 | 1.415 |
| Aspartic acid | g | 2.522 | 0 | 7.717 | 2.144 |
| Glutamic acid | g | 4.148 | 0 | 12.693 | 3.526 |
| Glycine | g | 1.506 | 0 | 4.608 | 1.280 |
| Proline | g | 1.219 | 0 | 3.730 | 1.036 |
| Serine | g | 1.056 | 0 | 3.231 | 0.898 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13281 Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, pan-fried

**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 | Samples | Measure 1* 307g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 48.44 | | 0 | 148.71 | 41.17 | |
| Energy | kcal | 326 | | 0 | 1001 | 277 | |
| Energy | kj | 1364 | | 0 | 4187 | 1159 | |
| Protein (N x 5.95) | g | 28.11 | | 0 | 86.30 | 23.89 | |
| Total lipid (fat) | g | 22.84 | | 0 | 70.12 | 19.41 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.25 | | 0 | 3.84 | 1.06 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 12 | | 0 | 37 | 10 | |
| Iron | mg | 3.33 | | 0 | 10.22 | 2.83 | |
| Magnesium | mg | 28 | | 0 | 86 | 24 | |
| Phosphorus | mg | 229 | | 0 | 703 | 195 | |
| Potassium | mg | 396 | | 0 | 1216 | 337 | |
| Sodium | mg | 70 | | 0 | 215 | 60 | |
| Zinc | mg | 5.40 | | 0 | 16.58 | 4.59 | |
| Copper | mg | 0.128 | | 0 | 0.393 | 0.109 | |
| Manganese | mg | 0.017 | | 0 | 0.052 | 0.014 | |
| Selenium | :g | 27.1 | | 0 | 83.2 | 23.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.120 | | 0 | 0.368 | 0.102 | |
| Riboflavin | mg | 0.280 | | 0 | 0.860 | 0.238 | |
| Niacin | mg | 3.750 | | 0 | 11.512 | 3.188 | |
| Pantothenic acid | mg | 0.380 | | 0 | 1.167 | 0.323 | |
| Vitamin B-6 | mg | 0.430 | | 0 | 1.320 | 0.366 | |
| Folate | :g | 9 | | 0 | 28 | 8 | |
| Vitamin B-12 | :g | 3.28 | | 0 | 10.07 | 2.79 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.210 | | 0 | 0.645 | 0.179 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 8.910 | | 0 | 27.354 | 7.574 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.060 | | 0 | 0.184 | 0.051 | |
| 12:0 | g | 0.050 | | 0 | 0.154 | 0.043 | |
| 14:0 | g | 0.670 | | 0 | 2.057 | 0.570 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.360 | | 0 | 16.455 | 4.556 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.640 | | 0 | 8.105 | 2.244 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.640 | 0 | 29.595 | 8.194 |
| 14:1 | g | | | | |
| 16:1 | g | 0.860 | 0 | 2.640 | 0.731 |
| 18:1 | g | 8.670 | 0 | 26.617 | 7.370 |
| 20:1 | g | 0.040 | 0 | 0.123 | 0.034 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.740 | 0 | 5.342 | 1.479 |
| 18:2 | g | 1.350 | 0 | 4.145 | 1.148 |
| 18:3 | g | 0.330 | 0 | 1.013 | 0.281 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.123 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 98 | 0 | 301 | 83 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.315 | 0 | 0.967 | 0.268 |
| Threonine | g | 1.228 | 0 | 3.770 | 1.044 |
| Isoleucine | g | 1.264 | 0 | 3.880 | 1.074 |
| Leucine | g | 2.222 | 0 | 6.822 | 1.889 |
| Lysine | g | 2.339 | 0 | 7.181 | 1.988 |
| Methionine | g | 0.720 | 0 | 2.210 | 0.612 |
| Cystine | g | 0.315 | 0 | 0.967 | 0.268 |
| Phenylalanine | g | 1.098 | 0 | 3.371 | 0.933 |
| Tyrosine | g | 0.945 | 0 | 2.901 | 0.803 |
| Valine | g | 1.367 | 0 | 4.197 | 1.162 |
| Arginine | g | 1.777 | 0 | 5.455 | 1.510 |
| Histidine | g | 0.963 | 0 | 2.956 | 0.819 |
| Alanine | g | 1.696 | 0 | 5.207 | 1.442 |
| Aspartic acid | g | 2.568 | 0 | 7.884 | 2.183 |
| Glutamic acid | g | 4.224 | 0 | 12.968 | 3.590 |
| Glycine | g | 1.534 | 0 | 4.709 | 1.304 |
| Proline | g | 1.242 | 0 | 3.813 | 1.056 |
| Serine | g | 1.075 | 0 | 3.300 | 0.914 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13282 Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, select, raw

**Refuse:** 5% Connective tissue

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 64.23 | | 0 | 18.21 | 291.35 | |
| Energy | kcal | 207 | | 0 | 59 | 939 | |
| Energy | kj | 866 | | 0 | 246 | 3928 | |
| Protein (N x 5.95) | g | 19.28 | | 0 | 5.47 | 87.45 | |
| Total lipid (fat) | g | 13.78 | | 0 | 3.91 | 62.51 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.96 | | 0 | 0.27 | 4.35 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 2 | 32 | |
| Iron | mg | 2.40 | | 0 | 0.68 | 10.89 | |
| Magnesium | mg | 21 | | 0 | 6 | 95 | |
| Phosphorus | mg | 187 | | 0 | 53 | 848 | |
| Potassium | mg | 317 | | 0 | 90 | 1438 | |
| Sodium | mg | 54 | | 0 | 15 | 245 | |
| Zinc | mg | 3.67 | | 0 | 1.04 | 16.65 | |
| Copper | mg | 0.087 | | 0 | 0.025 | 0.395 | |
| Manganese | mg | 0.013 | | 0 | 0.004 | 0.059 | |
| Selenium | :g | 18.6 | | 0 | 5.3 | 84.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.120 | | 0 | 0.034 | 0.544 | |
| Riboflavin | mg | 0.210 | | 0 | 0.060 | 0.953 | |
| Niacin | mg | 3.240 | | 0 | 0.919 | 14.697 | |
| Pantothenic acid | mg | 0.320 | | 0 | 0.091 | 1.452 | |
| Vitamin B-6 | mg | 0.400 | | 0 | 0.113 | 1.814 | |
| Folate | :g | 7 | | 0 | 2 | 32 | |
| Vitamin B-12 | :g | 2.91 | | 0 | 0.82 | 13.20 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.520 | | 0 | 1.565 | 25.039 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.050 | | 0 | 0.014 | 0.227 | |
| 12:0 | g | 0.030 | | 0 | 0.009 | 0.136 | |
| 14:0 | g | 0.430 | | 0 | 0.122 | 1.950 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.330 | | 0 | 0.944 | 15.105 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.680 | | 0 | 0.476 | 7.620 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.890 | 0 | 1.670 | 26.717 |
| 14:1 | g | | | | |
| 16:1 | g | 0.680 | 0 | 0.193 | 3.084 |
| 18:1 | g | 5.200 | 0 | 1.474 | 23.587 |
| 20:1 | g | 0.020 | 0 | 0.006 | 0.091 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.530 | 0 | 0.150 | 2.404 |
| 18:2 | g | 0.340 | 0 | 0.096 | 1.542 |
| 18:3 | g | 0.170 | 0 | 0.048 | 0.771 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.091 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 67 | 0 | 19 | 304 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.216 | 0 | 0.061 | 0.980 |
| Threonine | g | 0.842 | 0 | 0.239 | 3.819 |
| Isoleucine | g | 0.867 | 0 | 0.246 | 3.933 |
| Leucine | g | 1.524 | 0 | 0.432 | 6.913 |
| Lysine | g | 1.604 | 0 | 0.455 | 7.276 |
| Methionine | g | 0.494 | 0 | 0.140 | 2.241 |
| Cystine | g | 0.216 | 0 | 0.061 | 0.980 |
| Phenylalanine | g | 0.753 | 0 | 0.213 | 3.416 |
| Tyrosine | g | 0.648 | 0 | 0.184 | 2.939 |
| Valine | g | 0.938 | 0 | 0.266 | 4.255 |
| Arginine | g | 1.219 | 0 | 0.346 | 5.529 |
| Histidine | g | 0.660 | 0 | 0.187 | 2.994 |
| Alanine | g | 1.163 | 0 | 0.330 | 5.275 |
| Aspartic acid | g | 1.762 | 0 | 0.500 | 7.992 |
| Glutamic acid | g | 2.897 | 0 | 0.821 | 13.141 |
| Glycine | g | 1.052 | 0 | 0.298 | 4.772 |
| Proline | g | 0.852 | 0 | 0.242 | 3.865 |
| Serine | g | 0.737 | 0 | 0.209 | 3.343 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13283 Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, select, cooked, broiled

**Refuse:** 5% Connective tissue

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 306g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 57.58 | | 0 | 176.19 | 48.94 | |
| Energy | kcal | 245 | | 0 | 750 | 208 | |
| Energy | kj | 1025 | | 0 | 3137 | 871 | |
| Protein (N x 5.95) | g | 28.00 | | 0 | 85.68 | 23.80 | |
| Total lipid (fat) | g | 13.90 | | 0 | 42.53 | 11.81 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.26 | | 0 | 3.86 | 1.07 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | | 0 | 34 | 9 | |
| Iron | mg | 3.08 | | 0 | 9.42 | 2.62 | |
| Magnesium | mg | 29 | | 0 | 89 | 25 | |
| Phosphorus | mg | 224 | | 0 | 685 | 190 | |
| Potassium | mg | 369 | | 0 | 1129 | 314 | |
| Sodium | mg | 63 | | 0 | 193 | 54 | |
| Zinc | mg | 5.91 | | 0 | 18.08 | 5.02 | |
| Copper | mg | 0.134 | | 0 | 0.410 | 0.114 | |
| Manganese | mg | 0.016 | | 0 | 0.049 | 0.014 | |
| Selenium | :g | 26.9 | | 0 | 82.3 | 22.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | 0.337 | 0.094 | |
| Riboflavin | mg | 0.270 | | 0 | 0.826 | 0.230 | |
| Niacin | mg | 3.950 | | 0 | 12.087 | 3.357 | |
| Pantothenic acid | mg | 0.360 | | 0 | 1.102 | 0.306 | |
| Vitamin B-6 | mg | 0.410 | | 0 | 1.255 | 0.349 | |
| Folate | :g | 9 | | 0 | 28 | 8 | |
| Vitamin B-12 | :g | 2.70 | | 0 | 8.26 | 2.30 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.210 | | 0 | 0.643 | 0.179 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.540 | | 0 | 16.952 | 4.709 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.030 | | 0 | 0.092 | 0.026 | |
| 12:0 | g | 0.040 | | 0 | 0.122 | 0.034 | |
| 14:0 | g | 0.430 | | 0 | 1.316 | 0.366 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.360 | | 0 | 10.282 | 2.856 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.690 | | 0 | 5.171 | 1.437 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.980 | 0 | 18.299 | 5.083 |
| 14:1 | g | | | | |
| 16:1 | g | 0.550 | 0 | 1.683 | 0.468 |
| 18:1 | g | 5.410 | 0 | 16.555 | 4.599 |
| 20:1 | g | 0.030 | 0 | 0.092 | 0.026 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.530 | 0 | 1.622 | 0.451 |
| 18:2 | g | 0.360 | 0 | 1.102 | 0.306 |
| 18:3 | g | 0.140 | 0 | 0.428 | 0.119 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.092 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 90 | 0 | 275 | 77 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.314 | 0 | 0.961 | 0.267 |
| Threonine | g | 1.223 | 0 | 3.742 | 1.040 |
| Isoleucine | g | 1.259 | 0 | 3.853 | 1.070 |
| Leucine | g | 2.213 | 0 | 6.772 | 1.881 |
| Lysine | g | 2.330 | 0 | 7.130 | 1.981 |
| Methionine | g | 0.717 | 0 | 2.194 | 0.609 |
| Cystine | g | 0.314 | 0 | 0.961 | 0.267 |
| Phenylalanine | g | 1.093 | 0 | 3.345 | 0.929 |
| Tyrosine | g | 0.941 | 0 | 2.879 | 0.800 |
| Valine | g | 1.362 | 0 | 4.168 | 1.158 |
| Arginine | g | 1.770 | 0 | 5.416 | 1.504 |
| Histidine | g | 0.959 | 0 | 2.935 | 0.815 |
| Alanine | g | 1.689 | 0 | 5.168 | 1.436 |
| Aspartic acid | g | 2.558 | 0 | 7.827 | 2.174 |
| Glutamic acid | g | 4.207 | 0 | 12.873 | 3.576 |
| Glycine | g | 1.528 | 0 | 4.676 | 1.299 |
| Proline | g | 1.237 | 0 | 3.785 | 1.051 |
| Serine | g | 1.071 | 0 | 3.277 | 0.910 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13286 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, raw

**Refuse:** 20% Connective tissue 5%, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 71.70 | | 1 | 20.33 | 325.23 | |
| Energy | kcal | 130 | | 0 | 37 | 590 | |
| Energy | kj | 544 | | 0 | 154 | 2468 | |
| Protein (N x 5.95) | g | 21.24 | 0.214 | 24 | 6.02 | 96.34 | |
| Total lipid (fat) | g | 4.40 | | 1 | 1.25 | 19.96 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.08 | 0.028 | 15 | 0.31 | 4.90 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | 0.527 | 11 | 2 | 32 | |
| Iron | mg | 2.69 | 0.083 | 49 | 0.76 | 12.20 | |
| Magnesium | mg | 24 | 0.455 | 21 | 7 | 109 | |
| Phosphorus | mg | 208 | 5.941 | 11 | 59 | 943 | |
| Potassium | mg | 361 | 9.108 | 22 | 102 | 1637 | |
| Sodium | mg | 58 | 2.489 | 22 | 16 | 263 | |
| Zinc | mg | 4.14 | 0.127 | 20 | 1.17 | 18.78 | |
| Copper | mg | 0.096 | 0.004 | 18 | 0.027 | 0.435 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | ：g | 19.8 | 1.456 | 25 | 5.6 | 89.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.130 | 0.007 | 19 | 0.037 | 0.590 | |
| Riboflavin | mg | 0.230 | 0.007 | 19 | 0.065 | 1.043 | |
| Niacin | mg | 3.560 | 0.175 | 19 | 1.009 | 16.148 | |
| Pantothenic acid | mg | 0.360 | | 1 | 0.102 | 1.633 | |
| Vitamin B-6 | mg | 0.440 | | 1 | 0.125 | 1.996 | |
| Folate | ：g | 8 | 0.882 | 10 | 2 | 36 | |
| Vitamin B-12 | ：g | 3.17 | 0.286 | 19 | 0.90 | 14.38 | |
| Vitamin A | IU | 0 | | 1 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.540 | | 0 | 0.437 | 6.985 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 18 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 18 | 0.000 | 0.000 | |
| 14:0 | g | 0.100 | | 18 | 0.028 | 0.454 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.930 | | 18 | 0.264 | 4.218 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.510 | | 18 | 0.145 | 2.313 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.750 | | 0 | 0.496 | 7.938 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.130 | | 18 | 0.037 | 0.590 |
| 18:1 | g | 1.620 | | 18 | 0.459 | 7.348 |
| 20:1 | g | 0.000 | | 18 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.210 | | 0 | 0.060 | 0.953 |
| 18:2 | g | 0.170 | | 18 | 0.048 | 0.771 |
| 18:3 | g | 0.010 | | 18 | 0.003 | 0.045 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | | 18 | 0.009 | 0.136 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 61 | 0.870 | 18 | 17 | 277 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.238 | | 0 | 0.067 | 1.080 |
| Threonine | g | 0.928 | | 0 | 0.263 | 4.209 |
| Isoleucine | g | 0.955 | | 0 | 0.271 | 4.332 |
| Leucine | g | 1.679 | | 0 | 0.476 | 7.616 |
| Lysine | g | 1.767 | | 0 | 0.501 | 8.015 |
| Methionine | g | 0.544 | | 0 | 0.154 | 2.468 |
| Cystine | g | 0.238 | | 0 | 0.067 | 1.080 |
| Phenylalanine | g | 0.829 | | 0 | 0.235 | 3.760 |
| Tyrosine | g | 0.714 | | 0 | 0.202 | 3.239 |
| Valine | g | 1.033 | | 0 | 0.293 | 4.686 |
| Arginine | g | 1.342 | | 0 | 0.380 | 6.087 |
| Histidine | g | 0.727 | | 0 | 0.206 | 3.298 |
| Alanine | g | 1.281 | | 0 | 0.363 | 5.811 |
| Aspartic acid | g | 1.940 | | 0 | 0.550 | 8.800 |
| Glutamic acid | g | 3.191 | | 0 | 0.905 | 14.474 |
| Glycine | g | 1.159 | | 0 | 0.329 | 5.257 |
| Proline | g | 0.938 | | 0 | 0.266 | 4.255 |
| Serine | g | 0.812 | | 0 | 0.230 | 3.683 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13287 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

**Refuse:** 17% 5% connective tissue, 12% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 267g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 62.20 | | 1 | 166.07 | 52.87 | |
| Energy | kcal | 195 | | 0 | 521 | 166 | |
| Energy | kj | 816 | | 0 | 2179 | 694 | |
| Protein (N x 5.95) | g | 30.37 | 0.773 | 11 | 81.09 | 25.81 | |
| Total lipid (fat) | g | 7.20 | | 1 | 19.22 | 6.12 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.37 | 0.033 | 11 | 3.66 | 1.16 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | 0.896 | 11 | 29 | 9 | |
| Iron | mg | 3.36 | 0.170 | 11 | 8.97 | 2.86 | |
| Magnesium | mg | 32 | 0.853 | 11 | 85 | 27 | |
| Phosphorus | mg | 244 | | 1 | 651 | 207 | |
| Potassium | mg | 403 | 16.682 | 11 | 1076 | 343 | |
| Sodium | mg | 66 | 5.493 | 11 | 176 | 56 | |
| Zinc | mg | 6.52 | 0.273 | 8 | 17.41 | 5.54 | |
| Copper | mg | 0.146 | 0.008 | 8 | 0.390 | 0.124 | |
| Manganese | mg | 0.017 | | 1 | 0.045 | 0.014 | |
| Selenium | :g | 32.9 | 2.351 | 26 | 87.8 | 28.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.130 | 0.009 | 11 | 0.347 | 0.111 | |
| Riboflavin | mg | 0.290 | 0.017 | 7 | 0.774 | 0.247 | |
| Niacin | mg | 4.280 | 0.189 | 11 | 11.428 | 3.638 | |
| Pantothenic acid | mg | 0.390 | | 1 | 1.041 | 0.331 | |
| Vitamin B-6 | mg | 0.450 | | 1 | 1.202 | 0.383 | |
| Folate | :g | 10 | 1.172 | 11 | 27 | 9 | |
| Vitamin B-12 | :g | 2.85 | 0.407 | 11 | 7.61 | 2.42 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.374 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.800 | | 0 | 7.476 | 2.380 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 8 | 0.000 | 0.000 | |
| 12:0 | g | 0.010 | | 8 | 0.027 | 0.009 | |
| 14:0 | g | 0.190 | | 8 | 0.507 | 0.161 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.620 | | 8 | 4.325 | 1.377 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.990 | | 8 | 2.643 | 0.842 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.070 | | 0 | 8.197 | 2.609 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.220 | | 8 | 0.587 | 0.187 |
| 18:1 | g | 2.840 | | 8 | 7.583 | 2.414 |
| 20:1 | g | 0.010 | | 8 | 0.027 | 0.009 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.280 | | 0 | 0.748 | 0.238 |
| 18:2 | g | 0.220 | | 8 | 0.587 | 0.187 |
| 18:3 | g | 0.020 | | 8 | 0.053 | 0.017 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | | 8 | 0.107 | 0.034 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 89 | 4.113 | 8 | 238 | 76 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.340 | | 0 | 0.908 | 0.289 |
| Threonine | g | 1.327 | | 0 | 3.543 | 1.128 |
| Isoleucine | g | 1.365 | | 0 | 3.645 | 1.160 |
| Leucine | g | 2.400 | | 0 | 6.408 | 2.040 |
| Lysine | g | 2.527 | | 0 | 6.747 | 2.148 |
| Methionine | g | 0.777 | | 0 | 2.075 | 0.660 |
| Cystine | g | 0.340 | | 0 | 0.908 | 0.289 |
| Phenylalanine | g | 1.186 | | 0 | 3.167 | 1.008 |
| Tyrosine | g | 1.020 | | 0 | 2.723 | 0.867 |
| Valine | g | 1.477 | | 0 | 3.944 | 1.255 |
| Arginine | g | 1.919 | | 0 | 5.124 | 1.631 |
| Histidine | g | 1.040 | | 0 | 2.777 | 0.884 |
| Alanine | g | 1.832 | | 0 | 4.891 | 1.557 |
| Aspartic acid | g | 2.774 | | 0 | 7.407 | 2.358 |
| Glutamic acid | g | 4.563 | | 0 | 12.183 | 3.879 |
| Glycine | g | 1.657 | | 0 | 4.424 | 1.408 |
| Proline | g | 1.341 | | 0 | 3.580 | 1.140 |
| Serine | g | 1.161 | | 0 | 3.100 | 0.987 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13288 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, choice, raw

**Refuse:** 21% Connective tissue 5%, separable fat 16%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 71.40 | | 1 | 20.24 | 323.87 | |
| Energy | kcal | 136 | | 0 | 39 | 617 | |
| Energy | kj | 569 | | 0 | 161 | 2581 | |
| Protein (N x 5.95) | g | 21.24 | | 1 | 6.02 | 96.34 | |
| Total lipid (fat) | g | 5.00 | | 1 | 1.42 | 22.68 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.08 | | 1 | 0.31 | 4.90 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 1 | 2 | 32 | |
| Iron | mg | 2.69 | | 1 | 0.76 | 12.20 | |
| Magnesium | mg | 24 | | 1 | 7 | 109 | |
| Phosphorus | mg | 208 | | 1 | 59 | 943 | |
| Potassium | mg | 361 | | 1 | 102 | 1637 | |
| Sodium | mg | 58 | | 1 | 16 | 263 | |
| Zinc | mg | 4.14 | | 1 | 1.17 | 18.78 | |
| Copper | mg | 0.096 | | 1 | 0.027 | 0.435 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | ΄g | 19.8 | | 0 | 5.6 | 89.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.130 | | 1 | 0.037 | 0.590 | |
| Riboflavin | mg | 0.230 | | 1 | 0.065 | 1.043 | |
| Niacin | mg | 3.560 | | 1 | 1.009 | 16.148 | |
| Pantothenic acid | mg | 0.360 | | 1 | 0.102 | 1.633 | |
| Vitamin B-6 | mg | 0.440 | | 1 | 0.125 | 1.996 | |
| Folate | ΄g | 8 | | 1 | 2 | 36 | |
| Vitamin B-12 | ΄g | 3.17 | | 1 | 0.90 | 14.38 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ΄g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.760 | | 0 | 0.499 | 7.983 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 18 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 18 | 0.000 | 0.000 | |
| 14:0 | g | 0.120 | | 18 | 0.034 | 0.544 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.060 | | 18 | 0.301 | 4.808 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.580 | | 18 | 0.164 | 2.631 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.990 | 0 | 0.564 | 9.027 |
| 14:1 | g | | | | |
| 16:1 | g | 0.150 | 18 | 0.043 | 0.680 |
| 18:1 | g | 1.840 | 18 | 0.522 | 8.346 |
| 20:1 | g | 0.000 | 18 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.240 | 0 | 0.068 | 1.089 |
| 18:2 | g | 0.190 | 18 | 0.054 | 0.862 |
| 18:3 | g | 0.010 | 18 | 0.003 | 0.045 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 18 | 0.011 | 0.181 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 61 | 1 | 17 | 277 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.238 | 0 | 0.067 | 1.080 |
| Threonine | g | 0.928 | 0 | 0.263 | 4.209 |
| Isoleucine | g | 0.955 | 0 | 0.271 | 4.332 |
| Leucine | g | 1.679 | 0 | 0.476 | 7.616 |
| Lysine | g | 1.767 | 0 | 0.501 | 8.015 |
| Methionine | g | 0.544 | 0 | 0.154 | 2.468 |
| Cystine | g | 0.238 | 0 | 0.067 | 1.080 |
| Phenylalanine | g | 0.829 | 0 | 0.235 | 3.760 |
| Tyrosine | g | 0.714 | 0 | 0.202 | 3.239 |
| Valine | g | 1.033 | 0 | 0.293 | 4.686 |
| Arginine | g | 1.342 | 0 | 0.380 | 6.087 |
| Histidine | g | 0.727 | 0 | 0.206 | 3.298 |
| Alanine | g | 1.281 | 0 | 0.363 | 5.811 |
| Aspartic acid | g | 1.940 | 0 | 0.550 | 8.800 |
| Glutamic acid | g | 3.191 | 0 | 0.905 | 14.474 |
| Glycine | g | 1.159 | 0 | 0.329 | 5.257 |
| Proline | g | 0.938 | 0 | 0.266 | 4.255 |
| Serine | g | 0.812 | 0 | 0.230 | 3.683 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13289 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

**Refuse:** 18% 5% connective tissue, 13% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 264g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 61.60 | | 0 | 162.62 | 52.36 | |
| Energy | kcal | 202 | | 0 | 533 | 172 | |
| Energy | kj | 845 | | 0 | 2231 | 718 | |
| Protein (N x 5.95) | g | 30.37 | | 0 | 80.18 | 25.81 | |
| Total lipid (fat) | g | 8.00 | | 0 | 21.12 | 6.80 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.37 | | 0 | 3.62 | 1.16 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | | 0 | 29 | 9 | |
| Iron | mg | 3.36 | | 0 | 8.87 | 2.86 | |
| Magnesium | mg | 32 | | 0 | 84 | 27 | |
| Phosphorus | mg | 244 | | 0 | 644 | 207 | |
| Potassium | mg | 403 | | 0 | 1064 | 343 | |
| Sodium | mg | 66 | | 0 | 174 | 56 | |
| Zinc | mg | 6.52 | | 0 | 17.21 | 5.54 | |
| Copper | mg | 0.146 | | 0 | 0.385 | 0.124 | |
| Manganese | mg | 0.017 | | 0 | 0.045 | 0.014 | |
| Selenium | :g | 32.9 | | 0 | 86.9 | 28.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.130 | | 0 | 0.343 | 0.111 | |
| Riboflavin | mg | 0.290 | | 0 | 0.766 | 0.247 | |
| Niacin | mg | 4.280 | | 0 | 11.299 | 3.638 | |
| Pantothenic acid | mg | 0.390 | | 0 | 1.030 | 0.331 | |
| Vitamin B-6 | mg | 0.450 | | 0 | 1.188 | 0.383 | |
| Folate | :g | 10 | | 0 | 26 | 9 | |
| Vitamin B-12 | :g | 2.85 | | 0 | 7.52 | 2.42 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.370 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.110 | | 0 | 8.210 | 2.643 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.010 | | 0 | 0.026 | 0.009 | |
| 14:0 | g | 0.210 | | 0 | 0.554 | 0.179 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.800 | | 0 | 4.752 | 1.530 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.100 | | 0 | 2.904 | 0.935 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.410 | 0 | 9.002 | 2.899 |
| 14:1 | g | | | | |
| 16:1 | g | 0.250 | 0 | 0.660 | 0.213 |
| 18:1 | g | 3.150 | 0 | 8.316 | 2.678 |
| 20:1 | g | 0.010 | 0 | 0.026 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.310 | 0 | 0.818 | 0.264 |
| 18:2 | g | 0.250 | 0 | 0.660 | 0.213 |
| 18:3 | g | 0.020 | 0 | 0.053 | 0.017 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 0 | 0.132 | 0.043 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 89 | 0 | 235 | 76 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.340 | 0 | 0.898 | 0.289 |
| Threonine | g | 1.327 | 0 | 3.503 | 1.128 |
| Isoleucine | g | 1.365 | 0 | 3.604 | 1.160 |
| Leucine | g | 2.400 | 0 | 6.336 | 2.040 |
| Lysine | g | 2.527 | 0 | 6.671 | 2.148 |
| Methionine | g | 0.777 | 0 | 2.051 | 0.660 |
| Cystine | g | 0.340 | 0 | 0.898 | 0.289 |
| Phenylalanine | g | 1.186 | 0 | 3.131 | 1.008 |
| Tyrosine | g | 1.020 | 0 | 2.693 | 0.867 |
| Valine | g | 1.477 | 0 | 3.899 | 1.255 |
| Arginine | g | 1.919 | 0 | 5.066 | 1.631 |
| Histidine | g | 1.040 | 0 | 2.746 | 0.884 |
| Alanine | g | 1.832 | 0 | 4.836 | 1.557 |
| Aspartic acid | g | 2.774 | 0 | 7.323 | 2.358 |
| Glutamic acid | g | 4.563 | 0 | 12.046 | 3.879 |
| Glycine | g | 1.657 | 0 | 4.374 | 1.408 |
| Proline | g | 1.341 | 0 | 3.540 | 1.140 |
| Serine | g | 1.161 | 0 | 3.065 | 0.987 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13290 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, choice, cooked, pan-fried

**Refuse:** 21% 2% connective tissue, 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 | Samples | Measure 1* 247g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 55.91 | 0.338 | 4 | 138.10 | 47.52 | |
| Energy | kcal | 238 | | 0 | 588 | 202 | |
| Energy | kj | 996 | | 0 | 2460 | 847 | |
| Protein (N x 5.95) | g | 32.48 | 0.137 | 4 | 80.23 | 27.61 | |
| Total lipid (fat) | g | 10.97 | 0.394 | 4 | 27.10 | 9.32 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.45 | | 1 | 3.58 | 1.23 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | | 1 | 27 | 9 | |
| Iron | mg | 3.90 | | 1 | 9.63 | 3.31 | |
| Magnesium | mg | 33 | | 1 | 82 | 28 | |
| Phosphorus | mg | 267 | | 1 | 659 | 227 | |
| Potassium | mg | 465 | | 1 | 1149 | 395 | |
| Sodium | mg | 77 | | 1 | 190 | 65 | |
| Zinc | mg | 6.40 | | 1 | 15.81 | 5.44 | |
| Copper | mg | 0.149 | | 1 | 0.368 | 0.127 | |
| Manganese | mg | 0.019 | | 1 | 0.047 | 0.016 | |
| Selenium | :g | 23.6 | 1.281 | 28 | 58.3 | 20.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.140 | | 1 | 0.346 | 0.119 | |
| Riboflavin | mg | 0.330 | | 1 | 0.815 | 0.281 | |
| Niacin | mg | 4.300 | | 1 | 10.621 | 3.655 | |
| Pantothenic acid | mg | 0.430 | | 1 | 1.062 | 0.366 | |
| Vitamin B-6 | mg | 0.500 | | 1 | 1.235 | 0.425 | |
| Folate | :g | 10 | | 1 | 25 | 9 | |
| Vitamin B-12 | :g | 3.69 | | 1 | 9.11 | 3.14 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.346 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.020 | | 0 | 9.929 | 3.417 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 1 | 0.025 | 0.009 | |
| 12:0 | g | 0.010 | | 1 | 0.025 | 0.009 | |
| 14:0 | g | 0.250 | | 1 | 0.618 | 0.213 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.260 | | 1 | 5.582 | 1.921 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.340 | | 1 | 3.310 | 1.139 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.430 | 0 | 10.942 | 3.765 |
| 14:1 | g | | | | |
| 16:1 | g | 0.290 | 1 | 0.716 | 0.247 |
| 18:1 | g | 4.050 | 1 | 10.003 | 3.442 |
| 20:1 | g | 0.010 | 1 | 0.025 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.510 | 0 | 3.730 | 1.283 |
| 18:2 | g | 1.280 | 1 | 3.162 | 1.088 |
| 18:3 | g | 0.150 | 1 | 0.371 | 0.128 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.050 | 1 | 0.124 | 0.043 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 99 | 1 | 245 | 84 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.364 | 0 | 0.899 | 0.309 |
| Threonine | g | 1.419 | 0 | 3.505 | 1.206 |
| Isoleucine | g | 1.460 | 0 | 3.606 | 1.241 |
| Leucine | g | 2.567 | 0 | 6.340 | 2.182 |
| Lysine | g | 2.702 | 0 | 6.674 | 2.297 |
| Methionine | g | 0.831 | 0 | 2.053 | 0.706 |
| Cystine | g | 0.364 | 0 | 0.899 | 0.309 |
| Phenylalanine | g | 1.268 | 0 | 3.132 | 1.078 |
| Tyrosine | g | 1.091 | 0 | 2.695 | 0.927 |
| Valine | g | 1.580 | 0 | 3.903 | 1.343 |
| Arginine | g | 2.053 | 0 | 5.071 | 1.745 |
| Histidine | g | 1.112 | 0 | 2.747 | 0.945 |
| Alanine | g | 1.959 | 0 | 4.839 | 1.665 |
| Aspartic acid | g | 2.967 | 0 | 7.328 | 2.522 |
| Glutamic acid | g | 4.880 | 0 | 12.054 | 4.148 |
| Glycine | g | 1.772 | 0 | 4.377 | 1.506 |
| Proline | g | 1.434 | 0 | 3.542 | 1.219 |
| Serine | g | 1.242 | 0 | 3.068 | 1.056 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13291 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, select, raw

**Refuse:** 19% Connective tissue 5%, separable fat 14%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 72.00 | | 1 | 20.41 | 326.59 | |
| Energy | kcal | 124 | | 0 | 35 | 562 | |
| Energy | kj | 519 | | 0 | 147 | 2354 | |
| Protein (N x 5.95) | g | 21.24 | | 1 | 6.02 | 96.34 | |
| Total lipid (fat) | g | 3.70 | | 1 | 1.05 | 16.78 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.08 | | 1 | 0.31 | 4.90 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 1 | 2 | 32 | |
| Iron | mg | 2.69 | | 1 | 0.76 | 12.20 | |
| Magnesium | mg | 24 | | 1 | 7 | 109 | |
| Phosphorus | mg | 208 | | 1 | 59 | 943 | |
| Potassium | mg | 361 | | 1 | 102 | 1637 | |
| Sodium | mg | 58 | | 1 | 16 | 263 | |
| Zinc | mg | 4.14 | | 1 | 1.17 | 18.78 | |
| Copper | mg | 0.096 | | 1 | 0.027 | 0.435 | |
| Manganese | mg | 0.014 | | 1 | 0.004 | 0.064 | |
| Selenium | :g | 19.8 | | 0 | 5.6 | 89.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.130 | | 1 | 0.037 | 0.590 | |
| Riboflavin | mg | 0.230 | | 1 | 0.065 | 1.043 | |
| Niacin | mg | 3.560 | | 1 | 1.009 | 16.148 | |
| Pantothenic acid | mg | 0.360 | | 1 | 0.102 | 1.633 | |
| Vitamin B-6 | mg | 0.440 | | 1 | 0.125 | 1.996 | |
| Folate | :g | 8 | | 1 | 2 | 36 | |
| Vitamin B-12 | :g | 3.17 | | 1 | 0.90 | 14.38 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.130 | | 0 | 0.037 | 0.590 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.300 | | 0 | 0.369 | 5.897 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 18 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 18 | 0.000 | 0.000 | |
| 14:0 | g | 0.090 | | 18 | 0.026 | 0.408 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.790 | | 18 | 0.224 | 3.583 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.430 | | 18 | 0.122 | 1.950 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.480 | 0 | 0.420 | 6.713 |
| 14:1 | g | | | | |
| 16:1 | g | 0.110 | 18 | 0.031 | 0.499 |
| 18:1 | g | 1.370 | 18 | 0.388 | 6.214 |
| 20:1 | g | 0.000 | 18 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.180 | 0 | 0.051 | 0.816 |
| 18:2 | g | 0.140 | 18 | 0.040 | 0.635 |
| 18:3 | g | 0.010 | 18 | 0.003 | 0.045 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 18 | 0.009 | 0.136 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 61 | 1 | 17 | 277 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.238 | 0 | 0.067 | 1.080 |
| Threonine | g | 0.928 | 0 | 0.263 | 4.209 |
| Isoleucine | g | 0.955 | 0 | 0.271 | 4.332 |
| Leucine | g | 1.679 | 0 | 0.476 | 7.616 |
| Lysine | g | 1.767 | 0 | 0.501 | 8.015 |
| Methionine | g | 0.544 | 0 | 0.154 | 2.468 |
| Cystine | g | 0.238 | 0 | 0.067 | 1.080 |
| Phenylalanine | g | 0.829 | 0 | 0.235 | 3.760 |
| Tyrosine | g | 0.714 | 0 | 0.202 | 3.239 |
| Valine | g | 1.033 | 0 | 0.293 | 4.686 |
| Arginine | g | 1.342 | 0 | 0.380 | 6.087 |
| Histidine | g | 0.727 | 0 | 0.206 | 3.298 |
| Alanine | g | 1.281 | 0 | 0.363 | 5.811 |
| Aspartic acid | g | 1.940 | 0 | 0.550 | 8.800 |
| Glutamic acid | g | 3.191 | 0 | 0.905 | 14.474 |
| Glycine | g | 1.159 | 0 | 0.329 | 5.257 |
| Proline | g | 0.938 | 0 | 0.266 | 4.255 |
| Serine | g | 0.812 | 0 | 0.230 | 3.683 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13292 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, select, cooked, broiled

**Refuse:** 17% 5% connective tissue, 12% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 267g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 62.90 | | 0 | 167.94 | 53.47 | |
| Energy | kcal | 186 | | 0 | 497 | 158 | |
| Energy | kj | 778 | | 0 | 2077 | 661 | |
| Protein (N x 5.95) | g | 30.37 | | 0 | 81.09 | 25.81 | |
| Total lipid (fat) | g | 6.20 | | 0 | 16.55 | 5.27 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.37 | | 0 | 3.66 | 1.16 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | | 0 | 29 | 9 | |
| Iron | mg | 3.36 | | 0 | 8.97 | 2.86 | |
| Magnesium | mg | 32 | | 0 | 85 | 27 | |
| Phosphorus | mg | 244 | | 0 | 651 | 207 | |
| Potassium | mg | 403 | | 0 | 1076 | 343 | |
| Sodium | mg | 66 | | 0 | 176 | 56 | |
| Zinc | mg | 6.52 | | 0 | 17.41 | 5.54 | |
| Copper | mg | 0.146 | | 0 | 0.390 | 0.124 | |
| Manganese | mg | 0.017 | | 0 | 0.045 | 0.014 | |
| Selenium | :g | 32.9 | | 0 | 87.8 | 28.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.130 | | 0 | 0.347 | 0.111 | |
| Riboflavin | mg | 0.290 | | 0 | 0.774 | 0.247 | |
| Niacin | mg | 4.280 | | 0 | 11.428 | 3.638 | |
| Pantothenic acid | mg | 0.390 | | 0 | 1.041 | 0.331 | |
| Vitamin B-6 | mg | 0.450 | | 0 | 1.202 | 0.383 | |
| Folate | :g | 10 | | 0 | 27 | 9 | |
| Vitamin B-12 | :g | 2.85 | | 0 | 7.61 | 2.42 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.374 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.410 | | 0 | 6.435 | 2.049 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.010 | | 0 | 0.027 | 0.009 | |
| 14:0 | g | 0.160 | | 0 | 0.427 | 0.136 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.390 | | 0 | 3.711 | 1.182 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.850 | | 0 | 2.269 | 0.723 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.640 | 0 | 7.049 | 2.244 |
| 14:1 | g | | | | |
| 16:1 | g | 0.190 | 0 | 0.507 | 0.161 |
| 18:1 | g | 2.440 | 0 | 6.515 | 2.074 |
| 20:1 | g | 0.010 | 0 | 0.027 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.240 | 0 | 0.641 | 0.204 |
| 18:2 | g | 0.190 | 0 | 0.507 | 0.161 |
| 18:3 | g | 0.010 | 0 | 0.027 | 0.009 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.107 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 89 | 0 | 238 | 76 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.340 | 0 | 0.908 | 0.289 |
| Threonine | g | 1.327 | 0 | 3.543 | 1.128 |
| Isoleucine | g | 1.365 | 0 | 3.645 | 1.160 |
| Leucine | g | 2.400 | 0 | 6.408 | 2.040 |
| Lysine | g | 2.527 | 0 | 6.747 | 2.148 |
| Methionine | g | 0.777 | 0 | 2.075 | 0.660 |
| Cystine | g | 0.340 | 0 | 0.908 | 0.289 |
| Phenylalanine | g | 1.186 | 0 | 3.167 | 1.008 |
| Tyrosine | g | 1.020 | 0 | 2.723 | 0.867 |
| Valine | g | 1.477 | 0 | 3.944 | 1.255 |
| Arginine | g | 1.919 | 0 | 5.124 | 1.631 |
| Histidine | g | 1.040 | 0 | 2.777 | 0.884 |
| Alanine | g | 1.832 | 0 | 4.891 | 1.557 |
| Aspartic acid | g | 2.774 | 0 | 7.407 | 2.358 |
| Glutamic acid | g | 4.563 | 0 | 12.183 | 3.879 |
| Glycine | g | 1.657 | 0 | 4.424 | 1.408 |
| Proline | g | 1.341 | 0 | 3.580 | 1.140 |
| Serine | g | 1.161 | 0 | 3.100 | 0.987 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13295 Beef, ground, extra lean, (approximately 17% fat), 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 | Samples | Measure 1* 28g | Measure 2* 113g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 63.19 | 0.391 | 92 | 17.91 | 71.40 | |
| Energy | kcal | 234 | | 0 | 66 | 264 | |
| Energy | kj | 979 | | 0 | 278 | 1106 | |
| Protein (N x 5.95) | g | 18.70 | 0.144 | 72 | 5.30 | 21.13 | |
| Total lipid (fat) | g | 17.06 | 0.488 | 89 | 4.84 | 19.28 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.93 | 0.034 | 6 | 0.26 | 1.05 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | 0.344 | 45 | 2 | 8 | |
| Iron | mg | 1.95 | 0.039 | 54 | 0.55 | 2.20 | |
| Magnesium | mg | 20 | 0.357 | 46 | 6 | 23 | |
| Phosphorus | mg | 141 | | 0 | 40 | 159 | |
| Potassium | mg | 284 | 4.637 | 46 | 81 | 321 | |
| Sodium | mg | 66 | 1.030 | 54 | 19 | 75 | |
| Zinc | mg | 4.14 | 0.079 | 46 | 1.17 | 4.68 | |
| Copper | mg | 0.072 | 0.002 | 45 | 0.020 | 0.081 | |
| Manganese | mg | 0.017 | 0.001 | 45 | 0.005 | 0.019 | |
| Selenium | ΐg | 13.9 | 0.515 | 23 | 3.9 | 15.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.060 | | 0 | 0.017 | 0.068 | |
| Riboflavin | mg | 0.250 | | 0 | 0.071 | 0.282 | |
| Niacin | mg | 4.530 | | 0 | 1.284 | 5.119 | |
| Pantothenic acid | mg | 0.390 | | 0 | 0.111 | 0.441 | |
| Vitamin B-6 | mg | 0.260 | | 0 | 0.074 | 0.294 | |
| Folate | ΐg | 8 | | 0 | 2 | 9 | |
| Vitamin B-12 | ΐg | 2.06 | | 1 | 0.58 | 2.33 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ΐg | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.167 | | 0 | 0.047 | 0.189 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.810 | | 0 | 1.931 | 7.695 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.006 | 0.023 | |
| 12:0 | g | 0.020 | | 0 | 0.006 | 0.023 | |
| 14:0 | g | 0.470 | | 0 | 0.133 | 0.531 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.910 | | 0 | 1.108 | 4.418 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.040 | | 0 | 0.578 | 2.305 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.410 | 0 | 2.101 | 8.373 |
| 14:1 | g | | | | |
| 16:1 | g | 0.680 | 1 | 0.193 | 0.768 |
| 18:1 | g | 6.400 | 0 | 1.814 | 7.232 |
| 20:1 | g | 0.020 | 1 | 0.006 | 0.023 |
| 22.1 | g | 0.154 | 1 | 0.044 | 0.174 |
| Polyunsaturated, total | g | 0.710 | 0 | 0.201 | 0.802 |
| 18:2 | g | 0.530 | 0 | 0.150 | 0.599 |
| 18:3 | g | 0.070 | 0 | 0.020 | 0.079 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.080 | 1 | 0.023 | 0.090 |
| 20:5 | g | 0.029 | 1 | 0.008 | 0.033 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 69 | 0 | 20 | 78 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.230 | 10 | 0.065 | 0.260 |
| Threonine | g | 0.784 | 14 | 0.222 | 0.886 |
| Isoleucine | g | 0.802 | 14 | 0.227 | 0.906 |
| Leucine | g | 1.498 | 14 | 0.425 | 1.693 |
| Lysine | g | 1.561 | 14 | 0.443 | 1.764 |
| Methionine | g | 0.437 | 14 | 0.124 | 0.494 |
| Cystine | g | 0.179 | 10 | 0.051 | 0.202 |
| Phenylalanine | g | 0.709 | 14 | 0.201 | 0.801 |
| Tyrosine | g | 0.583 | 14 | 0.165 | 0.659 |
| Valine | g | 0.906 | 14 | 0.257 | 1.024 |
| Arginine | g | 1.262 | 14 | 0.358 | 1.426 |
| Histidine | g | 0.595 | 14 | 0.169 | 0.672 |
| Alanine | g | 1.220 | 14 | 0.346 | 1.379 |
| Aspartic acid | g | 1.708 | 14 | 0.484 | 1.930 |
| Glutamic acid | g | 2.940 | 14 | 0.833 | 3.322 |
| Glycine | g | 1.388 | 14 | 0.393 | 1.568 |
| Proline | g | 0.948 | 14 | 0.269 | 1.071 |
| Serine | g | 0.724 | 14 | 0.205 | 0.818 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

## NDB No. 13296 Beef, ground, extra lean, cooked, baked, medium

**Refuse:** 0%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 345g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.64 | | 0 | 202.31 | 49.84 | |
| Energy | kcal | 250 | | 0 | 863 | 213 | |
| Energy | kj | 1046 | | 0 | 3609 | 889 | |
| Protein (N x 5.95) | g | 24.47 | | 0 | 84.42 | 20.80 | |
| Total lipid (fat) | g | 16.14 | | 0 | 55.68 | 13.72 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.75 | | 0 | 2.59 | 0.64 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 24 | 6 | |
| Iron | mg | 2.28 | | 0 | 7.87 | 1.94 | |
| Magnesium | mg | 17 | | 0 | 59 | 14 | |
| Phosphorus | mg | 124 | | 0 | 428 | 105 | |
| Potassium | mg | 224 | | 0 | 773 | 190 | |
| Sodium | mg | 49 | | 0 | 169 | 42 | |
| Zinc | mg | 5.34 | | 0 | 18.42 | 4.54 | |
| Copper | mg | 0.075 | | 0 | 0.259 | 0.064 | |
| Manganese | mg | 0.015 | | 0 | 0.052 | 0.013 | |
| Selenium | :g | 18.3 | | 0 | 63.1 | 15.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.040 | | 0 | 0.138 | 0.034 | |
| Riboflavin | mg | 0.240 | | 0 | 0.828 | 0.204 | |
| Niacin | mg | 4.160 | | 0 | 14.352 | 3.536 | |
| Pantothenic acid | mg | 0.270 | | 0 | 0.932 | 0.230 | |
| Vitamin B-6 | mg | 0.220 | | 0 | 0.759 | 0.187 | |
| Folate | :g | 9 | | 0 | 31 | 8 | |
| Vitamin B-12 | :g | 1.73 | | 0 | 5.97 | 1.47 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.340 | | 0 | 21.873 | 5.389 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.069 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.069 | 0.017 | |
| 14:0 | g | 0.460 | | 0 | 1.587 | 0.391 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.650 | | 0 | 12.592 | 3.103 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.900 | | 0 | 6.555 | 1.615 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.070 | 0 | 24.392 | 6.010 |
| 14:1 | g | | | | |
| 16:1 | g | 0.600 | 0 | 2.070 | 0.510 |
| 18:1 | g | 6.180 | 0 | 21.321 | 5.253 |
| 20:1 | g | 0.010 | 0 | 0.035 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.600 | 0 | 2.070 | 0.510 |
| 18:2 | g | 0.440 | 0 | 1.518 | 0.374 |
| 18:3 | g | 0.070 | 0 | 0.242 | 0.060 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.060 | 0 | 0.207 | 0.051 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 82 | 0 | 283 | 70 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.274 | 0 | 0.945 | 0.233 |
| Threonine | g | 1.069 | 0 | 3.688 | 0.909 |
| Isoleucine | g | 1.100 | 0 | 3.795 | 0.935 |
| Leucine | g | 1.934 | 0 | 6.672 | 1.644 |
| Lysine | g | 2.036 | 0 | 7.024 | 1.731 |
| Methionine | g | 0.626 | 0 | 2.160 | 0.532 |
| Cystine | g | 0.274 | 0 | 0.945 | 0.233 |
| Phenylalanine | g | 0.955 | 0 | 3.295 | 0.812 |
| Tyrosine | g | 0.822 | 0 | 2.836 | 0.699 |
| Valine | g | 1.190 | 0 | 4.105 | 1.011 |
| Arginine | g | 1.546 | 0 | 5.334 | 1.314 |
| Histidine | g | 0.838 | 0 | 2.891 | 0.712 |
| Alanine | g | 1.476 | 0 | 5.092 | 1.255 |
| Aspartic acid | g | 2.235 | 0 | 7.711 | 1.900 |
| Glutamic acid | g | 3.676 | 0 | 12.682 | 3.125 |
| Glycine | g | 1.335 | 0 | 4.606 | 1.135 |
| Proline | g | 1.081 | 0 | 3.729 | 0.919 |
| Serine | g | 0.936 | 0 | 3.229 | 0.796 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

## NDB No. 13297 Beef, ground, extra lean, cooked, baked, well done

**Refuse:** 0%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 268g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 52.66 | | 0 | 141.13 | 44.76 | |
| Energy | kcal | 274 | | 0 | 734 | 233 | |
| Energy | kj | 1146 | | 0 | 3071 | 974 | |
| Protein (N x 5.95) | g | 30.30 | | 0 | 81.20 | 25.75 | |
| Total lipid (fat) | g | 15.98 | | 0 | 42.83 | 13.58 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.98 | | 0 | 2.63 | 0.83 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 24 | 8 | |
| Iron | mg | 2.96 | | 0 | 7.93 | 2.52 | |
| Magnesium | mg | 22 | | 0 | 59 | 19 | |
| Phosphorus | mg | 162 | | 0 | 434 | 138 | |
| Potassium | mg | 291 | | 0 | 780 | 247 | |
| Sodium | mg | 64 | | 0 | 172 | 54 | |
| Zinc | mg | 6.94 | | 0 | 18.60 | 5.90 | |
| Copper | mg | 0.097 | | 0 | 0.260 | 0.082 | |
| Manganese | mg | 0.020 | | 0 | 0.054 | 0.017 | |
| Selenium | :g | 23.6 | | 0 | 63.2 | 20.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.050 | | 0 | 0.134 | 0.043 | |
| Riboflavin | mg | 0.310 | | 0 | 0.831 | 0.264 | |
| Niacin | mg | 5.410 | | 0 | 14.499 | 4.599 | |
| Pantothenic acid | mg | 0.350 | | 0 | 0.938 | 0.298 | |
| Vitamin B-6 | mg | 0.290 | | 0 | 0.777 | 0.247 | |
| Folate | :g | 11 | | 0 | 29 | 9 | |
| Vitamin B-12 | :g | 1.86 | | 0 | 4.98 | 1.58 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.280 | | 0 | 16.830 | 5.338 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.054 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.054 | 0.017 | |
| 14:0 | g | 0.450 | | 0 | 1.206 | 0.383 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.620 | | 0 | 9.702 | 3.077 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.890 | | 0 | 5.065 | 1.607 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.000 | 0 | 18.760 | 5.950 |
| 14:1 | g | | | | |
| 16:1 | g | 0.600 | 0 | 1.608 | 0.510 |
| 18:1 | g | 6.120 | 0 | 16.402 | 5.202 |
| 20:1 | g | 0.010 | 0 | 0.027 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.600 | 0 | 1.608 | 0.510 |
| 18:2 | g | 0.440 | 0 | 1.179 | 0.374 |
| 18:3 | g | 0.070 | 0 | 0.188 | 0.060 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.060 | 0 | 0.161 | 0.051 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 107 | 0 | 287 | 91 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.339 | 0 | 0.909 | 0.288 |
| Threonine | g | 1.324 | 0 | 3.548 | 1.125 |
| Isoleucine | g | 1.362 | 0 | 3.650 | 1.158 |
| Leucine | g | 2.395 | 0 | 6.419 | 2.036 |
| Lysine | g | 2.521 | 0 | 6.756 | 2.143 |
| Methionine | g | 0.776 | 0 | 2.080 | 0.660 |
| Cystine | g | 0.339 | 0 | 0.909 | 0.288 |
| Phenylalanine | g | 1.183 | 0 | 3.170 | 1.006 |
| Tyrosine | g | 1.018 | 0 | 2.728 | 0.865 |
| Valine | g | 1.474 | 0 | 3.950 | 1.253 |
| Arginine | g | 1.915 | 0 | 5.132 | 1.628 |
| Histidine | g | 1.037 | 0 | 2.779 | 0.881 |
| Alanine | g | 1.828 | 0 | 4.899 | 1.554 |
| Aspartic acid | g | 2.768 | 0 | 7.418 | 2.353 |
| Glutamic acid | g | 4.552 | 0 | 12.199 | 3.869 |
| Glycine | g | 1.653 | 0 | 4.430 | 1.405 |
| Proline | g | 1.338 | 0 | 3.586 | 1.137 |
| Serine | g | 1.159 | 0 | 3.106 | 0.985 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

## NDB No. 13298 Beef, ground, extra lean, cooked, broiled, medium

**Refuse:** 0%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 336g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 57.26 | | 0 | 192.39 | 48.67 | |
| Energy | kcal | 256 | | 0 | 860 | 218 | |
| Energy | kj | 1071 | | 0 | 3599 | 910 | |
| Protein (N x 5.95) | g | 25.40 | | 0 | 85.34 | 21.59 | |
| Total lipid (fat) | g | 16.33 | | 0 | 54.87 | 13.88 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.01 | | 0 | 3.39 | 0.86 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 24 | 6 | |
| Iron | mg | 2.35 | | 0 | 7.90 | 2.00 | |
| Magnesium | mg | 21 | | 0 | 71 | 18 | |
| Phosphorus | mg | 161 | | 0 | 541 | 137 | |
| Potassium | mg | 313 | | 0 | 1052 | 266 | |
| Sodium | mg | 70 | | 0 | 235 | 60 | |
| Zinc | mg | 5.45 | | 0 | 18.31 | 4.63 | |
| Copper | mg | 0.070 | | 0 | 0.235 | 0.060 | |
| Manganese | mg | 0.016 | | 0 | 0.054 | 0.014 | |
| Selenium | :g | 18.8 | | 0 | 63.2 | 16.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.060 | | 0 | 0.202 | 0.051 | |
| Riboflavin | mg | 0.270 | | 0 | 0.907 | 0.230 | |
| Niacin | mg | 4.960 | | 0 | 16.666 | 4.216 | |
| Pantothenic acid | mg | 0.350 | | 0 | 1.176 | 0.298 | |
| Vitamin B-6 | mg | 0.270 | | 0 | 0.907 | 0.230 | |
| Folate | :g | 9 | | 0 | 30 | 8 | |
| Vitamin B-12 | :g | 2.17 | | 0 | 7.29 | 1.84 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.180 | | 0 | 0.605 | 0.153 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.420 | | 0 | 21.571 | 5.457 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.067 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.067 | 0.017 | |
| 14:0 | g | 0.460 | | 0 | 1.546 | 0.391 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.690 | | 0 | 12.398 | 3.136 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.930 | | 0 | 6.485 | 1.640 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.150 | 0 | 24.024 | 6.077 |
| 14:1 | g | | | | |
| 16:1 | g | 0.610 | 0 | 2.050 | 0.518 |
| 18:1 | g | 6.250 | 0 | 21.000 | 5.313 |
| 20:1 | g | 0.010 | 0 | 0.034 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.610 | 0 | 2.050 | 0.518 |
| 18:2 | g | 0.450 | 0 | 1.512 | 0.383 |
| 18:3 | g | 0.070 | 0 | 0.235 | 0.060 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.070 | 0 | 0.235 | 0.060 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 84 | 0 | 282 | 71 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.284 | 0 | 0.954 | 0.241 |
| Threonine | g | 1.109 | 0 | 3.726 | 0.943 |
| Isoleucine | g | 1.142 | 0 | 3.837 | 0.971 |
| Leucine | g | 2.008 | 0 | 6.747 | 1.707 |
| Lysine | g | 2.113 | 0 | 7.100 | 1.796 |
| Methionine | g | 0.650 | 0 | 2.184 | 0.553 |
| Cystine | g | 0.284 | 0 | 0.954 | 0.241 |
| Phenylalanine | g | 0.992 | 0 | 3.333 | 0.843 |
| Tyrosine | g | 0.853 | 0 | 2.866 | 0.725 |
| Valine | g | 1.235 | 0 | 4.150 | 1.050 |
| Arginine | g | 1.605 | 0 | 5.393 | 1.364 |
| Histidine | g | 0.870 | 0 | 2.923 | 0.740 |
| Alanine | g | 1.532 | 0 | 5.148 | 1.302 |
| Aspartic acid | g | 2.321 | 0 | 7.799 | 1.973 |
| Glutamic acid | g | 3.816 | 0 | 12.822 | 3.244 |
| Glycine | g | 1.386 | 0 | 4.657 | 1.178 |
| Proline | g | 1.122 | 0 | 3.770 | 0.954 |
| Serine | g | 0.971 | 0 | 3.263 | 0.825 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields
Measure 2: 3 oz

## NDB No. 13299 Beef, ground, extra lean, cooked, broiled, well done

**Refuse:** 0%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 281g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 53.87 | | 0 | 151.37 | 45.79 | |
| Energy | kcal | 265 | | 0 | 745 | 225 | |
| Energy | kj | 1109 | | 0 | 3116 | 943 | |
| Protein (N x 5.95) | g | 28.58 | | 0 | 80.31 | 24.29 | |
| Total lipid (fat) | g | 15.80 | | 0 | 44.40 | 13.43 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.19 | | 0 | 3.34 | 1.01 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 25 | 8 | |
| Iron | mg | 2.77 | | 0 | 7.78 | 2.35 | |
| Magnesium | mg | 25 | | 0 | 70 | 21 | |
| Phosphorus | mg | 190 | | 0 | 534 | 162 | |
| Potassium | mg | 369 | | 0 | 1037 | 314 | |
| Sodium | mg | 82 | | 0 | 230 | 70 | |
| Zinc | mg | 6.43 | | 0 | 18.07 | 5.47 | |
| Copper | mg | 0.083 | | 0 | 0.233 | 0.071 | |
| Manganese | mg | 0.019 | | 0 | 0.053 | 0.016 | |
| Selenium | :g | 22.4 | | 0 | 62.9 | 19.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.197 | 0.060 | |
| Riboflavin | mg | 0.320 | | 0 | 0.899 | 0.272 | |
| Niacin | mg | 5.850 | | 0 | 16.438 | 4.972 | |
| Pantothenic acid | mg | 0.420 | | 0 | 1.180 | 0.357 | |
| Vitamin B-6 | mg | 0.320 | | 0 | 0.899 | 0.272 | |
| Folate | :g | 11 | | 0 | 31 | 9 | |
| Vitamin B-12 | :g | 2.56 | | 0 | 7.19 | 2.18 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.180 | | 0 | 0.506 | 0.153 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.210 | | 0 | 17.450 | 5.279 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.056 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.056 | 0.017 | |
| 14:0 | g | 0.450 | | 0 | 1.264 | 0.383 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.570 | | 0 | 10.032 | 3.034 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.860 | | 0 | 5.227 | 1.581 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.920 | 0 | 19.445 | 5.882 |
| 14:1 | g | | | | |
| 16:1 | g | 0.590 | 0 | 1.658 | 0.501 |
| 18:1 | g | 6.050 | 0 | 17.000 | 5.143 |
| 20:1 | g | 0.010 | 0 | 0.028 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.590 | 0 | 1.658 | 0.501 |
| 18:2 | g | 0.440 | 0 | 1.236 | 0.374 |
| 18:3 | g | 0.070 | 0 | 0.197 | 0.060 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.060 | 0 | 0.169 | 0.051 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 99 | 0 | 278 | 84 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.320 | 0 | 0.899 | 0.272 |
| Threonine | g | 1.248 | 0 | 3.507 | 1.061 |
| Isoleucine | g | 1.285 | 0 | 3.611 | 1.092 |
| Leucine | g | 2.259 | 0 | 6.348 | 1.920 |
| Lysine | g | 2.378 | 0 | 6.682 | 2.021 |
| Methionine | g | 0.732 | 0 | 2.057 | 0.622 |
| Cystine | g | 0.320 | 0 | 0.899 | 0.272 |
| Phenylalanine | g | 1.116 | 0 | 3.136 | 0.949 |
| Tyrosine | g | 0.960 | 0 | 2.698 | 0.816 |
| Valine | g | 1.390 | 0 | 3.906 | 1.182 |
| Arginine | g | 1.806 | 0 | 5.075 | 1.535 |
| Histidine | g | 0.979 | 0 | 2.751 | 0.832 |
| Alanine | g | 1.724 | 0 | 4.844 | 1.465 |
| Aspartic acid | g | 2.611 | 0 | 7.337 | 2.219 |
| Glutamic acid | g | 4.294 | 0 | 12.066 | 3.650 |
| Glycine | g | 1.559 | 0 | 4.381 | 1.325 |
| Proline | g | 1.262 | 0 | 3.546 | 1.073 |
| Serine | g | 1.093 | 0 | 3.071 | 0.929 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

## NDB No. 13300 Beef, ground, extra lean, cooked, pan-fried, medium

**Refuse:** 0%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 340g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 57.59 | | 0 | 195.81 | 48.95 | |
| Energy | kcal | 255 | | 0 | 867 | 217 | |
| Energy | kj | 1067 | | 0 | 3628 | 907 | |
| Protein (N x 5.95) | g | 24.96 | | 0 | 84.86 | 21.22 | |
| Total lipid (fat) | g | 16.42 | | 0 | 55.83 | 13.96 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.03 | | 0 | 3.50 | 0.88 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 24 | 6 | |
| Iron | mg | 2.36 | | 0 | 8.02 | 2.01 | |
| Magnesium | mg | 21 | | 0 | 71 | 18 | |
| Phosphorus | mg | 160 | | 0 | 544 | 136 | |
| Potassium | mg | 312 | | 0 | 1061 | 265 | |
| Sodium | mg | 70 | | 0 | 238 | 60 | |
| Zinc | mg | 5.42 | | 0 | 18.43 | 4.61 | |
| Copper | mg | 0.087 | | 0 | 0.296 | 0.074 | |
| Manganese | mg | 0.016 | | 0 | 0.054 | 0.014 | |
| Selenium | :g | 18.5 | | 0 | 62.9 | 15.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.060 | | 0 | 0.204 | 0.051 | |
| Riboflavin | mg | 0.260 | | 0 | 0.884 | 0.221 | |
| Niacin | mg | 4.710 | | 0 | 16.014 | 4.003 | |
| Pantothenic acid | mg | 0.250 | | 0 | 0.850 | 0.213 | |
| Vitamin B-6 | mg | 0.270 | | 0 | 0.918 | 0.230 | |
| Folate | :g | 9 | | 0 | 31 | 8 | |
| Vitamin B-12 | :g | 2.00 | | 0 | 6.80 | 1.70 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.180 | | 0 | 0.612 | 0.153 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.450 | | 0 | 21.930 | 5.482 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.068 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.068 | 0.017 | |
| 14:0 | g | 0.470 | | 0 | 1.598 | 0.400 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.720 | | 0 | 12.648 | 3.162 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.940 | | 0 | 6.596 | 1.649 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.190 | 0 | 24.446 | 6.111 |
| 14:1 | g | | | | |
| 16:1 | g | 0.610 | 0 | 2.074 | 0.518 |
| 18:1 | g | 6.280 | 0 | 21.352 | 5.338 |
| 20:1 | g | 0.010 | 0 | 0.034 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.610 | 0 | 2.074 | 0.518 |
| 18:2 | g | 0.450 | 0 | 1.530 | 0.383 |
| 18:3 | g | 0.070 | 0 | 0.238 | 0.060 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.070 | 0 | 0.238 | 0.060 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 81 | 0 | 275 | 69 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.280 | 0 | 0.952 | 0.238 |
| Threonine | g | 1.090 | 0 | 3.706 | 0.927 |
| Isoleucine | g | 1.122 | 0 | 3.815 | 0.954 |
| Leucine | g | 1.973 | 0 | 6.708 | 1.677 |
| Lysine | g | 2.077 | 0 | 7.062 | 1.765 |
| Methionine | g | 0.639 | 0 | 2.173 | 0.543 |
| Cystine | g | 0.280 | 0 | 0.952 | 0.238 |
| Phenylalanine | g | 0.975 | 0 | 3.315 | 0.829 |
| Tyrosine | g | 0.839 | 0 | 2.853 | 0.713 |
| Valine | g | 1.214 | 0 | 4.128 | 1.032 |
| Arginine | g | 1.578 | 0 | 5.365 | 1.341 |
| Histidine | g | 0.855 | 0 | 2.907 | 0.727 |
| Alanine | g | 1.506 | 0 | 5.120 | 1.280 |
| Aspartic acid | g | 2.281 | 0 | 7.755 | 1.939 |
| Glutamic acid | g | 3.750 | 0 | 12.750 | 3.188 |
| Glycine | g | 1.362 | 0 | 4.631 | 1.158 |
| Proline | g | 1.102 | 0 | 3.747 | 0.937 |
| Serine | g | 0.955 | 0 | 3.247 | 0.812 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

## NDB No. 13301 Beef, ground, extra lean, cooked, pan-fried, well done

**Refuse:** 0%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 295g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 53.93 | | 0 | 159.09 | 45.84 | |
| Energy | kcal | 263 | | 0 | 776 | 224 | |
| Energy | kj | 1100 | | 0 | 3245 | 935 | |
| Protein (N x 5.95) | g | 27.99 | | 0 | 82.57 | 23.79 | |
| Total lipid (fat) | g | 15.95 | | 0 | 47.05 | 13.56 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.19 | | 0 | 3.51 | 1.01 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 24 | 7 | |
| Iron | mg | 2.73 | | 0 | 8.05 | 2.32 | |
| Magnesium | mg | 24 | | 0 | 71 | 20 | |
| Phosphorus | mg | 185 | | 0 | 546 | 157 | |
| Potassium | mg | 360 | | 0 | 1062 | 306 | |
| Sodium | mg | 81 | | 0 | 239 | 69 | |
| Zinc | mg | 6.27 | | 0 | 18.50 | 5.33 | |
| Copper | mg | 0.101 | | 0 | 0.298 | 0.086 | |
| Manganese | mg | 0.018 | | 0 | 0.053 | 0.015 | |
| Selenium | :g | 21.4 | | 0 | 63.1 | 18.2 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.207 | 0.060 | |
| Riboflavin | mg | 0.300 | | 0 | 0.885 | 0.255 | |
| Niacin | mg | 5.440 | | 0 | 16.048 | 4.624 | |
| Pantothenic acid | mg | 0.290 | | 0 | 0.856 | 0.247 | |
| Vitamin B-6 | mg | 0.310 | | 0 | 0.915 | 0.264 | |
| Folate | :g | 10 | | 0 | 30 | 9 | |
| Vitamin B-12 | :g | 2.32 | | 0 | 6.84 | 1.97 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.270 | | 0 | 18.496 | 5.329 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.059 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.059 | 0.017 | |
| 14:0 | g | 0.450 | | 0 | 1.327 | 0.383 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.610 | | 0 | 10.649 | 3.068 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.880 | | 0 | 5.546 | 1.598 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.980 | 0 | 20.591 | 5.933 |
| 14:1 | g | | | | |
| 16:1 | g | 0.600 | 0 | 1.770 | 0.510 |
| 18:1 | g | 6.100 | 0 | 17.995 | 5.185 |
| 20:1 | g | 0.010 | 0 | 0.030 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.600 | 0 | 1.770 | 0.510 |
| 18:2 | g | 0.440 | 0 | 1.298 | 0.374 |
| 18:3 | g | 0.070 | 0 | 0.207 | 0.060 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.060 | 0 | 0.177 | 0.051 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 93 | 0 | 274 | 79 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.313 | 0 | 0.923 | 0.266 |
| Threonine | g | 1.222 | 0 | 3.605 | 1.039 |
| Isoleucine | g | 1.258 | 0 | 3.711 | 1.069 |
| Leucine | g | 2.212 | 0 | 6.525 | 1.880 |
| Lysine | g | 2.329 | 0 | 6.871 | 1.980 |
| Methionine | g | 0.716 | 0 | 2.112 | 0.609 |
| Cystine | g | 0.313 | 0 | 0.923 | 0.266 |
| Phenylalanine | g | 1.093 | 0 | 3.224 | 0.929 |
| Tyrosine | g | 0.940 | 0 | 2.773 | 0.799 |
| Valine | g | 1.361 | 0 | 4.015 | 1.157 |
| Arginine | g | 1.769 | 0 | 5.219 | 1.504 |
| Histidine | g | 0.958 | 0 | 2.826 | 0.814 |
| Alanine | g | 1.688 | 0 | 4.980 | 1.435 |
| Aspartic acid | g | 2.557 | 0 | 7.543 | 2.173 |
| Glutamic acid | g | 4.205 | 0 | 12.405 | 3.574 |
| Glycine | g | 1.527 | 0 | 4.505 | 1.298 |
| Proline | g | 1.236 | 0 | 3.646 | 1.051 |
| Serine | g | 1.070 | 0 | 3.157 | 0.910 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

## NDB No. 13302 Beef, ground, lean, (approximately 21% fat), 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 | Samples | Measure 1* 28g | Measure 2* 113g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 60.18 | 0.526 | 73 | 17.06 | 68.00 | |
| Energy | kcal | 264 | | 0 | 75 | 298 | |
| Energy | kj | 1105 | | 0 | 313 | 1249 | |
| Protein (N x 5.95) | g | 17.69 | 0.137 | 54 | 5.02 | 19.99 | |
| Total lipid (fat) | g | 20.67 | 0.595 | 73 | 5.86 | 23.36 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.94 | 0.053 | 11 | 0.27 | 1.06 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | 0.617 | 35 | 2 | 9 | |
| Iron | mg | 1.77 | 0.031 | 36 | 0.50 | 2.00 | |
| Magnesium | mg | 18 | 0.422 | 31 | 5 | 20 | |
| Phosphorus | mg | 136 | | 0 | 39 | 154 | |
| Potassium | mg | 261 | 3.521 | 36 | 74 | 295 | |
| Sodium | mg | 69 | 0.898 | 36 | 20 | 78 | |
| Zinc | mg | 3.86 | 0.066 | 36 | 1.09 | 4.36 | |
| Copper | mg | 0.073 | 0.004 | 36 | 0.021 | 0.082 | |
| Manganese | mg | 0.015 | 0.001 | 35 | 0.004 | 0.017 | |
| Selenium | :g | 15.7 | 0.533 | 34 | 4.5 | 17.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.050 | | 0 | 0.014 | 0.057 | |
| Riboflavin | mg | 0.210 | | 0 | 0.060 | 0.237 | |
| Niacin | mg | 4.510 | | 0 | 1.279 | 5.096 | |
| Pantothenic acid | mg | 0.370 | | 0 | 0.105 | 0.418 | |
| Vitamin B-6 | mg | 0.250 | | 0 | 0.071 | 0.282 | |
| Folate | :g | 8 | | 0 | 2 | 9 | |
| Vitamin B-12 | :g | 2.34 | | 1 | 0.66 | 2.64 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.184 | | 0 | 0.052 | 0.208 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 8.310 | | 0 | 2.356 | 9.390 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.030 | | 0 | 0.009 | 0.034 | |
| 12:0 | g | 0.020 | | 0 | 0.006 | 0.023 | |
| 14:0 | g | 0.580 | | 0 | 0.164 | 0.655 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.770 | | 0 | 1.352 | 5.390 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.470 | | 0 | 0.700 | 2.791 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

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|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.010 | 0 | 2.554 | 10.181 |
| 14:1 | g | | | | |
| 16:1 | g | 0.840 | 0 | 0.238 | 0.949 |
| 18:1 | g | 7.760 | 0 | 2.200 | 8.769 |
| 20:1 | g | 0.020 | 0 | 0.006 | 0.023 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.850 | 0 | 0.241 | 0.961 |
| 18:2 | g | 0.630 | 0 | 0.179 | 0.712 |
| 18:3 | g | 0.100 | 0 | 0.028 | 0.113 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.090 | 0 | 0.026 | 0.102 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 75 | 0 | 21 | 85 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.218 | 0 | 0.062 | 0.246 |
| Threonine | g | 0.741 | 0 | 0.210 | 0.837 |
| Isoleucine | g | 0.758 | 0 | 0.215 | 0.857 |
| Leucine | g | 1.418 | 0 | 0.402 | 1.602 |
| Lysine | g | 1.477 | 0 | 0.419 | 1.669 |
| Methionine | g | 0.413 | 0 | 0.117 | 0.467 |
| Cystine | g | 0.170 | 0 | 0.048 | 0.192 |
| Phenylalanine | g | 0.671 | 0 | 0.190 | 0.758 |
| Tyrosine | g | 0.552 | 0 | 0.156 | 0.624 |
| Valine | g | 0.857 | 0 | 0.243 | 0.968 |
| Arginine | g | 1.194 | 0 | 0.338 | 1.349 |
| Histidine | g | 0.563 | 0 | 0.160 | 0.636 |
| Alanine | g | 1.155 | 0 | 0.327 | 1.305 |
| Aspartic acid | g | 1.616 | 0 | 0.458 | 1.826 |
| Glutamic acid | g | 2.782 | 0 | 0.789 | 3.144 |
| Glycine | g | 1.313 | 0 | 0.372 | 1.484 |
| Proline | g | 0.897 | 0 | 0.254 | 1.014 |
| Serine | g | 0.685 | 0 | 0.194 | 0.774 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

## NDB No. 13303 Beef, ground, lean, cooked, baked, medium

**Refuse:** 0%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 336g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 56.89 | | 0 | 191.15 | 48.36 | |
| Energy | kcal | 268 | | 0 | 900 | 228 | |
| Energy | kj | 1121 | | 0 | 3767 | 953 | |
| Protein (N x 5.95) | g | 23.93 | | 0 | 80.40 | 20.34 | |
| Total lipid (fat) | g | 18.34 | | 0 | 61.62 | 15.59 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.84 | | 0 | 2.82 | 0.71 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 30 | 8 | |
| Iron | mg | 2.09 | | 0 | 7.02 | 1.78 | |
| Magnesium | mg | 17 | | 0 | 57 | 14 | |
| Phosphorus | mg | 128 | | 0 | 430 | 109 | |
| Potassium | mg | 224 | | 0 | 753 | 190 | |
| Sodium | mg | 56 | | 0 | 188 | 48 | |
| Zinc | mg | 5.10 | | 0 | 17.14 | 4.33 | |
| Copper | mg | 0.072 | | 0 | 0.242 | 0.061 | |
| Manganese | mg | 0.014 | | 0 | 0.047 | 0.012 | |
| Selenium | ：g | 21.2 | | 0 | 71.2 | 18.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.050 | | 0 | 0.168 | 0.043 | |
| Riboflavin | mg | 0.190 | | 0 | 0.638 | 0.161 | |
| Niacin | mg | 4.280 | | 0 | 14.381 | 3.638 | |
| Pantothenic acid | mg | 0.270 | | 0 | 0.907 | 0.230 | |
| Vitamin B-6 | mg | 0.200 | | 0 | 0.672 | 0.170 | |
| Folate | ：g | 9 | | 0 | 30 | 8 | |
| Vitamin B-12 | ：g | 1.77 | | 0 | 5.95 | 1.50 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.210 | | 0 | 24.226 | 6.128 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.067 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.067 | 0.017 | |
| 14:0 | g | 0.520 | | 0 | 1.747 | 0.442 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.150 | | 0 | 13.944 | 3.528 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.160 | | 0 | 7.258 | 1.836 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.030 | 0 | 26.981 | 6.825 |
| 14:1 | g | | | | |
| 16:1 | g | 0.690 | 0 | 2.318 | 0.587 |
| 18:1 | g | 7.020 | 0 | 23.587 | 5.967 |
| 20:1 | g | 0.010 | 0 | 0.034 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.680 | 0 | 2.285 | 0.578 |
| 18:2 | g | 0.500 | 0 | 1.680 | 0.425 |
| 18:3 | g | 0.080 | 0 | 0.269 | 0.068 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.070 | 0 | 0.235 | 0.060 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 78 | 0 | 262 | 66 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.268 | 0 | 0.900 | 0.228 |
| Threonine | g | 1.045 | 0 | 3.511 | 0.888 |
| Isoleucine | g | 1.076 | 0 | 3.615 | 0.915 |
| Leucine | g | 1.892 | 0 | 6.357 | 1.608 |
| Lysine | g | 1.991 | 0 | 6.690 | 1.692 |
| Methionine | g | 0.613 | 0 | 2.060 | 0.521 |
| Cystine | g | 0.268 | 0 | 0.900 | 0.228 |
| Phenylalanine | g | 0.934 | 0 | 3.138 | 0.794 |
| Tyrosine | g | 0.804 | 0 | 2.701 | 0.683 |
| Valine | g | 1.164 | 0 | 3.911 | 0.989 |
| Arginine | g | 1.512 | 0 | 5.080 | 1.285 |
| Histidine | g | 0.819 | 0 | 2.752 | 0.696 |
| Alanine | g | 1.444 | 0 | 4.852 | 1.227 |
| Aspartic acid | g | 2.186 | 0 | 7.345 | 1.858 |
| Glutamic acid | g | 3.595 | 0 | 12.079 | 3.056 |
| Glycine | g | 1.306 | 0 | 4.388 | 1.110 |
| Proline | g | 1.057 | 0 | 3.552 | 0.898 |
| Serine | g | 0.915 | 0 | 3.074 | 0.778 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

## NDB No. 13304 Beef, ground, lean, cooked, baked, well done

**Refuse:** 0%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 263g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 51.30 | | 0 | 134.92 | 43.60 | |
| Energy | kcal | 292 | | 0 | 768 | 248 | |
| Energy | kj | 1222 | | 0 | 3214 | 1039 | |
| Protein (N x 5.95) | g | 29.60 | | 0 | 77.85 | 25.16 | |
| Total lipid (fat) | g | 18.35 | | 0 | 48.26 | 15.60 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.10 | | 0 | 2.89 | 0.94 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 12 | | 0 | 32 | 10 | |
| Iron | mg | 2.66 | | 0 | 7.00 | 2.26 | |
| Magnesium | mg | 21 | | 0 | 55 | 18 | |
| Phosphorus | mg | 164 | | 0 | 431 | 139 | |
| Potassium | mg | 286 | | 0 | 752 | 243 | |
| Sodium | mg | 71 | | 0 | 187 | 60 | |
| Zinc | mg | 6.51 | | 0 | 17.12 | 5.53 | |
| Copper | mg | 0.092 | | 0 | 0.242 | 0.078 | |
| Manganese | mg | 0.018 | | 0 | 0.047 | 0.015 | |
| Selenium | :g | 27.1 | | 0 | 71.3 | 23.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.184 | 0.060 | |
| Riboflavin | mg | 0.240 | | 0 | 0.631 | 0.204 | |
| Niacin | mg | 5.460 | | 0 | 14.360 | 4.641 | |
| Pantothenic acid | mg | 0.340 | | 0 | 0.894 | 0.289 | |
| Vitamin B-6 | mg | 0.260 | | 0 | 0.684 | 0.221 | |
| Folate | :g | 12 | | 0 | 32 | 10 | |
| Vitamin B-12 | :g | 2.26 | | 0 | 5.94 | 1.92 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.210 | | 0 | 18.962 | 6.128 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.053 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.053 | 0.017 | |
| 14:0 | g | 0.520 | | 0 | 1.368 | 0.442 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.150 | | 0 | 10.915 | 3.528 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.160 | | 0 | 5.681 | 1.836 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.030 | 0 | 21.119 | 6.825 |
| 14:1 | g | | | | |
| 16:1 | g | 0.690 | 0 | 1.815 | 0.587 |
| 18:1 | g | 7.020 | 0 | 18.463 | 5.967 |
| 20:1 | g | 0.010 | 0 | 0.026 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.680 | 0 | 1.788 | 0.578 |
| 18:2 | g | 0.510 | 0 | 1.341 | 0.434 |
| 18:3 | g | 0.080 | 0 | 0.210 | 0.068 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.070 | 0 | 0.184 | 0.060 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 99 | 0 | 260 | 84 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.332 | 0 | 0.873 | 0.282 |
| Threonine | g | 1.293 | 0 | 3.401 | 1.099 |
| Isoleucine | g | 1.331 | 0 | 3.501 | 1.131 |
| Leucine | g | 2.340 | 0 | 6.154 | 1.989 |
| Lysine | g | 2.463 | 0 | 6.478 | 2.094 |
| Methionine | g | 0.758 | 0 | 1.994 | 0.644 |
| Cystine | g | 0.332 | 0 | 0.873 | 0.282 |
| Phenylalanine | g | 1.156 | 0 | 3.040 | 0.983 |
| Tyrosine | g | 0.995 | 0 | 2.617 | 0.846 |
| Valine | g | 1.440 | 0 | 3.787 | 1.224 |
| Arginine | g | 1.871 | 0 | 4.921 | 1.590 |
| Histidine | g | 1.014 | 0 | 2.667 | 0.862 |
| Alanine | g | 1.785 | 0 | 4.695 | 1.517 |
| Aspartic acid | g | 2.704 | 0 | 7.112 | 2.298 |
| Glutamic acid | g | 4.447 | 0 | 11.696 | 3.780 |
| Glycine | g | 1.615 | 0 | 4.247 | 1.373 |
| Proline | g | 1.307 | 0 | 3.437 | 1.111 |
| Serine | g | 1.132 | 0 | 2.977 | 0.962 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

## NDB No. 13305 Beef, ground, lean, cooked, broiled, medium

**Refuse:** 0%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 322g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 55.74 | | 0 | 179.48 | 47.38 | |
| Energy | kcal | 272 | | 0 | 876 | 231 | |
| Energy | kj | 1138 | | 0 | 3664 | 967 | |
| Protein (N x 5.95) | g | 24.72 | | 0 | 79.60 | 21.01 | |
| Total lipid (fat) | g | 18.46 | | 0 | 59.44 | 15.69 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.08 | | 0 | 3.48 | 0.92 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | | 0 | 35 | 9 | |
| Iron | mg | 2.11 | | 0 | 6.79 | 1.79 | |
| Magnesium | mg | 21 | | 0 | 68 | 18 | |
| Phosphorus | mg | 158 | | 0 | 509 | 134 | |
| Potassium | mg | 301 | | 0 | 969 | 256 | |
| Sodium | mg | 77 | | 0 | 248 | 65 | |
| Zinc | mg | 5.36 | | 0 | 17.26 | 4.56 | |
| Copper | mg | 0.066 | | 0 | 0.213 | 0.056 | |
| Manganese | mg | 0.014 | | 0 | 0.045 | 0.012 | |
| Selenium | :g | 29.0 | 0.803 | 15 | 93.4 | 24.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.050 | | 0 | 0.161 | 0.043 | |
| Riboflavin | mg | 0.210 | | 0 | 0.676 | 0.179 | |
| Niacin | mg | 5.160 | | 0 | 16.615 | 4.386 | |
| Pantothenic acid | mg | 0.380 | | 0 | 1.224 | 0.323 | |
| Vitamin B-6 | mg | 0.260 | | 0 | 0.837 | 0.221 | |
| Folate | :g | 9 | | 0 | 29 | 8 | |
| Vitamin B-12 | :g | 2.35 | | 0 | 7.57 | 2.00 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.204 | | 0 | 0.657 | 0.173 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.250 | | 0 | 23.345 | 6.162 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.064 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.064 | 0.017 | |
| 14:0 | g | 0.520 | | 0 | 1.674 | 0.442 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.180 | | 0 | 13.460 | 3.553 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.180 | | 0 | 7.020 | 1.853 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.080 | 0 | 26.018 | 6.868 |
| 14:1 | g | | | | |
| 16:1 | g | 0.690 | 0 | 2.222 | 0.587 |
| 18:1 | g | 7.060 | 0 | 22.733 | 6.001 |
| 20:1 | g | 0.010 | 0 | 0.032 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.690 | 0 | 2.222 | 0.587 |
| 18:2 | g | 0.510 | 0 | 1.642 | 0.434 |
| 18:3 | g | 0.080 | 0 | 0.258 | 0.068 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.070 | 0 | 0.225 | 0.060 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 87 | 0 | 280 | 74 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.277 | 0 | 0.892 | 0.235 |
| Threonine | g | 1.080 | 0 | 3.478 | 0.918 |
| Isoleucine | g | 1.111 | 0 | 3.577 | 0.944 |
| Leucine | g | 1.954 | 0 | 6.292 | 1.661 |
| Lysine | g | 2.057 | 0 | 6.624 | 1.748 |
| Methionine | g | 0.633 | 0 | 2.038 | 0.538 |
| Cystine | g | 0.277 | 0 | 0.892 | 0.235 |
| Phenylalanine | g | 0.965 | 0 | 3.107 | 0.820 |
| Tyrosine | g | 0.831 | 0 | 2.676 | 0.706 |
| Valine | g | 1.202 | 0 | 3.870 | 1.022 |
| Arginine | g | 1.562 | 0 | 5.030 | 1.328 |
| Histidine | g | 0.846 | 0 | 2.724 | 0.719 |
| Alanine | g | 1.491 | 0 | 4.801 | 1.267 |
| Aspartic acid | g | 2.258 | 0 | 7.271 | 1.919 |
| Glutamic acid | g | 3.714 | 0 | 11.959 | 3.157 |
| Glycine | g | 1.349 | 0 | 4.344 | 1.147 |
| Proline | g | 1.092 | 0 | 3.516 | 0.928 |
| Serine | g | 0.945 | 0 | 3.043 | 0.803 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

## NDB No. 13306 Beef, ground, lean, cooked, broiled, well done

**Refuse:** 0%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 281g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 52.86 | | 0 | 148.54 | 44.93 | |
| Energy | kcal | 280 | | 0 | 787 | 238 | |
| Energy | kj | 1172 | | 0 | 3293 | 996 | |
| Protein (N x 5.95) | g | 28.20 | | 0 | 79.24 | 23.97 | |
| Total lipid (fat) | g | 17.64 | | 0 | 49.57 | 14.99 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.30 | | 0 | 3.65 | 1.10 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 12 | | 0 | 34 | 10 | |
| Iron | mg | 2.45 | | 0 | 6.88 | 2.08 | |
| Magnesium | mg | 24 | | 0 | 67 | 20 | |
| Phosphorus | mg | 182 | | 0 | 511 | 155 | |
| Potassium | mg | 349 | | 0 | 981 | 297 | |
| Sodium | mg | 89 | | 0 | 250 | 76 | |
| Zinc | mg | 6.20 | | 0 | 17.42 | 5.27 | |
| Copper | mg | 0.077 | | 0 | 0.216 | 0.065 | |
| Manganese | mg | 0.017 | | 0 | 0.048 | 0.014 | |
| Selenium | ：g | 25.3 | | 0 | 71.1 | 21.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.060 | | 0 | 0.169 | 0.051 | |
| Riboflavin | mg | 0.240 | | 0 | 0.674 | 0.204 | |
| Niacin | mg | 5.970 | | 0 | 16.776 | 5.074 | |
| Pantothenic acid | mg | 0.440 | | 0 | 1.236 | 0.374 | |
| Vitamin B-6 | mg | 0.300 | | 0 | 0.843 | 0.255 | |
| Folate | ：g | 11 | | 0 | 31 | 9 | |
| Vitamin B-12 | ：g | 2.72 | | 0 | 7.64 | 2.31 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.204 | | 0 | 0.573 | 0.173 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.930 | | 0 | 19.473 | 5.890 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.056 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.056 | 0.017 | |
| 14:0 | g | 0.500 | | 0 | 1.405 | 0.425 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.990 | | 0 | 11.212 | 3.392 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.080 | | 0 | 5.845 | 1.768 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.720 | 0 | 21.693 | 6.562 |
| 14:1 | g | | | | |
| 16:1 | g | 0.660 | 0 | 1.855 | 0.561 |
| 18:1 | g | 6.750 | 0 | 18.968 | 5.737 |
| 20:1 | g | 0.010 | 0 | 0.028 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.660 | 0 | 1.855 | 0.561 |
| 18:2 | g | 0.490 | 0 | 1.377 | 0.417 |
| 18:3 | g | 0.070 | 0 | 0.197 | 0.060 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.070 | 0 | 0.197 | 0.060 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 101 | 0 | 284 | 86 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.316 | 0 | 0.888 | 0.269 |
| Threonine | g | 1.232 | 0 | 3.462 | 1.047 |
| Isoleucine | g | 1.268 | 0 | 3.563 | 1.078 |
| Leucine | g | 2.229 | 0 | 6.263 | 1.895 |
| Lysine | g | 2.346 | 0 | 6.592 | 1.994 |
| Methionine | g | 0.722 | 0 | 2.029 | 0.614 |
| Cystine | g | 0.316 | 0 | 0.888 | 0.269 |
| Phenylalanine | g | 1.101 | 0 | 3.094 | 0.936 |
| Tyrosine | g | 0.948 | 0 | 2.664 | 0.806 |
| Valine | g | 1.372 | 0 | 3.855 | 1.166 |
| Arginine | g | 1.782 | 0 | 5.007 | 1.515 |
| Histidine | g | 0.966 | 0 | 2.714 | 0.821 |
| Alanine | g | 1.701 | 0 | 4.780 | 1.446 |
| Aspartic acid | g | 2.576 | 0 | 7.239 | 2.190 |
| Glutamic acid | g | 4.237 | 0 | 11.906 | 3.601 |
| Glycine | g | 1.539 | 0 | 4.325 | 1.308 |
| Proline | g | 1.245 | 0 | 3.498 | 1.058 |
| Serine | g | 1.078 | 0 | 3.029 | 0.916 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

## NDB No. 13307 Beef, ground, lean, cooked, pan-fried, medium

**Refuse:** 0%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 327g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 55.62 | | 0 | 181.88 | 47.28 | |
| Energy | kcal | 275 | | 0 | 899 | 234 | |
| Energy | kj | 1151 | | 0 | 3764 | 978 | |
| Protein (N x 5.95) | g | 24.23 | | 0 | 79.23 | 20.60 | |
| Total lipid (fat) | g | 19.06 | | 0 | 62.33 | 16.20 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.09 | | 0 | 3.56 | 0.93 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 33 | 9 | |
| Iron | mg | 2.18 | | 0 | 7.13 | 1.85 | |
| Magnesium | mg | 20 | | 0 | 65 | 17 | |
| Phosphorus | mg | 159 | | 0 | 520 | 135 | |
| Potassium | mg | 299 | | 0 | 978 | 254 | |
| Sodium | mg | 77 | | 0 | 252 | 65 | |
| Zinc | mg | 5.20 | | 0 | 17.00 | 4.42 | |
| Copper | mg | 0.077 | | 0 | 0.252 | 0.065 | |
| Manganese | mg | 0.014 | | 0 | 0.046 | 0.012 | |
| Selenium | :g | 21.8 | | 0 | 71.3 | 18.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.050 | | 0 | 0.164 | 0.043 | |
| Riboflavin | mg | 0.220 | | 0 | 0.719 | 0.187 | |
| Niacin | mg | 4.790 | | 0 | 15.663 | 4.071 | |
| Pantothenic acid | mg | 0.320 | | 0 | 1.046 | 0.272 | |
| Vitamin B-6 | mg | 0.280 | | 0 | 0.916 | 0.238 | |
| Folate | :g | 9 | | 0 | 29 | 8 | |
| Vitamin B-12 | :g | 2.27 | | 0 | 7.42 | 1.93 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.200 | | 0 | 0.654 | 0.170 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.490 | | 0 | 24.492 | 6.366 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.065 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.065 | 0.017 | |
| 14:0 | g | 0.540 | | 0 | 1.766 | 0.459 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.310 | | 0 | 14.094 | 3.663 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.250 | | 0 | 7.357 | 1.913 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.340 | 0 | 27.272 | 7.089 |
| 14:1 | g | | | | |
| 16:1 | g | 0.710 | 0 | 2.322 | 0.603 |
| 18:1 | g | 7.290 | 0 | 23.838 | 6.196 |
| 20:1 | g | 0.010 | 0 | 0.033 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.710 | 0 | 2.322 | 0.603 |
| 18:2 | g | 0.520 | 0 | 1.700 | 0.442 |
| 18:3 | g | 0.080 | 0 | 0.262 | 0.068 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.080 | 0 | 0.262 | 0.068 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 84 | 0 | 275 | 71 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.271 | 0 | 0.886 | 0.230 |
| Threonine | g | 1.058 | 0 | 3.460 | 0.899 |
| Isoleucine | g | 1.089 | 0 | 3.561 | 0.926 |
| Leucine | g | 1.915 | 0 | 6.262 | 1.628 |
| Lysine | g | 2.016 | 0 | 6.592 | 1.714 |
| Methionine | g | 0.620 | 0 | 2.027 | 0.527 |
| Cystine | g | 0.271 | 0 | 0.886 | 0.230 |
| Phenylalanine | g | 0.946 | 0 | 3.093 | 0.804 |
| Tyrosine | g | 0.814 | 0 | 2.662 | 0.692 |
| Valine | g | 1.179 | 0 | 3.855 | 1.002 |
| Arginine | g | 1.531 | 0 | 5.006 | 1.301 |
| Histidine | g | 0.830 | 0 | 2.714 | 0.706 |
| Alanine | g | 1.462 | 0 | 4.781 | 1.243 |
| Aspartic acid | g | 2.214 | 0 | 7.240 | 1.882 |
| Glutamic acid | g | 3.641 | 0 | 11.906 | 3.095 |
| Glycine | g | 1.322 | 0 | 4.323 | 1.124 |
| Proline | g | 1.070 | 0 | 3.499 | 0.910 |
| Serine | g | 0.927 | 0 | 3.031 | 0.788 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

## NDB No. 13308 Beef, ground, lean, cooked, pan-fried, well done

**Refuse:** 0%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 286g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 53.70 | | 0 | 153.58 | 45.65 | |
| Energy | kcal | 277 | | 0 | 792 | 235 | |
| Energy | kj | 1159 | | 0 | 3315 | 985 | |
| Protein (N x 5.95) | g | 27.56 | | 0 | 78.82 | 23.43 | |
| Total lipid (fat) | g | 17.67 | | 0 | 50.54 | 15.02 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.20 | | 0 | 3.43 | 1.02 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | | 0 | 31 | 9 | |
| Iron | mg | 2.48 | | 0 | 7.09 | 2.11 | |
| Magnesium | mg | 23 | | 0 | 66 | 20 | |
| Phosphorus | mg | 181 | | 0 | 518 | 154 | |
| Potassium | mg | 340 | | 0 | 972 | 289 | |
| Sodium | mg | 87 | | 0 | 249 | 74 | |
| Zinc | mg | 5.91 | | 0 | 16.90 | 5.02 | |
| Copper | mg | 0.088 | | 0 | 0.252 | 0.075 | |
| Manganese | mg | 0.016 | | 0 | 0.046 | 0.014 | |
| Selenium | :g | 24.9 | | 0 | 71.2 | 21.2 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.060 | | 0 | 0.172 | 0.051 | |
| Riboflavin | mg | 0.240 | | 0 | 0.686 | 0.204 | |
| Niacin | mg | 5.450 | | 0 | 15.587 | 4.633 | |
| Pantothenic acid | mg | 0.360 | | 0 | 1.030 | 0.306 | |
| Vitamin B-6 | mg | 0.320 | | 0 | 0.915 | 0.272 | |
| Folate | :g | 10 | | 0 | 29 | 9 | |
| Vitamin B-12 | :g | 2.58 | | 0 | 7.38 | 2.19 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.940 | | 0 | 19.848 | 5.899 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.057 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.057 | 0.017 | |
| 14:0 | g | 0.500 | | 0 | 1.430 | 0.425 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.000 | | 0 | 11.440 | 3.400 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.080 | | 0 | 5.949 | 1.768 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.740 | 0 | 22.136 | 6.579 |
| 14:1 | g | | | | |
| 16:1 | g | 0.660 | 0 | 1.888 | 0.561 |
| 18:1 | g | 6.760 | 0 | 19.334 | 5.746 |
| 20:1 | g | 0.010 | 0 | 0.029 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.660 | 0 | 1.888 | 0.561 |
| 18:2 | g | 0.490 | 0 | 1.401 | 0.417 |
| 18:3 | g | 0.070 | 0 | 0.200 | 0.060 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.070 | 0 | 0.200 | 0.060 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 95 | 0 | 272 | 81 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.309 | 0 | 0.884 | 0.263 |
| Threonine | g | 1.206 | 0 | 3.449 | 1.025 |
| Isoleucine | g | 1.241 | 0 | 3.549 | 1.055 |
| Leucine | g | 2.182 | 0 | 6.241 | 1.855 |
| Lysine | g | 2.296 | 0 | 6.567 | 1.952 |
| Methionine | g | 0.707 | 0 | 2.022 | 0.601 |
| Cystine | g | 0.309 | 0 | 0.884 | 0.263 |
| Phenylalanine | g | 1.078 | 0 | 3.083 | 0.916 |
| Tyrosine | g | 0.927 | 0 | 2.651 | 0.788 |
| Valine | g | 1.342 | 0 | 3.838 | 1.141 |
| Arginine | g | 1.744 | 0 | 4.988 | 1.482 |
| Histidine | g | 0.945 | 0 | 2.703 | 0.803 |
| Alanine | g | 1.665 | 0 | 4.762 | 1.415 |
| Aspartic acid | g | 2.522 | 0 | 7.213 | 2.144 |
| Glutamic acid | g | 4.147 | 0 | 11.860 | 3.525 |
| Glycine | g | 1.506 | 0 | 4.307 | 1.280 |
| Proline | g | 1.219 | 0 | 3.486 | 1.036 |
| Serine | g | 1.055 | 0 | 3.017 | 0.897 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

## NDB No. 13309 Beef, ground, regular, (approximately 27% fat), 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 | Samples | Measure 1* 28g | Measure 2* 113g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 56.06 | 0.285 | 60 | 15.89 | 63.35 | |
| Energy | kcal | 310 | | 0 | 88 | 350 | |
| Energy | kj | 1297 | | 0 | 368 | 1466 | |
| Protein (N x 5.95) | g | 16.62 | 0.154 | 54 | 4.71 | 18.78 | |
| Total lipid (fat) | g | 26.55 | 0.461 | 58 | 7.53 | 30.00 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.00 | 0.115 | 8 | 0.28 | 1.13 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | 0.406 | 41 | 2 | 9 | |
| Iron | mg | 1.73 | 0.034 | 40 | 0.49 | 1.95 | |
| Magnesium | mg | 16 | 0.251 | 39 | 5 | 18 | |
| Phosphorus | mg | 130 | | 0 | 37 | 147 | |
| Potassium | mg | 228 | 3.495 | 40 | 65 | 258 | |
| Sodium | mg | 68 | 1.365 | 41 | 19 | 77 | |
| Zinc | mg | 3.55 | 0.063 | 40 | 1.01 | 4.01 | |
| Copper | mg | 0.062 | 0.001 | 40 | 0.018 | 0.070 | |
| Manganese | mg | 0.017 | 0.001 | 39 | 0.005 | 0.019 | |
| Selenium | ：g | 12.7 | 0.646 | 33 | 3.6 | 14.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.038 | | 0 | 0.011 | 0.043 | |
| Riboflavin | mg | 0.151 | | 0 | 0.043 | 0.171 | |
| Niacin | mg | 4.480 | | 0 | 1.270 | 5.062 | |
| Pantothenic acid | mg | 0.346 | | 0 | 0.098 | 0.391 | |
| Vitamin B-6 | mg | 0.240 | | 0 | 0.068 | 0.271 | |
| Folate | ：g | 7 | | 0 | 2 | 8 | |
| Vitamin B-12 | ：g | 2.65 | | 1 | 0.75 | 2.99 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.208 | | 0 | 0.059 | 0.235 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 10.780 | | 0 | 3.056 | 12.181 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.040 | | 0 | 0.011 | 0.045 | |
| 12:0 | g | 0.030 | | 0 | 0.009 | 0.034 | |
| 14:0 | g | 0.760 | | 0 | 0.215 | 0.859 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.180 | | 0 | 1.752 | 6.983 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.190 | | 0 | 0.904 | 3.605 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 11.640 | 0 | 3.300 | 13.153 |
| 14:1 | g | | | | |
| 16:1 | g | 1.120 | 0 | 0.318 | 1.266 |
| 18:1 | g | 9.980 | 0 | 2.829 | 11.277 |
| 20:1 | g | 0.030 | 0 | 0.009 | 0.034 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.080 | 0 | 0.306 | 1.220 |
| 18:2 | g | 0.780 | 0 | 0.221 | 0.881 |
| 18:3 | g | 0.160 | 0 | 0.045 | 0.181 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.100 | 0 | 0.028 | 0.113 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 85 | 0 | 24 | 96 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.205 | 0 | 0.058 | 0.232 |
| Threonine | g | 0.697 | 0 | 0.198 | 0.788 |
| Isoleucine | g | 0.713 | 0 | 0.202 | 0.806 |
| Leucine | g | 1.332 | 0 | 0.378 | 1.505 |
| Lysine | g | 1.388 | 0 | 0.393 | 1.568 |
| Methionine | g | 0.388 | 0 | 0.110 | 0.438 |
| Cystine | g | 0.160 | 0 | 0.045 | 0.181 |
| Phenylalanine | g | 0.630 | 0 | 0.179 | 0.712 |
| Tyrosine | g | 0.519 | 0 | 0.147 | 0.586 |
| Valine | g | 0.806 | 0 | 0.229 | 0.911 |
| Arginine | g | 1.122 | 0 | 0.318 | 1.268 |
| Histidine | g | 0.529 | 0 | 0.150 | 0.598 |
| Alanine | g | 1.085 | 0 | 0.308 | 1.226 |
| Aspartic acid | g | 1.518 | 0 | 0.430 | 1.715 |
| Glutamic acid | g | 2.614 | 0 | 0.741 | 2.954 |
| Glycine | g | 1.234 | 0 | 0.350 | 1.394 |
| Proline | g | 0.843 | 0 | 0.239 | 0.953 |
| Serine | g | 0.643 | 0 | 0.182 | 0.727 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

## NDB No. 13310 Beef, ground, regular, cooked, baked, medium

**Refuse:** 0%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 318g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 55.10 | | 0 | 175.22 | 46.84 | |
| Energy | kcal | 287 | | 0 | 913 | 244 | |
| Energy | kj | 1201 | | 0 | 3819 | 1021 | |
| Protein (N x 5.95) | g | 23.02 | | 0 | 73.20 | 19.57 | |
| Total lipid (fat) | g | 20.93 | | 0 | 66.56 | 17.79 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.95 | | 0 | 3.02 | 0.81 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 32 | 9 | |
| Iron | mg | 2.41 | | 0 | 7.66 | 2.05 | |
| Magnesium | mg | 15 | | 0 | 48 | 13 | |
| Phosphorus | mg | 137 | | 0 | 436 | 116 | |
| Potassium | mg | 221 | | 0 | 703 | 188 | |
| Sodium | mg | 60 | | 0 | 191 | 51 | |
| Zinc | mg | 4.89 | | 0 | 15.55 | 4.16 | |
| Copper | mg | 0.070 | | 0 | 0.223 | 0.060 | |
| Manganese | mg | 0.017 | | 0 | 0.054 | 0.014 | |
| Selenium | :g | 19.4 | 0.968 | 28 | 61.7 | 16.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.030 | | 0 | 0.095 | 0.026 | |
| Riboflavin | mg | 0.160 | | 0 | 0.509 | 0.136 | |
| Niacin | mg | 4.750 | | 0 | 15.105 | 4.037 | |
| Pantothenic acid | mg | 0.220 | | 0 | 0.700 | 0.187 | |
| Vitamin B-6 | mg | 0.230 | | 0 | 0.731 | 0.196 | |
| Folate | :g | 9 | | 0 | 29 | 8 | |
| Vitamin B-12 | :g | 2.34 | | 0 | 7.44 | 1.99 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 8.220 | | 0 | 26.140 | 6.987 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.064 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.064 | 0.017 | |
| 14:0 | g | 0.590 | | 0 | 1.876 | 0.501 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.740 | | 0 | 15.073 | 4.029 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.470 | | 0 | 7.855 | 2.100 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.160 | 0 | 29.129 | 7.786 |
| 14:1 | g | | | | |
| 16:1 | g | 0.780 | 0 | 2.480 | 0.663 |
| 18:1 | g | 8.010 | 0 | 25.472 | 6.809 |
| 20:1 | g | 0.020 | 0 | 0.064 | 0.017 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.780 | 0 | 2.480 | 0.663 |
| 18:2 | g | 0.580 | 0 | 1.844 | 0.493 |
| 18:3 | g | 0.090 | 0 | 0.286 | 0.077 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.080 | 0 | 0.254 | 0.068 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 87 | 0 | 277 | 74 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.255 | 0 | 0.811 | 0.217 |
| Threonine | g | 0.993 | 0 | 3.158 | 0.844 |
| Isoleucine | g | 1.022 | 0 | 3.250 | 0.869 |
| Leucine | g | 1.797 | 0 | 5.714 | 1.527 |
| Lysine | g | 1.892 | 0 | 6.017 | 1.608 |
| Methionine | g | 0.582 | 0 | 1.851 | 0.495 |
| Cystine | g | 0.255 | 0 | 0.811 | 0.217 |
| Phenylalanine | g | 0.888 | 0 | 2.824 | 0.755 |
| Tyrosine | g | 0.764 | 0 | 2.430 | 0.649 |
| Valine | g | 1.106 | 0 | 3.517 | 0.940 |
| Arginine | g | 1.437 | 0 | 4.570 | 1.221 |
| Histidine | g | 0.779 | 0 | 2.477 | 0.662 |
| Alanine | g | 1.372 | 0 | 4.363 | 1.166 |
| Aspartic acid | g | 2.077 | 0 | 6.605 | 1.765 |
| Glutamic acid | g | 3.416 | 0 | 10.863 | 2.904 |
| Glycine | g | 1.241 | 0 | 3.946 | 1.055 |
| Proline | g | 1.004 | 0 | 3.193 | 0.853 |
| Serine | g | 0.869 | 0 | 2.763 | 0.739 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

## NDB No. 13311 Beef, ground, regular, cooked, baked, well done

**Refuse:** 0%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 254g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 48.90 | | 0 | 124.21 | 41.56 | |
| Energy | kcal | 317 | | 0 | 805 | 269 | |
| Energy | kj | 1326 | | 0 | 3368 | 1127 | |
| Protein (N x 5.95) | g | 28.80 | | 0 | 73.15 | 24.48 | |
| Total lipid (fat) | g | 21.47 | | 0 | 54.53 | 18.25 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.20 | | 0 | 3.05 | 1.02 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 12 | | 0 | 30 | 10 | |
| Iron | mg | 2.99 | | 0 | 7.59 | 2.54 | |
| Magnesium | mg | 19 | | 0 | 48 | 16 | |
| Phosphorus | mg | 170 | | 0 | 432 | 145 | |
| Potassium | mg | 274 | | 0 | 696 | 233 | |
| Sodium | mg | 75 | | 0 | 191 | 64 | |
| Zinc | mg | 6.07 | | 0 | 15.42 | 5.16 | |
| Copper | mg | 0.086 | | 0 | 0.218 | 0.073 | |
| Manganese | mg | 0.021 | | 0 | 0.053 | 0.018 | |
| Selenium | :g | 19.4 | 0.968 | 28 | 49.3 | 16.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.040 | | 0 | 0.102 | 0.034 | |
| Riboflavin | mg | 0.200 | | 0 | 0.508 | 0.170 | |
| Niacin | mg | 5.890 | | 0 | 14.961 | 5.006 | |
| Pantothenic acid | mg | 0.270 | | 0 | 0.686 | 0.230 | |
| Vitamin B-6 | mg | 0.290 | | 0 | 0.737 | 0.247 | |
| Folate | :g | 11 | | 0 | 28 | 9 | |
| Vitamin B-12 | :g | 2.90 | | 0 | 7.37 | 2.46 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 8.430 | | 0 | 21.412 | 7.165 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.051 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.051 | 0.017 | |
| 14:0 | g | 0.610 | | 0 | 1.549 | 0.518 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.860 | | 0 | 12.344 | 4.131 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.530 | | 0 | 6.426 | 2.150 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.400 | 0 | 23.876 | 7.990 |
| 14:1 | g | | | | |
| 16:1 | g | 0.800 | 0 | 2.032 | 0.680 |
| 18:1 | g | 8.220 | 0 | 20.879 | 6.987 |
| 20:1 | g | 0.020 | 0 | 0.051 | 0.017 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.800 | 0 | 2.032 | 0.680 |
| 18:2 | g | 0.590 | 0 | 1.499 | 0.501 |
| 18:3 | g | 0.090 | 0 | 0.229 | 0.077 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.090 | 0 | 0.229 | 0.077 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 108 | 0 | 274 | 92 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.323 | 0 | 0.820 | 0.275 |
| Threonine | g | 1.258 | 0 | 3.195 | 1.069 |
| Isoleucine | g | 1.295 | 0 | 3.289 | 1.101 |
| Leucine | g | 2.276 | 0 | 5.781 | 1.935 |
| Lysine | g | 2.396 | 0 | 6.086 | 2.037 |
| Methionine | g | 0.737 | 0 | 1.872 | 0.626 |
| Cystine | g | 0.323 | 0 | 0.820 | 0.275 |
| Phenylalanine | g | 1.124 | 0 | 2.855 | 0.955 |
| Tyrosine | g | 0.968 | 0 | 2.459 | 0.823 |
| Valine | g | 1.401 | 0 | 3.559 | 1.191 |
| Arginine | g | 1.820 | 0 | 4.623 | 1.547 |
| Histidine | g | 0.986 | 0 | 2.504 | 0.838 |
| Alanine | g | 1.737 | 0 | 4.412 | 1.476 |
| Aspartic acid | g | 2.631 | 0 | 6.683 | 2.236 |
| Glutamic acid | g | 4.327 | 0 | 10.991 | 3.678 |
| Glycine | g | 1.571 | 0 | 3.990 | 1.335 |
| Proline | g | 1.272 | 0 | 3.231 | 1.081 |
| Serine | g | 1.101 | 0 | 2.797 | 0.936 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

## NDB No. 13312 Beef, ground, regular, cooked, broiled, medium

**Refuse:** 0%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 304g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 54.24 | | 0 | 164.89 | 46.10 | |
| Energy | kcal | 289 | | 0 | 879 | 246 | |
| Energy | kj | 1209 | | 0 | 3675 | 1028 | |
| Protein (N x 5.95) | g | 24.07 | | 0 | 73.17 | 20.46 | |
| Total lipid (fat) | g | 20.69 | | 0 | 62.90 | 17.59 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.00 | | 0 | 3.04 | 0.85 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | | 0 | 33 | 9 | |
| Iron | mg | 2.44 | | 0 | 7.42 | 2.07 | |
| Magnesium | mg | 20 | | 0 | 61 | 17 | |
| Phosphorus | mg | 170 | | 0 | 517 | 145 | |
| Potassium | mg | 292 | | 0 | 888 | 248 | |
| Sodium | mg | 83 | | 0 | 252 | 71 | |
| Zinc | mg | 5.18 | | 0 | 15.75 | 4.40 | |
| Copper | mg | 0.082 | | 0 | 0.249 | 0.070 | |
| Manganese | mg | 0.017 | | 0 | 0.052 | 0.014 | |
| Selenium | :g | 19.0 | | 0 | 57.8 | 16.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.030 | | 0 | 0.091 | 0.026 | |
| Riboflavin | mg | 0.190 | | 0 | 0.578 | 0.161 | |
| Niacin | mg | 5.770 | | 0 | 17.541 | 4.904 | |
| Pantothenic acid | mg | 0.330 | | 0 | 1.003 | 0.281 | |
| Vitamin B-6 | mg | 0.270 | | 0 | 0.821 | 0.230 | |
| Folate | :g | 9 | | 0 | 27 | 8 | |
| Vitamin B-12 | :g | 2.93 | | 0 | 8.91 | 2.49 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.234 | | 0 | 0.711 | 0.199 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 8.130 | | 0 | 24.715 | 6.911 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.061 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.061 | 0.017 | |
| 14:0 | g | 0.590 | | 0 | 1.794 | 0.501 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.680 | | 0 | 14.227 | 3.978 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.440 | | 0 | 7.418 | 2.074 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.060 | 0 | 27.542 | 7.701 |
| 14:1 | g | | | | |
| 16:1 | g | 0.770 | 0 | 2.341 | 0.655 |
| 18:1 | g | 7.920 | 0 | 24.077 | 6.732 |
| 20:1 | g | 0.020 | 0 | 0.061 | 0.017 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.770 | 0 | 2.341 | 0.655 |
| 18:2 | g | 0.570 | 0 | 1.733 | 0.484 |
| 18:3 | g | 0.090 | 0 | 0.274 | 0.077 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.080 | 0 | 0.243 | 0.068 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 90 | 0 | 274 | 77 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.270 | 0 | 0.821 | 0.230 |
| Threonine | g | 1.051 | 0 | 3.195 | 0.893 |
| Isoleucine | g | 1.082 | 0 | 3.289 | 0.920 |
| Leucine | g | 1.902 | 0 | 5.782 | 1.617 |
| Lysine | g | 2.003 | 0 | 6.089 | 1.703 |
| Methionine | g | 0.616 | 0 | 1.873 | 0.524 |
| Cystine | g | 0.270 | 0 | 0.821 | 0.230 |
| Phenylalanine | g | 0.940 | 0 | 2.858 | 0.799 |
| Tyrosine | g | 0.809 | 0 | 2.459 | 0.688 |
| Valine | g | 1.171 | 0 | 3.560 | 0.995 |
| Arginine | g | 1.521 | 0 | 4.624 | 1.293 |
| Histidine | g | 0.824 | 0 | 2.505 | 0.700 |
| Alanine | g | 1.452 | 0 | 4.414 | 1.234 |
| Aspartic acid | g | 2.199 | 0 | 6.685 | 1.869 |
| Glutamic acid | g | 3.616 | 0 | 10.993 | 3.074 |
| Glycine | g | 1.313 | 0 | 3.992 | 1.116 |
| Proline | g | 1.063 | 0 | 3.232 | 0.904 |
| Serine | g | 0.920 | 0 | 2.797 | 0.782 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

## NDB No. 13313 Beef, ground, regular, cooked, broiled, well done

**Refuse:** 0%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 272g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 52.00 | | 0 | 141.44 | 44.20 | |
| Energy | kcal | 292 | | 0 | 794 | 248 | |
| Energy | kj | 1222 | | 0 | 3324 | 1039 | |
| Protein (N x 5.95) | g | 27.20 | | 0 | 73.98 | 23.12 | |
| Total lipid (fat) | g | 19.46 | | 0 | 52.93 | 16.54 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.37 | | 0 | 3.73 | 1.16 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 12 | | 0 | 33 | 10 | |
| Iron | mg | 2.74 | | 0 | 7.45 | 2.33 | |
| Magnesium | mg | 22 | | 0 | 60 | 19 | |
| Phosphorus | mg | 191 | | 0 | 520 | 162 | |
| Potassium | mg | 327 | | 0 | 889 | 278 | |
| Sodium | mg | 93 | | 0 | 253 | 79 | |
| Zinc | mg | 5.81 | | 0 | 15.80 | 4.94 | |
| Copper | mg | 0.092 | | 0 | 0.250 | 0.078 | |
| Manganese | mg | 0.020 | | 0 | 0.054 | 0.017 | |
| Selenium | :g | 21.2 | | 0 | 57.7 | 18.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.040 | | 0 | 0.109 | 0.034 | |
| Riboflavin | mg | 0.210 | | 0 | 0.571 | 0.179 | |
| Niacin | mg | 6.470 | | 0 | 17.598 | 5.499 | |
| Pantothenic acid | mg | 0.370 | | 0 | 1.006 | 0.315 | |
| Vitamin B-6 | mg | 0.300 | | 0 | 0.816 | 0.255 | |
| Folate | :g | 10 | | 0 | 27 | 9 | |
| Vitamin B-12 | :g | 3.28 | | 0 | 8.92 | 2.79 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.230 | | 0 | 0.626 | 0.196 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.650 | | 0 | 20.808 | 6.503 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.054 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.054 | 0.017 | |
| 14:0 | g | 0.550 | | 0 | 1.496 | 0.468 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.400 | | 0 | 11.968 | 3.740 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.300 | | 0 | 6.256 | 1.955 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.520 | 0 | 23.174 | 7.242 |
| 14:1 | g | | | | |
| 16:1 | g | 0.730 | 0 | 1.986 | 0.620 |
| 18:1 | g | 7.450 | 0 | 20.264 | 6.332 |
| 20:1 | g | 0.020 | 0 | 0.054 | 0.017 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.730 | 0 | 1.986 | 0.620 |
| 18:2 | g | 0.540 | 0 | 1.469 | 0.459 |
| 18:3 | g | 0.080 | 0 | 0.218 | 0.068 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.080 | 0 | 0.218 | 0.068 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 101 | 0 | 275 | 86 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.305 | 0 | 0.830 | 0.259 |
| Threonine | g | 1.188 | 0 | 3.231 | 1.010 |
| Isoleucine | g | 1.223 | 0 | 3.327 | 1.040 |
| Leucine | g | 2.150 | 0 | 5.848 | 1.827 |
| Lysine | g | 2.263 | 0 | 6.155 | 1.924 |
| Methionine | g | 0.696 | 0 | 1.893 | 0.592 |
| Cystine | g | 0.305 | 0 | 0.830 | 0.259 |
| Phenylalanine | g | 1.062 | 0 | 2.889 | 0.903 |
| Tyrosine | g | 0.914 | 0 | 2.486 | 0.777 |
| Valine | g | 1.323 | 0 | 3.599 | 1.125 |
| Arginine | g | 1.719 | 0 | 4.676 | 1.461 |
| Histidine | g | 0.931 | 0 | 2.532 | 0.791 |
| Alanine | g | 1.641 | 0 | 4.464 | 1.395 |
| Aspartic acid | g | 2.485 | 0 | 6.759 | 2.112 |
| Glutamic acid | g | 4.087 | 0 | 11.117 | 3.474 |
| Glycine | g | 1.484 | 0 | 4.036 | 1.261 |
| Proline | g | 1.201 | 0 | 3.267 | 1.021 |
| Serine | g | 1.040 | 0 | 2.829 | 0.884 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

## NDB No. 13314 Beef, ground, regular, cooked, pan-fried, medium

**Refuse:** 0%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 308g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 52.27 | | 0 | 160.99 | 44.43 | |
| Energy | kcal | 306 | | 0 | 942 | 260 | |
| Energy | kj | 1280 | | 0 | 3942 | 1088 | |
| Protein (N x 5.95) | g | 23.92 | | 0 | 73.67 | 20.33 | |
| Total lipid (fat) | g | 22.56 | | 0 | 69.48 | 19.18 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.25 | | 0 | 3.85 | 1.06 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | | 0 | 34 | 9 | |
| Iron | mg | 2.45 | | 0 | 7.55 | 2.08 | |
| Magnesium | mg | 20 | | 0 | 62 | 17 | |
| Phosphorus | mg | 171 | | 0 | 527 | 145 | |
| Potassium | mg | 300 | | 0 | 924 | 255 | |
| Sodium | mg | 84 | | 0 | 259 | 71 | |
| Zinc | mg | 5.07 | | 0 | 15.62 | 4.31 | |
| Copper | mg | 0.081 | | 0 | 0.249 | 0.069 | |
| Manganese | mg | 0.017 | | 0 | 0.052 | 0.014 | |
| Selenium | :g | 18.7 | | 0 | 57.6 | 15.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.030 | | 0 | 0.092 | 0.026 | |
| Riboflavin | mg | 0.200 | | 0 | 0.616 | 0.170 | |
| Niacin | mg | 5.830 | | 0 | 17.956 | 4.955 | |
| Pantothenic acid | mg | 0.340 | | 0 | 1.047 | 0.289 | |
| Vitamin B-6 | mg | 0.240 | | 0 | 0.739 | 0.204 | |
| Folate | :g | 9 | | 0 | 28 | 8 | |
| Vitamin B-12 | :g | 2.71 | | 0 | 8.35 | 2.30 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.234 | | 0 | 0.721 | 0.199 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 8.860 | | 0 | 27.289 | 7.531 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.062 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.062 | 0.017 | |
| 14:0 | g | 0.640 | | 0 | 1.971 | 0.544 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.100 | | 0 | 15.708 | 4.335 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.660 | | 0 | 8.193 | 2.261 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.880 | 0 | 30.430 | 8.398 |
| 14:1 | g | | | | |
| 16:1 | g | 0.840 | 0 | 2.587 | 0.714 |
| 18:1 | g | 8.630 | 0 | 26.580 | 7.336 |
| 20:1 | g | 0.020 | 0 | 0.062 | 0.017 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.840 | 0 | 2.587 | 0.714 |
| 18:2 | g | 0.620 | 0 | 1.910 | 0.527 |
| 18:3 | g | 0.090 | 0 | 0.277 | 0.077 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.090 | 0 | 0.277 | 0.077 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 89 | 0 | 274 | 76 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.268 | 0 | 0.825 | 0.228 |
| Threonine | g | 1.045 | 0 | 3.219 | 0.888 |
| Isoleucine | g | 1.075 | 0 | 3.311 | 0.914 |
| Leucine | g | 1.891 | 0 | 5.824 | 1.607 |
| Lysine | g | 1.990 | 0 | 6.129 | 1.692 |
| Methionine | g | 0.612 | 0 | 1.885 | 0.520 |
| Cystine | g | 0.268 | 0 | 0.825 | 0.228 |
| Phenylalanine | g | 0.934 | 0 | 2.877 | 0.794 |
| Tyrosine | g | 0.804 | 0 | 2.476 | 0.683 |
| Valine | g | 1.163 | 0 | 3.582 | 0.989 |
| Arginine | g | 1.512 | 0 | 4.657 | 1.285 |
| Histidine | g | 0.819 | 0 | 2.523 | 0.696 |
| Alanine | g | 1.443 | 0 | 4.444 | 1.227 |
| Aspartic acid | g | 2.185 | 0 | 6.730 | 1.857 |
| Glutamic acid | g | 3.594 | 0 | 11.070 | 3.055 |
| Glycine | g | 1.305 | 0 | 4.019 | 1.109 |
| Proline | g | 1.056 | 0 | 3.252 | 0.898 |
| Serine | g | 0.915 | 0 | 2.818 | 0.778 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

## NDB No. 13315 Beef, ground, regular, cooked, pan-fried, well done

**Refuse:** 0%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 277g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 52.68 | | 0 | 145.92 | 44.78 | |
| Energy | kcal | 286 | | 0 | 792 | 243 | |
| Energy | kj | 1197 | | 0 | 3316 | 1017 | |
| Protein (N x 5.95) | g | 27.00 | | 0 | 74.79 | 22.95 | |
| Total lipid (fat) | g | 18.92 | | 0 | 52.41 | 16.08 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.40 | | 0 | 3.88 | 1.19 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 36 | 11 | |
| Iron | mg | 2.71 | | 0 | 7.51 | 2.30 | |
| Magnesium | mg | 22 | | 0 | 61 | 19 | |
| Phosphorus | mg | 189 | | 0 | 524 | 161 | |
| Potassium | mg | 332 | | 0 | 920 | 282 | |
| Sodium | mg | 93 | | 0 | 258 | 79 | |
| Zinc | mg | 5.62 | | 0 | 15.57 | 4.78 | |
| Copper | mg | 0.090 | | 0 | 0.249 | 0.077 | |
| Manganese | mg | 0.019 | | 0 | 0.053 | 0.016 | |
| Selenium | :g | 20.8 | | 0 | 57.6 | 17.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.040 | | 0 | 0.111 | 0.034 | |
| Riboflavin | mg | 0.210 | | 0 | 0.582 | 0.179 | |
| Niacin | mg | 6.460 | | 0 | 17.894 | 5.491 | |
| Pantothenic acid | mg | 0.380 | | 0 | 1.053 | 0.323 | |
| Vitamin B-6 | mg | 0.270 | | 0 | 0.748 | 0.230 | |
| Folate | :g | 10 | | 0 | 28 | 9 | |
| Vitamin B-12 | :g | 3.00 | | 0 | 8.31 | 2.55 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.430 | | 0 | 20.581 | 6.315 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.055 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.055 | 0.017 | |
| 14:0 | g | 0.540 | | 0 | 1.496 | 0.459 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.280 | | 0 | 11.856 | 3.638 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.230 | | 0 | 6.177 | 1.896 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.280 | 0 | 22.936 | 7.038 |
| 14:1 | g | | | | |
| 16:1 | g | 0.710 | 0 | 1.967 | 0.603 |
| 18:1 | g | 7.240 | 0 | 20.055 | 6.154 |
| 20:1 | g | 0.010 | 0 | 0.028 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.710 | 0 | 1.967 | 0.603 |
| 18:2 | g | 0.520 | 0 | 1.440 | 0.442 |
| 18:3 | g | 0.080 | 0 | 0.222 | 0.068 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.080 | 0 | 0.222 | 0.068 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 98 | 0 | 271 | 83 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.302 | 0 | 0.837 | 0.257 |
| Threonine | g | 1.179 | 0 | 3.266 | 1.002 |
| Isoleucine | g | 1.214 | 0 | 3.363 | 1.032 |
| Leucine | g | 2.134 | 0 | 5.911 | 1.814 |
| Lysine | g | 2.246 | 0 | 6.221 | 1.909 |
| Methionine | g | 0.691 | 0 | 1.914 | 0.587 |
| Cystine | g | 0.302 | 0 | 0.837 | 0.257 |
| Phenylalanine | g | 1.054 | 0 | 2.920 | 0.896 |
| Tyrosine | g | 0.907 | 0 | 2.512 | 0.771 |
| Valine | g | 1.313 | 0 | 3.637 | 1.116 |
| Arginine | g | 1.706 | 0 | 4.726 | 1.450 |
| Histidine | g | 0.924 | 0 | 2.559 | 0.785 |
| Alanine | g | 1.629 | 0 | 4.512 | 1.385 |
| Aspartic acid | g | 2.467 | 0 | 6.834 | 2.097 |
| Glutamic acid | g | 4.056 | 0 | 11.235 | 3.448 |
| Glycine | g | 1.473 | 0 | 4.080 | 1.252 |
| Proline | g | 1.192 | 0 | 3.302 | 1.013 |
| Serine | g | 1.032 | 0 | 2.859 | 0.877 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

## NDB No. 13316 Beef, ground, patties, frozen, (approximately 23% fat), 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 | Samples | Measure 1* 85g | Measure 2* 113g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.72 | 0.395 | 75 | 49.91 | 66.35 | |
| Energy | kcal | 282 | | 0 | 240 | 319 | |
| Energy | kj | 1180 | | 0 | 1003 | 1333 | |
| Protein (N x 5.95) | g | 17.11 | 0.136 | 74 | 14.54 | 19.33 | |
| Total lipid (fat) | g | 23.19 | 0.411 | 100 | 19.71 | 26.20 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.79 | | 0 | 0.67 | 0.89 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 7 | 9 | |
| Iron | mg | 1.78 | | 0 | 1.51 | 2.01 | |
| Magnesium | mg | 17 | | 0 | 14 | 19 | |
| Phosphorus | mg | 134 | | 0 | 114 | 151 | |
| Potassium | mg | 248 | | 0 | 211 | 280 | |
| Sodium | mg | 68 | | 0 | 58 | 77 | |
| Zinc | mg | 3.80 | | 0 | 3.23 | 4.29 | |
| Copper | mg | 0.067 | | 0 | 0.057 | 0.076 | |
| Manganese | mg | 0.016 | | 0 | 0.014 | 0.018 | |
| Selenium | :g | 14.8 | | 0 | 12.6 | 16.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.050 | | 0 | 0.043 | 0.057 | |
| Riboflavin | mg | 0.187 | | 0 | 0.159 | 0.211 | |
| Niacin | mg | 4.500 | | 0 | 3.825 | 5.085 | |
| Pantothenic acid | mg | 0.362 | | 0 | 0.308 | 0.409 | |
| Vitamin B-6 | mg | 0.250 | | 0 | 0.213 | 0.282 | |
| Folate | :g | 7 | | 0 | 6 | 8 | |
| Vitamin B-12 | :g | 2.40 | | 0 | 2.04 | 2.71 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.194 | | 0 | 0.165 | 0.219 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.360 | | 0 | 7.956 | 10.577 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.030 | | 0 | 0.026 | 0.034 | |
| 12:0 | g | 0.030 | | 0 | 0.026 | 0.034 | |
| 14:0 | g | 0.660 | | 0 | 0.561 | 0.746 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.370 | | 0 | 4.564 | 6.068 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.780 | | 0 | 2.363 | 3.141 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 10.140 | 0 | 8.619 | 11.458 |
| 14:1 | g | | | | |
| 16:1 | g | 0.960 | 0 | 0.816 | 1.085 |
| 18:1 | g | 8.710 | 0 | 7.404 | 9.842 |
| 20:1 | g | 0.030 | 0 | 0.026 | 0.034 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.950 | 0 | 0.808 | 1.073 |
| 18:2 | g | 0.700 | 0 | 0.595 | 0.791 |
| 18:3 | g | 0.120 | 0 | 0.102 | 0.136 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.090 | 0 | 0.077 | 0.102 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 79 | 0 | 67 | 89 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.211 | 0 | 0.179 | 0.238 |
| Threonine | g | 0.717 | 0 | 0.609 | 0.810 |
| Isoleucine | g | 0.734 | 0 | 0.624 | 0.829 |
| Leucine | g | 1.371 | 0 | 1.165 | 1.549 |
| Lysine | g | 1.429 | 0 | 1.215 | 1.615 |
| Methionine | g | 0.400 | 0 | 0.340 | 0.452 |
| Cystine | g | 0.164 | 0 | 0.139 | 0.185 |
| Phenylalanine | g | 0.649 | 0 | 0.552 | 0.733 |
| Tyrosine | g | 0.534 | 0 | 0.454 | 0.603 |
| Valine | g | 0.829 | 0 | 0.705 | 0.937 |
| Arginine | g | 1.155 | 0 | 0.982 | 1.305 |
| Histidine | g | 0.545 | 0 | 0.463 | 0.616 |
| Alanine | g | 1.117 | 0 | 0.949 | 1.262 |
| Aspartic acid | g | 1.563 | 0 | 1.329 | 1.766 |
| Glutamic acid | g | 2.690 | 0 | 2.287 | 3.040 |
| Glycine | g | 1.270 | 0 | 1.080 | 1.435 |
| Proline | g | 0.868 | 0 | 0.738 | 0.981 |
| Serine | g | 0.662 | 0 | 0.563 | 0.748 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz
Measure 2: 4 oz

## NDB No. 13317 Beef, ground, patties, frozen, cooked, broiled, medium

**Refuse:** 0%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 313g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 54.92 | | 0 | 171.90 | 46.68 | |
| Energy | kcal | 282 | | 0 | 883 | 240 | |
| Energy | kj | 1180 | | 0 | 3693 | 1003 | |
| Protein (N x 5.95) | g | 24.50 | | 0 | 76.69 | 20.82 | |
| Total lipid (fat) | g | 19.65 | | 0 | 61.50 | 16.70 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.93 | | 0 | 2.91 | 0.79 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | | 0 | 34 | 9 | |
| Iron | mg | 2.10 | | 0 | 6.57 | 1.78 | |
| Magnesium | mg | 20 | | 0 | 63 | 17 | |
| Phosphorus | mg | 158 | | 0 | 495 | 134 | |
| Potassium | mg | 294 | | 0 | 920 | 250 | |
| Sodium | mg | 77 | | 0 | 241 | 65 | |
| Zinc | mg | 5.40 | | 0 | 16.90 | 4.59 | |
| Copper | mg | 0.065 | | 0 | 0.203 | 0.055 | |
| Manganese | mg | 0.016 | | 0 | 0.050 | 0.014 | |
| Selenium | ：g | 21.5 | | 0 | 67.3 | 18.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.050 | | 0 | 0.157 | 0.043 | |
| Riboflavin | mg | 0.200 | | 0 | 0.626 | 0.170 | |
| Niacin | mg | 5.270 | | 0 | 16.495 | 4.479 | |
| Pantothenic acid | mg | 0.380 | | 0 | 1.189 | 0.323 | |
| Vitamin B-6 | mg | 0.260 | | 0 | 0.814 | 0.221 | |
| Folate | ：g | 9 | | 0 | 28 | 8 | |
| Vitamin B-12 | ：g | 2.47 | | 0 | 7.73 | 2.10 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.720 | | 0 | 24.164 | 6.562 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.063 | 0.017 | |
| 12:0 | g | 0.020 | | 0 | 0.063 | 0.017 | |
| 14:0 | g | 0.560 | | 0 | 1.753 | 0.476 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.450 | | 0 | 13.929 | 3.783 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.320 | | 0 | 7.262 | 1.972 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.600 | 0 | 26.918 | 7.310 |
| 14:1 | g | | | | |
| 16:1 | g | 0.730 | 0 | 2.285 | 0.620 |
| 18:1 | g | 7.520 | 0 | 23.538 | 6.392 |
| 20:1 | g | 0.020 | 0 | 0.063 | 0.017 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.730 | 0 | 2.285 | 0.620 |
| 18:2 | g | 0.540 | 0 | 1.690 | 0.459 |
| 18:3 | g | 0.080 | 0 | 0.250 | 0.068 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.080 | 0 | 0.250 | 0.068 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 94 | 0 | 294 | 80 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.274 | 0 | 0.858 | 0.233 |
| Threonine | g | 1.070 | 0 | 3.349 | 0.910 |
| Isoleucine | g | 1.102 | 0 | 3.449 | 0.937 |
| Leucine | g | 1.936 | 0 | 6.060 | 1.646 |
| Lysine | g | 2.038 | 0 | 6.379 | 1.732 |
| Methionine | g | 0.627 | 0 | 1.963 | 0.533 |
| Cystine | g | 0.274 | 0 | 0.858 | 0.233 |
| Phenylalanine | g | 0.956 | 0 | 2.992 | 0.813 |
| Tyrosine | g | 0.823 | 0 | 2.576 | 0.700 |
| Valine | g | 1.192 | 0 | 3.731 | 1.013 |
| Arginine | g | 1.548 | 0 | 4.845 | 1.316 |
| Histidine | g | 0.839 | 0 | 2.626 | 0.713 |
| Alanine | g | 1.478 | 0 | 4.626 | 1.256 |
| Aspartic acid | g | 2.238 | 0 | 7.005 | 1.902 |
| Glutamic acid | g | 3.681 | 0 | 11.522 | 3.129 |
| Glycine | g | 1.337 | 0 | 4.185 | 1.136 |
| Proline | g | 1.082 | 0 | 3.387 | 0.920 |
| Serine | g | 0.937 | 0 | 2.933 | 0.796 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

## NDB No. 13318 Beef, variety meats and by-products, brain, 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 | Samples | Measure 1* 28g | Measure 2* 113g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 78.28 | 0.385 | 12 | 22.19 | 88.46 | |
| Energy | kcal | 126 | | 0 | 36 | 142 | |
| Energy | kj | 527 | | 0 | 149 | 596 | |
| Protein (N x 5.95) | g | 9.80 | 0.332 | 5 | 2.78 | 11.07 | |
| Total lipid (fat) | g | 9.28 | 0.456 | 6 | 2.63 | 10.49 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.35 | 0.047 | 5 | 0.38 | 1.53 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | 0.535 | 6 | 2 | 9 | |
| Iron | mg | 2.14 | 0.178 | 12 | 0.61 | 2.42 | |
| Magnesium | mg | 13 | 0.300 | 6 | 4 | 15 | |
| Phosphorus | mg | 257 | 23.446 | 6 | 73 | 290 | |
| Potassium | mg | 321 | 32.000 | 2 | 91 | 363 | |
| Sodium | mg | 103 | 3.848 | 4 | 29 | 116 | |
| Zinc | mg | 1.22 | 0.123 | 16 | 0.35 | 1.38 | |
| Copper | mg | 0.201 | 0.010 | 4 | 0.057 | 0.227 | |
| Manganese | mg | 0.037 | 0.001 | 6 | 0.010 | 0.042 | |
| Selenium | :g | 19.0 | 2.082 | 3 | 5.4 | 21.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 16.6 | 2.642 | 6 | 4.7 | 18.8 | |
| Thiamin | mg | 0.149 | 0.010 | 3 | 0.042 | 0.168 | |
| Riboflavin | mg | 0.275 | 0.085 | 2 | 0.078 | 0.311 | |
| Niacin | mg | 4.575 | 1.125 | 2 | 1.297 | 5.170 | |
| Pantothenic acid | mg | 1.220 | | 1 | 0.346 | 1.379 | |
| Vitamin B-6 | mg | 0.260 | 0.081 | 2 | 0.074 | 0.294 | |
| Folate | :g | 4 | | 1 | 1 | 5 | |
| Vitamin B-12 | :g | 10.90 | | 1 | 3.09 | 12.32 | |
| Vitamin A | IU | 0 | | 1 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 1.200 | | 0 | 0.340 | 1.356 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.160 | | 0 | 0.612 | 2.441 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.040 | | 0 | 0.011 | 0.045 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.120 | | 0 | 0.318 | 1.266 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.940 | | 0 | 0.266 | 1.062 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.850 | 0 | 0.524 | 2.091 |
| 14:1 | g | | | | |
| 16:1 | g | 0.070 | 0 | 0.020 | 0.079 |
| 18:1 | g | 1.480 | 0 | 0.420 | 1.672 |
| 20:1 | g | 0.170 | 0 | 0.048 | 0.192 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.070 | 0 | 0.303 | 1.209 |
| 18:2 | g | 0.020 | 0 | 0.006 | 0.023 |
| 18:3 | g | 0.000 | 0 | 0.000 | 0.000 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.220 | 0 | 0.062 | 0.249 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.220 | 0 | 0.062 | 0.249 |
| 22:6 | g | 0.500 | 0 | 0.142 | 0.565 |
| Cholesterol | mg | 1672 | 1 | 474 | 1889 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.080 | 4 | 0.023 | 0.090 |
| Threonine | g | 0.465 | 4 | 0.132 | 0.525 |
| Isoleucine | g | 0.379 | 4 | 0.107 | 0.428 |
| Leucine | g | 0.735 | 4 | 0.208 | 0.831 |
| Lysine | g | 0.586 | 4 | 0.166 | 0.662 |
| Methionine | g | 0.204 | 4 | 0.058 | 0.231 |
| Cystine | g | 0.174 | 4 | 0.049 | 0.197 |
| Phenylalanine | g | 0.495 | 4 | 0.140 | 0.559 |
| Tyrosine | g | 0.348 | 4 | 0.099 | 0.393 |
| Valine | g | 0.481 | 4 | 0.136 | 0.544 |
| Arginine | g | 0.534 | 4 | 0.151 | 0.603 |
| Histidine | g | 0.249 | 4 | 0.071 | 0.281 |
| Alanine | g | 0.542 | 4 | 0.154 | 0.612 |
| Aspartic acid | g | 0.878 | 4 | 0.249 | 0.992 |
| Glutamic acid | g | 1.196 | 4 | 0.339 | 1.351 |
| Glycine | g | 0.462 | 4 | 0.131 | 0.522 |
| Proline | g | 0.406 | 4 | 0.115 | 0.459 |
| Serine | g | 0.567 | 4 | 0.161 | 0.641 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

## 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 | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 351g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 70.75 | | 1 | 248.33 | 60.14 | |
| Energy | kcal | 196 | | 0 | 688 | 167 | |
| Energy | kj | 820 | | 0 | 2878 | 697 | |
| Protein (N x 5.95) | g | 12.57 | | 1 | 44.12 | 10.68 | |
| Total lipid (fat) | g | 15.83 | | 1 | 55.56 | 13.46 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.58 | | 1 | 5.55 | 1.34 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 1 | 32 | 8 | |
| Iron | mg | 2.22 | | 1 | 7.79 | 1.89 | |
| Magnesium | mg | 15 | | 1 | 53 | 13 | |
| Phosphorus | mg | 386 | | 1 | 1355 | 328 | |
| Potassium | mg | 354 | | 1 | 1243 | 301 | |
| Sodium | mg | 158 | | 1 | 555 | 134 | |
| Zinc | mg | 1.35 | | 1 | 4.74 | 1.15 | |
| Copper | mg | 0.220 | | 1 | 0.772 | 0.187 | |
| Manganese | mg | 0.032 | | 1 | 0.112 | 0.027 | |
| Selenium | ΐg | 26.0 | 3.326 | 4 | 91.3 | 22.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 3.3 | | 1 | 11.6 | 2.8 | |
| Thiamin | mg | 0.130 | | 1 | 0.456 | 0.111 | |
| Riboflavin | mg | 0.260 | | 1 | 0.913 | 0.221 | |
| Niacin | mg | 3.780 | | 1 | 13.268 | 3.213 | |
| Pantothenic acid | mg | 0.570 | | 1 | 2.001 | 0.484 | |
| Vitamin B-6 | mg | 0.390 | | 1 | 1.369 | 0.331 | |
| Folate | ΐg | 6 | | 1 | 21 | 5 | |
| Vitamin B-12 | ΐg | 15.20 | | 1 | 53.35 | 12.92 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ΐg | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.740 | | 0 | 13.127 | 3.179 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.070 | | 0 | 0.246 | 0.060 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.980 | | 0 | 6.950 | 1.683 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.620 | | 0 | 5.686 | 1.377 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.980 | 0 | 13.970 | 3.383 |
| 14:1 | g | | | | |
| 16:1 | g | 0.110 | 0 | 0.386 | 0.094 |
| 18:1 | g | 3.470 | 0 | 12.180 | 2.950 |
| 20:1 | g | 0.240 | 0 | 0.842 | 0.204 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 2.310 | 0 | 8.108 | 1.964 |
| 18:2 | g | 0.840 | 0 | 2.948 | 0.714 |
| 18:3 | g | 0.050 | 0 | 0.176 | 0.043 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.290 | 0 | 1.018 | 0.247 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.290 | 0 | 1.018 | 0.247 |
| 22:6 | g | 0.670 | 0 | 2.352 | 0.570 |
| Cholesterol | mg | 1995 | 0 | 7002 | 1696 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.103 | 0 | 0.362 | 0.088 |
| Threonine | g | 0.597 | 0 | 2.095 | 0.507 |
| Isoleucine | g | 0.487 | 0 | 1.709 | 0.414 |
| Leucine | g | 0.943 | 0 | 3.310 | 0.802 |
| Lysine | g | 0.752 | 0 | 2.640 | 0.639 |
| Methionine | g | 0.261 | 0 | 0.916 | 0.222 |
| Cystine | g | 0.223 | 0 | 0.783 | 0.190 |
| Phenylalanine | g | 0.635 | 0 | 2.229 | 0.540 |
| Tyrosine | g | 0.446 | 0 | 1.565 | 0.379 |
| Valine | g | 0.617 | 0 | 2.166 | 0.524 |
| Arginine | g | 0.686 | 0 | 2.408 | 0.583 |
| Histidine | g | 0.320 | 0 | 1.123 | 0.272 |
| Alanine | g | 0.696 | 0 | 2.443 | 0.592 |
| Aspartic acid | g | 1.126 | 0 | 3.952 | 0.957 |
| Glutamic acid | g | 1.534 | 0 | 5.384 | 1.304 |
| Glycine | g | 0.593 | 0 | 2.081 | 0.504 |
| Proline | g | 0.521 | 0 | 1.829 | 0.443 |
| Serine | g | 0.728 | 0 | 2.555 | 0.619 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## 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 | Samples | Measure 1* 391g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 73.32 | | 1 | 286.68 | 62.32 | |
| Energy | kcal | 160 | | 0 | 626 | 136 | |
| Energy | kj | 669 | | 0 | 2616 | 569 | |
| Protein (N x 5.95) | g | 11.07 | | 1 | 43.28 | 9.41 | |
| Total lipid (fat) | g | 12.53 | | 1 | 48.99 | 10.65 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.27 | | 1 | 4.97 | 1.08 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 1 | 35 | 8 | |
| Iron | mg | 2.21 | | 1 | 8.64 | 1.88 | |
| Magnesium | mg | 14 | | 1 | 55 | 12 | |
| Phosphorus | mg | 352 | | 1 | 1376 | 299 | |
| Potassium | mg | 240 | | 1 | 938 | 204 | |
| Sodium | mg | 120 | | 1 | 469 | 102 | |
| Zinc | mg | 1.25 | | 1 | 4.89 | 1.06 | |
| Copper | mg | 0.240 | | 1 | 0.938 | 0.204 | |
| Manganese | mg | 0.035 | | 1 | 0.137 | 0.030 | |
| Selenium | :g | 22.0 | 3.425 | 4 | 86.0 | 18.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 1.0 | | 1 | 3.9 | 0.9 | |
| Thiamin | mg | 0.080 | | 1 | 0.313 | 0.068 | |
| Riboflavin | mg | 0.170 | | 1 | 0.665 | 0.145 | |
| Niacin | mg | 2.180 | | 1 | 8.524 | 1.853 | |
| Pantothenic acid | mg | 0.570 | | 1 | 2.229 | 0.484 | |
| Vitamin B-6 | mg | 0.240 | | 1 | 0.938 | 0.204 | |
| Folate | :g | 7 | | 1 | 27 | 6 | |
| Vitamin B-12 | :g | 8.60 | | 1 | 33.63 | 7.31 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 2.300 | | 0 | 8.993 | 1.955 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.920 | | 0 | 11.417 | 2.482 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.060 | | 0 | 0.235 | 0.051 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.510 | | 0 | 5.904 | 1.283 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.270 | | 0 | 4.966 | 1.080 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.500 | 0 | 9.775 | 2.125 |
| 14:1 | g | | | | |
| 16:1 | g | 0.100 | 0 | 0.391 | 0.085 |
| 18:1 | g | 2.000 | 0 | 7.820 | 1.700 |
| 20:1 | g | 0.230 | 0 | 0.899 | 0.196 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.440 | 0 | 5.630 | 1.224 |
| 18:2 | g | 0.030 | 0 | 0.117 | 0.026 |
| 18:3 | g | 0.000 | 0 | 0.000 | 0.000 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.300 | 0 | 1.173 | 0.255 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.300 | 0 | 1.173 | 0.255 |
| 22:6 | g | 0.670 | 0 | 2.620 | 0.570 |
| Cholesterol | mg | 2054 | 0 | 8031 | 1746 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.090 | 0 | 0.352 | 0.077 |
| Threonine | g | 0.526 | 0 | 2.057 | 0.447 |
| Isoleucine | g | 0.429 | 0 | 1.677 | 0.365 |
| Leucine | g | 0.831 | 0 | 3.249 | 0.706 |
| Lysine | g | 0.662 | 0 | 2.588 | 0.563 |
| Methionine | g | 0.230 | 0 | 0.899 | 0.196 |
| Cystine | g | 0.197 | 0 | 0.770 | 0.167 |
| Phenylalanine | g | 0.560 | 0 | 2.190 | 0.476 |
| Tyrosine | g | 0.393 | 0 | 1.537 | 0.334 |
| Valine | g | 0.544 | 0 | 2.127 | 0.462 |
| Arginine | g | 0.604 | 0 | 2.362 | 0.513 |
| Histidine | g | 0.282 | 0 | 1.103 | 0.240 |
| Alanine | g | 0.613 | 0 | 2.397 | 0.521 |
| Aspartic acid | g | 0.992 | 0 | 3.879 | 0.843 |
| Glutamic acid | g | 1.351 | 0 | 5.282 | 1.148 |
| Glycine | g | 0.522 | 0 | 2.041 | 0.444 |
| Proline | g | 0.459 | 0 | 1.795 | 0.390 |
| Serine | g | 0.641 | 0 | 2.506 | 0.545 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13321 Beef, variety meats and by-products, heart, raw

**Refuse:** 19% Fat and values

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 113g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 75.56 | 1.467 | 15 | 21.42 | 85.38 | |
| Energy | kcal | 117 | | 0 | 33 | 132 | |
| Energy | kj | 490 | | 0 | 139 | 554 | |
| Protein (N x 5.95) | g | 17.05 | 0.193 | 4 | 4.83 | 19.27 | |
| Total lipid (fat) | g | 3.78 | 0.300 | 4 | 1.07 | 4.27 | |
| Carbohydrate, by difference | g | 2.58 | | 0 | 0.73 | 2.92 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.03 | 0.020 | 10 | 0.29 | 1.16 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 2 | 0.469 | 7 | 1 | 2 | |
| Iron | mg | 4.61 | 0.133 | 10 | 1.31 | 5.21 | |
| Magnesium | mg | 23 | 1.045 | 7 | 7 | 26 | |
| Phosphorus | mg | 173 | 3.866 | 7 | 49 | 195 | |
| Potassium | mg | 266 | 8.472 | 7 | 75 | 301 | |
| Sodium | mg | 63 | 4.887 | 11 | 18 | 71 | |
| Zinc | mg | 2.38 | 0.129 | 38 | 0.67 | 2.69 | |
| Copper | mg | 0.361 | 0.011 | 8 | 0.102 | 0.408 | |
| Manganese | mg | 0.041 | 0.003 | 2 | 0.012 | 0.046 | |
| Selenium | ：g | 22.0 | 3.055 | 3 | 6.2 | 24.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 6.3 | 0.829 | 6 | 1.8 | 7.1 | |
| Thiamin | mg | 0.190 | | 1 | 0.054 | 0.215 | |
| Riboflavin | mg | 1.020 | | 1 | 0.289 | 1.153 | |
| Niacin | mg | 9.460 | | 1 | 2.682 | 10.690 | |
| Pantothenic acid | mg | 2.320 | | 1 | 0.658 | 2.622 | |
| Vitamin B-6 | mg | 0.430 | 0.077 | 2 | 0.122 | 0.486 | |
| Folate | ：g | 2 | | 1 | 1 | 2 | |
| Vitamin B-12 | ：g | 13.66 | 0.345 | 2 | 3.87 | 15.44 | |
| Vitamin A | IU | 0 | 0.000 | 3 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | 0.000 | 3 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.200 | | 0 | 0.057 | 0.226 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.130 | | 0 | 0.320 | 1.277 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.090 | 0.023 | 2 | 0.026 | 0.102 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.470 | 0.055 | 7 | 0.133 | 0.531 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.520 | 0.033 | 7 | 0.147 | 0.588 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 0.840 | | 0 | 0.238 | 0.949 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.070 | 0.188 | 7 | 0.020 | 0.079 |
| 18:1 | g | 0.710 | 0.122 | 7 | 0.201 | 0.802 |
| 20:1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.920 | | 0 | 0.261 | 1.040 |
| 18:2 | g | 0.610 | 0.120 | 7 | 0.173 | 0.689 |
| 18:3 | g | 0.010 | | 1 | 0.003 | 0.011 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.300 | 0.060 | 7 | 0.085 | 0.339 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 140 | | 1 | 40 | 158 |
| Phytosterols | mg | 0 | | 0 | 0 | 0 |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.191 | | 0 | 0.054 | 0.216 |
| Threonine | g | 0.804 | | 0 | 0.228 | 0.909 |
| Isoleucine | g | 0.748 | | 0 | 0.212 | 0.845 |
| Leucine | g | 1.508 | | 0 | 0.428 | 1.704 |
| Lysine | g | 1.405 | | 0 | 0.398 | 1.588 |
| Methionine | g | 0.437 | | 0 | 0.124 | 0.494 |
| Cystine | g | 0.223 | | 0 | 0.063 | 0.252 |
| Phenylalanine | g | 0.772 | | 0 | 0.219 | 0.872 |
| Tyrosine | g | 0.620 | | 0 | 0.176 | 0.701 |
| Valine | g | 0.890 | | 0 | 0.252 | 1.006 |
| Arginine | g | 1.141 | | 0 | 0.323 | 1.289 |
| Histidine | g | 0.467 | | 0 | 0.132 | 0.528 |
| Alanine | g | 1.053 | | 0 | 0.299 | 1.190 |
| Aspartic acid | g | 1.569 | | 0 | 0.445 | 1.773 |
| Glutamic acid | g | 2.695 | | 0 | 0.764 | 3.045 |
| Glycine | g | 0.890 | | 0 | 0.252 | 1.006 |
| Proline | g | 0.802 | | 0 | 0.227 | 0.906 |
| Serine | g | 0.786 | | 0 | 0.223 | 0.888 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

## NDB No. 13322 Beef, variety meats and by-products, heart, 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 | Samples | Measure 1* 257g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 64.08 | 0.532 | 4 | 164.69 | 54.47 | |
| Energy | kcal | 175 | | 0 | 450 | 149 | |
| Energy | kj | 732 | | 0 | 1881 | 622 | |
| Protein (N x 5.95) | g | 28.79 | 0.198 | 4 | 73.99 | 24.47 | |
| Total lipid (fat) | g | 5.62 | 0.433 | 4 | 14.44 | 4.78 | |
| Carbohydrate, by difference | g | 0.42 | | 0 | 1.08 | 0.36 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.09 | 0.012 | 4 | 2.80 | 0.93 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 1 | 15 | 5 | |
| Iron | mg | 7.51 | | 1 | 19.30 | 6.38 | |
| Magnesium | mg | 25 | | 1 | 64 | 21 | |
| Phosphorus | mg | 250 | | 1 | 643 | 213 | |
| Potassium | mg | 233 | | 1 | 599 | 198 | |
| Sodium | mg | 63 | | 1 | 162 | 54 | |
| Zinc | mg | 3.13 | | 1 | 8.04 | 2.66 | |
| Copper | mg | 0.740 | | 1 | 1.902 | 0.629 | |
| Manganese | mg | 0.059 | | 1 | 0.152 | 0.050 | |
| Selenium | :g | 39.0 | 3.667 | 3 | 100.2 | 33.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 1.5 | | 1 | 3.9 | 1.3 | |
| Thiamin | mg | 0.140 | | 1 | 0.360 | 0.119 | |
| Riboflavin | mg | 1.540 | | 1 | 3.958 | 1.309 | |
| Niacin | mg | 4.070 | | 1 | 10.460 | 3.460 | |
| Pantothenic acid | mg | 0.870 | | 1 | 2.236 | 0.740 | |
| Vitamin B-6 | mg | 0.210 | | 1 | 0.540 | 0.179 | |
| Folate | :g | 2 | | 0 | 5 | 2 | |
| Vitamin B-12 | :g | 14.30 | | 1 | 36.75 | 12.15 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.720 | | 0 | 1.850 | 0.612 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.680 | | 0 | 4.318 | 1.428 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.130 | 0.034 | 2 | 0.334 | 0.111 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.700 | 0.081 | 7 | 1.799 | 0.595 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.770 | 0.049 | 7 | 1.979 | 0.655 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.250 | | 0 | 3.212 | 1.063 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.100 | 0.280 | 7 | 0.257 | 0.085 |
| 18:1 | g | 1.050 | 0.181 | 7 | 2.699 | 0.893 |
| 20:1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.370 | | 0 | 3.521 | 1.165 |
| 18:2 | g | 0.900 | 0.178 | 7 | 2.313 | 0.765 |
| 18:3 | g | 0.020 | | 1 | 0.051 | 0.017 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.450 | 0.090 | 7 | 1.157 | 0.383 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 193 | | 0 | 496 | 164 |
| Phytosterols | mg | 0 | | 0 | 0 | 0 |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.322 | | 0 | 0.828 | 0.274 |
| Threonine | g | 1.359 | | 0 | 3.493 | 1.155 |
| Isoleucine | g | 1.262 | | 0 | 3.243 | 1.073 |
| Leucine | g | 2.547 | | 0 | 6.546 | 2.165 |
| Lysine | g | 2.372 | | 0 | 6.096 | 2.016 |
| Methionine | g | 0.737 | | 0 | 1.894 | 0.626 |
| Cystine | g | 0.378 | | 0 | 0.971 | 0.321 |
| Phenylalanine | g | 1.303 | | 0 | 3.349 | 1.108 |
| Tyrosine | g | 1.046 | | 0 | 2.688 | 0.889 |
| Valine | g | 1.502 | | 0 | 3.860 | 1.277 |
| Arginine | g | 1.925 | | 0 | 4.947 | 1.636 |
| Histidine | g | 0.792 | | 0 | 2.035 | 0.673 |
| Alanine | g | 1.778 | | 0 | 4.569 | 1.511 |
| Aspartic acid | g | 2.648 | | 0 | 6.805 | 2.251 |
| Glutamic acid | g | 4.551 | | 0 | 11.696 | 3.868 |
| Glycine | g | 1.502 | | 0 | 3.860 | 1.277 |
| Proline | g | 1.354 | | 0 | 3.480 | 1.151 |
| Serine | g | 1.327 | | 0 | 3.410 | 1.128 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13323 Beef, variety meats and by-products, kidneys, raw

**Refuse:** 18% 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 | Samples | Measure 1* 28g | Measure 2* 113g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 77.02 | 0.569 | 28 | 21.84 | 87.03 | |
| Energy | kcal | 107 | | 0 | 30 | 121 | |
| Energy | kj | 448 | | 0 | 127 | 506 | |
| Protein (N x 5.95) | g | 16.59 | 0.572 | 5 | 4.70 | 18.75 | |
| Total lipid (fat) | g | 3.08 | 0.336 | 9 | 0.87 | 3.48 | |
| Carbohydrate, by difference | g | 2.18 | | 0 | 0.62 | 2.46 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.14 | 0.031 | 11 | 0.32 | 1.29 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | 0.790 | 9 | 2 | 7 | |
| Iron | mg | 7.36 | 0.587 | 13 | 2.09 | 8.32 | |
| Magnesium | mg | 17 | 0.569 | 9 | 5 | 19 | |
| Phosphorus | mg | 210 | 14.437 | 9 | 60 | 237 | |
| Potassium | mg | 257 | 7.543 | 8 | 73 | 290 | |
| Sodium | mg | 179 | 9.099 | 8 | 51 | 202 | |
| Zinc | mg | 1.85 | 0.021 | 251 | 0.52 | 2.09 | |
| Copper | mg | 0.469 | 0.018 | 509 | 0.133 | 0.530 | |
| Manganese | mg | 0.102 | 0.002 | 231 | 0.029 | 0.115 | |
| Selenium | :g | 148.8 | 0.777 | 9 | 42.2 | 168.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 8.9 | 1.513 | 6 | 2.5 | 10.1 | |
| Thiamin | mg | 0.380 | 0.110 | 2 | 0.108 | 0.429 | |
| Riboflavin | mg | 2.550 | | 1 | 0.723 | 2.882 | |
| Niacin | mg | 7.950 | | 1 | 2.254 | 8.983 | |
| Pantothenic acid | mg | 3.642 | 0.422 | 2 | 1.033 | 4.115 | |
| Vitamin B-6 | mg | 0.510 | 0.095 | 3 | 0.145 | 0.576 | |
| Folate | :g | 80 | 14.550 | 4 | 23 | 90 | |
| Vitamin B-12 | :g | 27.02 | 10.685 | 2 | 7.66 | 30.53 | |
| Vitamin A | IU | 880 | 100.000 | 3 | 249 | 994 | |
| Vitamin A, RE | :g | 264 | 30.030 | 3 | 75 | 298 | |
| Vitamin D | IU | 32 | | 0 | 9 | 36 | |
| Vitamin E, "-TE | mg | 0.200 | | 0 | 0.057 | 0.226 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 0.970 | | 0 | 0.275 | 1.096 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 14:0 | g | 0.050 | 0.035 | 2 | 0.014 | 0.057 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.420 | 0.018 | 7 | 0.119 | 0.475 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.460 | 0.007 | 7 | 0.130 | 0.520 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 0.660 | | 0 | 0.187 | 0.746 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.040 | 0.007 | 7 | 0.011 | 0.045 |
| 18:1 | g | 0.550 | 0.030 | 7 | 0.156 | 0.622 |
| 20:1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.670 | | 0 | 0.190 | 0.757 |
| 18:2 | g | 0.360 | 0.049 | 7 | 0.102 | 0.407 |
| 18:3 | g | 0.010 | | 1 | 0.003 | 0.011 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.300 | 0.008 | 6 | 0.085 | 0.339 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 285 | 64.900 | 2 | 81 | 322 |
| Phytosterols | mg | 0 | | 0 | 0 | 0 |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.226 | | 3 | 0.064 | 0.255 |
| Threonine | g | 0.802 | | 4 | 0.227 | 0.906 |
| Isoleucine | g | 0.677 | | 4 | 0.192 | 0.765 |
| Leucine | g | 1.330 | | 4 | 0.377 | 1.503 |
| Lysine | g | 1.104 | | 4 | 0.313 | 1.248 |
| Methionine | g | 0.345 | | 4 | 0.098 | 0.390 |
| Cystine | g | 0.050 | | 4 | 0.014 | 0.057 |
| Phenylalanine | g | 0.796 | | 4 | 0.226 | 0.899 |
| Tyrosine | g | 0.624 | | 4 | 0.177 | 0.705 |
| Valine | g | 1.035 | | 4 | 0.293 | 1.170 |
| Arginine | g | 0.974 | | 4 | 0.276 | 1.101 |
| Histidine | g | 0.433 | | 4 | 0.123 | 0.489 |
| Alanine | g | 0.932 | | 4 | 0.264 | 1.053 |
| Aspartic acid | g | 1.465 | | 4 | 0.415 | 1.655 |
| Glutamic acid | g | 1.932 | | 4 | 0.548 | 2.183 |
| Glycine | g | 1.011 | | 4 | 0.287 | 1.142 |
| Proline | g | 0.947 | | 4 | 0.268 | 1.070 |
| Serine | g | 0.812 | | 4 | 0.230 | 0.918 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

## NDB No. 13324 Beef, variety meats and by-products, kidneys, 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 | Samples | Measure 1* 197g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 68.83 | 3.170 | 2 | 135.60 | 58.51 | |
| Energy | kcal | 144 | | 0 | 284 | 122 | |
| Energy | kj | 602 | | 0 | 1186 | 512 | |
| Protein (N x 5.95) | g | 25.48 | 0.943 | 4 | 50.20 | 21.66 | |
| Total lipid (fat) | g | 3.44 | 0.228 | 4 | 6.78 | 2.92 | |
| Carbohydrate, by difference | g | 0.96 | | 0 | 1.89 | 0.82 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.29 | 0.041 | 4 | 2.54 | 1.10 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 17 | | 1 | 33 | 14 | |
| Iron | mg | 7.31 | | 1 | 14.40 | 6.21 | |
| Magnesium | mg | 18 | | 1 | 35 | 15 | |
| Phosphorus | mg | 306 | | 1 | 603 | 260 | |
| Potassium | mg | 179 | | 1 | 353 | 152 | |
| Sodium | mg | 134 | | 1 | 264 | 114 | |
| Zinc | mg | 4.22 | | 1 | 8.31 | 3.59 | |
| Copper | mg | 0.680 | | 1 | 1.340 | 0.578 | |
| Manganese | mg | 0.185 | | 1 | 0.364 | 0.157 | |
| Selenium | :g | 280.8 | | 0 | 553.2 | 238.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.8 | | 1 | 1.6 | 0.7 | |
| Thiamin | mg | 0.190 | | 1 | 0.374 | 0.161 | |
| Riboflavin | mg | 4.060 | | 1 | 7.998 | 3.451 | |
| Niacin | mg | 6.020 | | 1 | 11.859 | 5.117 | |
| Pantothenic acid | mg | 1.690 | | 1 | 3.329 | 1.437 | |
| Vitamin B-6 | mg | 0.520 | | 1 | 1.024 | 0.442 | |
| Folate | :g | 98 | | 0 | 193 | 83 | |
| Vitamin B-12 | :g | 51.30 | | 1 | 101.06 | 43.60 | |
| Vitamin A | IU | 1241 | | 0 | 2445 | 1055 | |
| Vitamin A, RE | :g | 373 | | 0 | 735 | 317 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.180 | | 0 | 0.355 | 0.153 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.090 | | 0 | 2.147 | 0.927 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 1 | 0.020 | 0.009 | |
| 12:0 | g | 0.010 | | 1 | 0.020 | 0.009 | |
| 14:0 | g | 0.060 | 0.039 | 2 | 0.118 | 0.051 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.470 | 0.020 | 7 | 0.926 | 0.400 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.510 | 0.008 | 7 | 1.005 | 0.434 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 0.740 | | 0 | 1.458 | 0.629 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.040 | 0.008 | 7 | 0.079 | 0.034 |
| 18:1 | g | 0.610 | 0.033 | 7 | 1.202 | 0.518 |
| 20:1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.740 | | 0 | 1.458 | 0.629 |
| 18:2 | g | 0.400 | 0.054 | 7 | 0.788 | 0.340 |
| 18:3 | g | 0.010 | | 1 | 0.020 | 0.009 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.330 | 0.009 | 6 | 0.650 | 0.281 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 387 | | 0 | 762 | 329 |
| Phytosterols | mg | 0 | | 0 | 0 | 0 |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.347 | | 0 | 0.684 | 0.295 |
| Threonine | g | 1.231 | | 0 | 2.425 | 1.046 |
| Isoleucine | g | 1.040 | | 0 | 2.049 | 0.884 |
| Leucine | g | 2.043 | | 0 | 4.025 | 1.737 |
| Lysine | g | 1.696 | | 0 | 3.341 | 1.442 |
| Methionine | g | 0.530 | | 0 | 1.044 | 0.451 |
| Cystine | g | 0.077 | | 0 | 0.152 | 0.065 |
| Phenylalanine | g | 1.223 | | 0 | 2.409 | 1.040 |
| Tyrosine | g | 0.958 | | 0 | 1.887 | 0.814 |
| Valine | g | 1.590 | | 0 | 3.132 | 1.352 |
| Arginine | g | 1.496 | | 0 | 2.947 | 1.272 |
| Histidine | g | 0.665 | | 0 | 1.310 | 0.565 |
| Alanine | g | 1.431 | | 0 | 2.819 | 1.216 |
| Aspartic acid | g | 2.251 | | 0 | 4.434 | 1.913 |
| Glutamic acid | g | 2.968 | | 0 | 5.847 | 2.523 |
| Glycine | g | 1.553 | | 0 | 3.059 | 1.320 |
| Proline | g | 1.455 | | 0 | 2.866 | 1.237 |
| Serine | g | 1.248 | | 0 | 2.459 | 1.061 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13325 Beef, variety meats and by-products, liver, 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 | Samples | Measure 1* 28g | Measure 2* 113g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 68.99 | 0.390 | 50 | 19.56 | 77.96 | |
| Energy | kcal | 143 | | 0 | 41 | 162 | |
| Energy | kj | 598 | | 0 | 170 | 676 | |
| Protein (N x 5.95) | g | 20.00 | 0.295 | 6 | 5.67 | 22.60 | |
| Total lipid (fat) | g | 3.85 | 0.479 | 15 | 1.09 | 4.35 | |
| Carbohydrate, by difference | g | 5.82 | | 0 | 1.65 | 6.58 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.34 | 0.035 | 11 | 0.38 | 1.51 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 1 | 2 | 7 | |
| Iron | mg | 6.82 | 0.425 | 33 | 1.93 | 7.71 | |
| Magnesium | mg | 19 | 2.507 | 13 | 5 | 21 | |
| Phosphorus | mg | 318 | 20.629 | 10 | 90 | 359 | |
| Potassium | mg | 323 | 7.953 | 10 | 92 | 365 | |
| Sodium | mg | 73 | 1.934 | 9 | 21 | 82 | |
| Zinc | mg | 3.92 | 0.108 | 293 | 1.11 | 4.43 | |
| Copper | mg | 3.339 | 0.166 | 311 | 0.947 | 3.773 | |
| Manganese | mg | 0.264 | 0.005 | 232 | 0.075 | 0.298 | |
| Selenium | ：g | 41.3 | 2.058 | 6 | 11.7 | 46.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 22.0 | 0.760 | 5 | 6.2 | 24.9 | |
| Thiamin | mg | 0.260 | 0.028 | 2 | 0.074 | 0.294 | |
| Riboflavin | mg | 2.780 | 0.085 | 3 | 0.788 | 3.141 | |
| Niacin | mg | 12.780 | 0.268 | 3 | 3.623 | 14.441 | |
| Pantothenic acid | mg | 7.620 | 1.718 | 2 | 2.160 | 8.611 | |
| Vitamin B-6 | mg | 0.940 | 0.141 | 4 | 0.266 | 1.062 | |
| Folate | ：g | 248 | 61.359 | 9 | 70 | 280 | |
| Vitamin B-12 | ：g | 69.19 | 6.495 | 9 | 19.62 | 78.18 | |
| Vitamin A | IU | 35346 | 185.678 | 29 | 10021 | 39941 | |
| Vitamin A, RE | ：g | 10503 | | 0 | 2978 | 11868 | |
| Vitamin D | IU | 16 | | 0 | 5 | 18 | |
| Vitamin E, "-TE | mg | 0.670 | | 0 | 0.190 | 0.757 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.500 | | 0 | 0.425 | 1.695 | |
| 4:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 14:0 | g | 0.040 | | 1 | 0.011 | 0.045 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.470 | | 1 | 0.133 | 0.531 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.960 | | 1 | 0.272 | 1.085 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 0.510 | | 0 | 0.145 | 0.576 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.040 | | 1 | 0.011 | 0.045 |
| 18:1 | g | 0.470 | | 1 | 0.133 | 0.531 |
| 20:1 | g | 0.000 | | 1 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 1 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.840 | | 0 | 0.238 | 0.949 |
| 18:2 | g | 0.350 | | 1 | 0.099 | 0.395 |
| 18:3 | g | 0.000 | | 1 | 0.000 | 0.000 |
| 18:4 | g | 0.000 | | 1 | 0.000 | 0.000 |
| 20:4 | g | 0.230 | | 1 | 0.065 | 0.260 |
| 20:5 | g | 0.000 | | 1 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 1 | 0.000 | 0.000 |
| 22:6 | g | 0.200 | | 1 | 0.057 | 0.226 |
| Cholesterol | mg | 354 | 13.073 | 22 | 100 | 400 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.288 | | 0 | 0.082 | 0.325 |
| Threonine | g | 0.915 | | 0 | 0.259 | 1.034 |
| Isoleucine | g | 0.915 | | 0 | 0.259 | 1.034 |
| Leucine | g | 1.882 | | 0 | 0.534 | 2.127 |
| Lysine | g | 1.389 | | 0 | 0.394 | 1.570 |
| Methionine | g | 0.506 | | 0 | 0.143 | 0.572 |
| Cystine | g | 0.307 | | 0 | 0.087 | 0.347 |
| Phenylalanine | g | 1.066 | | 0 | 0.302 | 1.205 |
| Tyrosine | g | 0.794 | | 0 | 0.225 | 0.897 |
| Valine | g | 1.235 | | 0 | 0.350 | 1.396 |
| Arginine | g | 1.258 | | 0 | 0.357 | 1.422 |
| Histidine | g | 0.547 | | 0 | 0.155 | 0.618 |
| Alanine | g | 1.194 | | 0 | 0.338 | 1.349 |
| Aspartic acid | g | 1.923 | | 0 | 0.545 | 2.173 |
| Glutamic acid | g | 2.710 | | 0 | 0.768 | 3.062 |
| Glycine | g | 1.146 | | 0 | 0.325 | 1.295 |
| Proline | g | 1.056 | | 0 | 0.299 | 1.193 |
| Serine | g | 0.960 | | 0 | 0.272 | 1.085 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

## NDB No. 13326 Beef, variety meats and by-products, liver, 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 | Samples | Measure 1* 336g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 65.91 | 2.414 | 4 | 221.46 | 56.02 | |
| Energy | kcal | 161 | | 0 | 541 | 137 | |
| Energy | kj | 674 | | 0 | 2265 | 573 | |
| Protein (N x 5.95) | g | 24.38 | 1.507 | 4 | 81.92 | 20.72 | |
| Total lipid (fat) | g | 4.89 | 0.641 | 4 | 16.43 | 4.16 | |
| Carbohydrate, by difference | g | 3.41 | | 0 | 11.46 | 2.90 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.41 | 0.010 | 4 | 4.74 | 1.20 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 1 | 24 | 6 | |
| Iron | mg | 6.77 | | 1 | 22.75 | 5.75 | |
| Magnesium | mg | 20 | | 1 | 67 | 17 | |
| Phosphorus | mg | 404 | | 1 | 1357 | 343 | |
| Potassium | mg | 235 | | 1 | 790 | 200 | |
| Sodium | mg | 70 | | 1 | 235 | 60 | |
| Zinc | mg | 6.07 | | 1 | 20.40 | 5.16 | |
| Copper | mg | 4.512 | | 1 | 15.160 | 3.835 | |
| Manganese | mg | 0.413 | | 1 | 1.388 | 0.351 | |
| Selenium | :g | 55.8 | | 0 | 187.5 | 47.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 23.0 | | 1 | 77.3 | 19.6 | |
| Thiamin | mg | 0.200 | 0.062 | 3 | 0.672 | 0.170 | |
| Riboflavin | mg | 4.100 | | 1 | 13.776 | 3.485 | |
| Niacin | mg | 10.720 | | 1 | 36.019 | 9.112 | |
| Pantothenic acid | mg | 4.570 | | 1 | 15.355 | 3.885 | |
| Vitamin B-6 | mg | 0.910 | | 1 | 3.058 | 0.774 | |
| Folate | :g | 217 | | 1 | 729 | 184 | |
| Vitamin B-12 | :g | 71.00 | | 1 | 238.56 | 60.35 | |
| Vitamin A | IU | 35679 | | 1 | 119881 | 30327 | |
| Vitamin A, RE | :g | 10602 | | 0 | 35623 | 9012 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.900 | | 0 | 6.384 | 1.615 | |
| 4:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 14:0 | g | 0.060 | | 1 | 0.202 | 0.051 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.600 | | 1 | 2.016 | 0.510 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.210 | | 1 | 4.066 | 1.028 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 0.650 | 0 | 2.184 | 0.553 |
| 14:1 | g | | | | |
| 16:1 | g | 0.050 | 1 | 0.168 | 0.043 |
| 18:1 | g | 0.600 | 1 | 2.016 | 0.510 |
| 20:1 | g | 0.000 | 1 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 1 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.070 | 0 | 3.595 | 0.910 |
| 18:2 | g | 0.450 | 1 | 1.512 | 0.383 |
| 18:3 | g | 0.000 | 1 | 0.000 | 0.000 |
| 18:4 | g | 0.000 | 1 | 0.000 | 0.000 |
| 20:4 | g | 0.290 | 1 | 0.974 | 0.247 |
| 20:5 | g | 0.000 | 1 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 1 | 0.000 | 0.000 |
| 22:6 | g | 0.250 | 1 | 0.840 | 0.213 |
| Cholesterol | mg | 389 | 1 | 1307 | 331 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.351 | 0 | 1.179 | 0.298 |
| Threonine | g | 1.116 | 0 | 3.750 | 0.949 |
| Isoleucine | g | 1.116 | 0 | 3.750 | 0.949 |
| Leucine | g | 2.294 | 0 | 7.708 | 1.950 |
| Lysine | g | 1.693 | 0 | 5.688 | 1.439 |
| Methionine | g | 0.616 | 0 | 2.070 | 0.524 |
| Cystine | g | 0.374 | 0 | 1.257 | 0.318 |
| Phenylalanine | g | 1.299 | 0 | 4.365 | 1.104 |
| Tyrosine | g | 0.967 | 0 | 3.249 | 0.822 |
| Valine | g | 1.506 | 0 | 5.060 | 1.280 |
| Arginine | g | 1.533 | 0 | 5.151 | 1.303 |
| Histidine | g | 0.667 | 0 | 2.241 | 0.567 |
| Alanine | g | 1.455 | 0 | 4.889 | 1.237 |
| Aspartic acid | g | 2.344 | 0 | 7.876 | 1.992 |
| Glutamic acid | g | 3.304 | 0 | 11.101 | 2.808 |
| Glycine | g | 1.396 | 0 | 4.691 | 1.187 |
| Proline | g | 1.287 | 0 | 4.324 | 1.094 |
| Serine | g | 1.170 | 0 | 3.931 | 0.995 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## 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 | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 295g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 55.68 | 3.399 | 4 | 164.26 | 47.33 | |
| Energy | kcal | 217 | | 0 | 640 | 184 | |
| Energy | kj | 908 | | 0 | 2679 | 772 | |
| Protein (N x 5.95) | g | 26.72 | 2.297 | 4 | 78.82 | 22.71 | |
| Total lipid (fat) | g | 8.00 | 1.154 | 4 | 23.60 | 6.80 | |
| Carbohydrate, by difference | g | 7.85 | | 0 | 23.16 | 6.67 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.75 | 0.123 | 4 | 5.16 | 1.49 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | | 1 | 32 | 9 | |
| Iron | mg | 6.28 | 1.217 | 4 | 18.53 | 5.34 | |
| Magnesium | mg | 23 | | 1 | 68 | 20 | |
| Phosphorus | mg | 461 | | 1 | 1360 | 392 | |
| Potassium | mg | 364 | | 1 | 1074 | 309 | |
| Sodium | mg | 106 | | 1 | 313 | 90 | |
| Zinc | mg | 5.45 | 0.810 | 4 | 16.08 | 4.63 | |
| Copper | mg | 4.466 | | 1 | 13.175 | 3.796 | |
| Manganese | mg | 0.423 | | 1 | 1.248 | 0.360 | |
| Selenium | :g | 57.0 | 2.453 | 28 | 168.2 | 48.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 23.0 | | 1 | 67.8 | 19.6 | |
| Thiamin | mg | 0.210 | | 1 | 0.619 | 0.179 | |
| Riboflavin | mg | 4.140 | | 1 | 12.213 | 3.519 | |
| Niacin | mg | 14.440 | | 1 | 42.598 | 12.274 | |
| Pantothenic acid | mg | 5.920 | | 1 | 17.464 | 5.032 | |
| Vitamin B-6 | mg | 1.430 | | 1 | 4.218 | 1.216 | |
| Folate | :g | 220 | | 1 | 649 | 187 | |
| Vitamin B-12 | :g | 111.80 | | 1 | 329.81 | 95.03 | |
| Vitamin A | IU | 36105 | | 1 | 106510 | 30689 | |
| Vitamin A, RE | :g | 10729 | | 0 | 31651 | 9120 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.635 | | 0 | 1.873 | 0.540 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.670 | | 0 | 7.877 | 2.269 | |
| 4:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 1 | 0.000 | 0.000 | |
| 14:0 | g | 0.070 | | 1 | 0.207 | 0.060 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.970 | | 1 | 2.862 | 0.825 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.600 | | 1 | 4.720 | 1.360 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.620 | 0 | 4.779 | 1.377 |
| 14:1 | g | | | | |
| 16:1 | g | 0.050 | 1 | 0.148 | 0.043 |
| 18:1 | g | 1.570 | 1 | 4.631 | 1.335 |
| 20:1 | g | 0.000 | 1 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 1 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.710 | 0 | 5.045 | 1.454 |
| 18:2 | g | 1.000 | 1 | 2.950 | 0.850 |
| 18:3 | g | 0.000 | 1 | 0.000 | 0.000 |
| 18:4 | g | 0.000 | 1 | 0.000 | 0.000 |
| 20:4 | g | 0.330 | 1 | 0.974 | 0.281 |
| 20:5 | g | 0.000 | 1 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 1 | 0.000 | 0.000 |
| 22:6 | g | 0.290 | 1 | 0.856 | 0.247 |
| Cholesterol | mg | 482 | 1 | 1422 | 410 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.385 | 0 | 1.136 | 0.327 |
| Threonine | g | 1.223 | 0 | 3.608 | 1.040 |
| Isoleucine | g | 1.223 | 0 | 3.608 | 1.040 |
| Leucine | g | 2.514 | 0 | 7.416 | 2.137 |
| Lysine | g | 1.855 | 0 | 5.472 | 1.577 |
| Methionine | g | 0.675 | 0 | 1.991 | 0.574 |
| Cystine | g | 0.410 | 0 | 1.209 | 0.349 |
| Phenylalanine | g | 1.424 | 0 | 4.201 | 1.210 |
| Tyrosine | g | 1.060 | 0 | 3.127 | 0.901 |
| Valine | g | 1.650 | 0 | 4.867 | 1.403 |
| Arginine | g | 1.680 | 0 | 4.956 | 1.428 |
| Histidine | g | 0.731 | 0 | 2.156 | 0.621 |
| Alanine | g | 1.595 | 0 | 4.705 | 1.356 |
| Aspartic acid | g | 2.569 | 0 | 7.579 | 2.184 |
| Glutamic acid | g | 3.621 | 0 | 10.682 | 3.078 |
| Glycine | g | 1.531 | 0 | 4.516 | 1.301 |
| Proline | g | 1.411 | 0 | 4.162 | 1.199 |
| Serine | g | 1.283 | 0 | 3.785 | 1.091 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## 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 | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 113g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 79.38 | 0.732 | 8 | 22.50 | 89.70 | |
| Energy | kcal | 92 | | 0 | 26 | 104 | |
| Energy | kj | 385 | | 0 | 109 | 435 | |
| Protein (N x 5.95) | g | 16.20 | 0.574 | 5 | 4.59 | 18.31 | |
| Total lipid (fat) | g | 2.50 | 0.498 | 7 | 0.71 | 2.83 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.98 | 0.020 | 5 | 0.28 | 1.11 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 3 | 11 | |
| Iron | mg | 7.95 | 0.533 | 4 | 2.25 | 8.98 | |
| Magnesium | mg | 14 | | 0 | 4 | 16 | |
| Phosphorus | mg | 224 | | 0 | 64 | 253 | |
| Potassium | mg | 340 | | 1 | 96 | 384 | |
| Sodium | mg | 198 | | 0 | 56 | 224 | |
| Zinc | mg | 1.61 | 0.067 | 10 | 0.46 | 1.82 | |
| Copper | mg | 0.260 | | 0 | 0.074 | 0.294 | |
| Manganese | mg | 0.019 | | 0 | 0.005 | 0.021 | |
| Selenium | :g | 44.3 | | 0 | 12.6 | 50.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 38.5 | 0.850 | 5 | 10.9 | 43.5 | |
| Thiamin | mg | 0.047 | 0.033 | 3 | 0.013 | 0.053 | |
| Riboflavin | mg | 0.230 | 0.120 | 2 | 0.065 | 0.260 | |
| Niacin | mg | 4.000 | | 1 | 1.134 | 4.520 | |
| Pantothenic acid | mg | 1.000 | | 1 | 0.284 | 1.130 | |
| Vitamin B-6 | mg | 0.040 | 0.029 | 2 | 0.011 | 0.045 | |
| Folate | :g | 11 | | 0 | 3 | 12 | |
| Vitamin B-12 | :g | 3.81 | 0.591 | 3 | 1.08 | 4.31 | |
| Vitamin A | IU | 46 | | 0 | 13 | 52 | |
| Vitamin A, RE | :g | 14 | | 0 | 4 | 16 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 0.860 | | 0 | 0.244 | 0.972 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.040 | | 0 | 0.011 | 0.045 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.450 | | 0 | 0.128 | 0.509 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.230 | | 0 | 0.065 | 0.260 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 0.640 | 0 | 0.181 | 0.723 |
| 14:1 | g | | | | |
| 16:1 | g | 0.090 | 0 | 0.026 | 0.102 |
| 18:1 | g | 0.470 | 0 | 0.133 | 0.531 |
| 20:1 | g | 0.020 | 0 | 0.006 | 0.023 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.340 | 0 | 0.096 | 0.384 |
| 18:2 | g | 0.170 | 0 | 0.048 | 0.192 |
| 18:3 | g | 0.020 | 0 | 0.006 | 0.023 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.140 | 0 | 0.040 | 0.158 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 242 | 1 | 69 | 273 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.148 | 3 | 0.042 | 0.167 |
| Threonine | g | 0.604 | 4 | 0.171 | 0.683 |
| Isoleucine | g | 0.772 | 3 | 0.219 | 0.872 |
| Leucine | g | 1.190 | 3 | 0.337 | 1.345 |
| Lysine | g | 1.148 | 4 | 0.325 | 1.297 |
| Methionine | g | 0.324 | 5 | 0.092 | 0.366 |
| Cystine | g | 0.249 | 4 | 0.071 | 0.281 |
| Phenylalanine | g | 0.658 | 4 | 0.187 | 0.744 |
| Tyrosine | g | 0.365 | 4 | 0.103 | 0.412 |
| Valine | g | 0.798 | 3 | 0.226 | 0.902 |
| Arginine | g | 0.980 | 3 | 0.278 | 1.107 |
| Histidine | g | 0.492 | 3 | 0.139 | 0.556 |
| Alanine | g | 1.001 | 1 | 0.284 | 1.131 |
| Aspartic acid | g | 0.977 | 1 | 0.277 | 1.104 |
| Glutamic acid | g | 1.726 | 1 | 0.489 | 1.950 |
| Glycine | g | 0.734 | 1 | 0.208 | 0.829 |
| Proline | g | 1.659 | 2 | 0.470 | 1.875 |
| Serine | g | 0.816 | 1 | 0.231 | 0.922 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

## 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 | Samples | Measure 1* 303g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 76.40 | 1.255 | 4 | 231.49 | 64.94 | |
| Energy | kcal | 120 | | 0 | 364 | 102 | |
| Energy | kj | 502 | | 0 | 1521 | 427 | |
| Protein (N x 5.95) | g | 20.40 | 0.404 | 3 | 61.81 | 17.34 | |
| Total lipid (fat) | g | 3.70 | 0.058 | 3 | 11.21 | 3.15 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.10 | 0.058 | 3 | 3.33 | 0.94 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 11 | | 0 | 33 | 9 | |
| Iron | mg | 5.40 | | 0 | 16.36 | 4.59 | |
| Magnesium | mg | 10 | | 0 | 30 | 9 | |
| Phosphorus | mg | 178 | | 0 | 539 | 151 | |
| Potassium | mg | 173 | | 0 | 524 | 147 | |
| Sodium | mg | 101 | | 0 | 306 | 86 | |
| Zinc | mg | 1.64 | | 0 | 4.97 | 1.39 | |
| Copper | mg | 0.221 | | 0 | 0.670 | 0.188 | |
| Manganese | mg | 0.015 | | 0 | 0.045 | 0.013 | |
| Selenium | :g | 50.3 | | 0 | 152.4 | 42.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 32.7 | | 0 | 99.1 | 27.8 | |
| Thiamin | mg | 0.035 | | 0 | 0.106 | 0.030 | |
| Riboflavin | mg | 0.143 | | 0 | 0.433 | 0.122 | |
| Niacin | mg | 2.492 | | 0 | 7.551 | 2.118 | |
| Pantothenic acid | mg | 0.623 | | 0 | 1.888 | 0.530 | |
| Vitamin B-6 | mg | 0.020 | | 0 | 0.061 | 0.017 | |
| Folate | :g | 8 | | 0 | 24 | 7 | |
| Vitamin B-12 | :g | 2.59 | | 0 | 7.85 | 2.20 | |
| Vitamin A | IU | 39 | | 0 | 118 | 33 | |
| Vitamin A, RE | :g | 12 | | 0 | 36 | 10 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.270 | | 0 | 3.848 | 1.080 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.060 | | 0 | 0.182 | 0.051 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.670 | | 0 | 2.030 | 0.570 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.350 | | 0 | 1.061 | 0.298 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 0.950 | 0 | 2.878 | 0.808 |
| 14:1 | g | | | | |
| 16:1 | g | 0.140 | 0 | 0.424 | 0.119 |
| 18:1 | g | 0.700 | 0 | 2.121 | 0.595 |
| 20:1 | g | 0.030 | 0 | 0.091 | 0.026 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.510 | 0 | 1.545 | 0.434 |
| 18:2 | g | 0.250 | 0 | 0.758 | 0.213 |
| 18:3 | g | 0.030 | 0 | 0.091 | 0.026 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.210 | 0 | 0.636 | 0.179 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 277 | 0 | 839 | 235 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.186 | 0 | 0.564 | 0.158 |
| Threonine | g | 0.761 | 0 | 2.306 | 0.647 |
| Isoleucine | g | 0.973 | 0 | 2.948 | 0.827 |
| Leucine | g | 1.498 | 0 | 4.539 | 1.273 |
| Lysine | g | 1.446 | 0 | 4.381 | 1.229 |
| Methionine | g | 0.408 | 0 | 1.236 | 0.347 |
| Cystine | g | 0.313 | 0 | 0.948 | 0.266 |
| Phenylalanine | g | 0.829 | 0 | 2.512 | 0.705 |
| Tyrosine | g | 0.460 | 0 | 1.394 | 0.391 |
| Valine | g | 1.005 | 0 | 3.045 | 0.854 |
| Arginine | g | 1.234 | 0 | 3.739 | 1.049 |
| Histidine | g | 0.620 | 0 | 1.879 | 0.527 |
| Alanine | g | 1.260 | 0 | 3.818 | 1.071 |
| Aspartic acid | g | 1.231 | 0 | 3.730 | 1.046 |
| Glutamic acid | g | 2.174 | 0 | 6.587 | 1.848 |
| Glycine | g | 0.924 | 0 | 2.800 | 0.785 |
| Proline | g | 2.089 | 0 | 6.330 | 1.776 |
| Serine | g | 1.028 | 0 | 3.115 | 0.874 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## 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 | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 227g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.39 | 0.546 | 56 | 16.84 | 134.82 | |
| Energy | kcal | 276 | | 0 | 78 | 627 | |
| Energy | kj | 1155 | | 0 | 327 | 2622 | |
| Protein (N x 5.95) | g | 14.97 | 0.100 | 56 | 4.24 | 33.98 | |
| Total lipid (fat) | g | 23.52 | 0.540 | 64 | 6.67 | 53.39 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 2.14 | 0.371 | 56 | 0.61 | 4.86 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 485 | 16.000 | 55 | 137 | 1101 | |
| Iron | mg | 5.67 | 0.616 | 36 | 1.61 | 12.87 | |
| Magnesium | mg | 17 | | 0 | 5 | 39 | |
| Phosphorus | mg | 324 | 9.075 | 28 | 92 | 735 | |
| Potassium | mg | 277 | | 0 | 79 | 629 | |
| Sodium | mg | 57 | | 0 | 16 | 129 | |
| Zinc | mg | 3.58 | 0.097 | 47 | 1.01 | 8.13 | |
| Copper | mg | 0.056 | 0.002 | 20 | 0.016 | 0.127 | |
| Manganese | mg | 0.012 | | 0 | 0.003 | 0.027 | |
| Selenium | ：g | 20.7 | | 0 | 5.9 | 47.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.072 | | 0 | 0.020 | 0.163 | |
| Riboflavin | mg | 0.118 | | 0 | 0.033 | 0.268 | |
| Niacin | mg | 2.546 | | 0 | 0.722 | 5.779 | |
| Pantothenic acid | mg | 0.279 | | 0 | 0.079 | 0.633 | |
| Vitamin B-6 | mg | 0.290 | | 0 | 0.082 | 0.658 | |
| Folate | ：g | 5 | | 0 | 1 | 11 | |
| Vitamin B-12 | ：g | 2.56 | | 0 | 0.73 | 5.81 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 11.780 | | 0 | 3.340 | 26.741 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.040 | 0.009 | 3 | 0.011 | 0.091 | |
| 14:0 | g | 0.640 | 0.010 | 3 | 0.181 | 1.453 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.660 | 0.119 | 3 | 1.605 | 12.848 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 4.870 | 0.190 | 3 | 1.381 | 11.055 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.440 | | 0 | 2.393 | 19.159 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.560 | 0.017 | 3 | 0.159 | 1.271 |
| 18:1 | g | 7.590 | 0.178 | 3 | 2.152 | 17.229 |
| 20:1 | g | 0.070 | 0.001 | 3 | 0.020 | 0.159 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.760 | | 0 | 0.215 | 1.725 |
| 18:2 | g | 0.590 | 0.020 | 3 | 0.167 | 1.339 |
| 18:3 | g | 0.170 | 0.008 | 3 | 0.048 | 0.386 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 209 | 11.006 | 18 | 59 | 474 |
| Phytosterols | mg | 0 | | 0 | 0 | 0 |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.168 | | 0 | 0.048 | 0.381 |
| Threonine | g | 0.474 | | 30 | 0.134 | 1.076 |
| Isoleucine | g | 0.584 | | 30 | 0.166 | 1.326 |
| Leucine | g | 1.199 | | 30 | 0.340 | 2.722 |
| Lysine | g | 1.161 | | 30 | 0.329 | 2.635 |
| Methionine | g | 0.426 | | 30 | 0.121 | 0.967 |
| Cystine | g | 0.230 | | 30 | 0.065 | 0.522 |
| Phenylalanine | g | 0.644 | | 30 | 0.183 | 1.462 |
| Tyrosine | g | 0.381 | | 30 | 0.108 | 0.865 |
| Valine | g | 0.915 | | 30 | 0.259 | 2.077 |
| Arginine | g | 1.154 | | 30 | 0.327 | 2.620 |
| Histidine | g | 0.443 | | 30 | 0.126 | 1.006 |
| Alanine | g | 1.005 | | 30 | 0.285 | 2.281 |
| Aspartic acid | g | 1.312 | | 30 | 0.372 | 2.978 |
| Glutamic acid | g | 2.121 | | 30 | 0.601 | 4.815 |
| Glycine | g | 1.238 | | 30 | 0.351 | 2.810 |
| Proline | g | 0.922 | | 30 | 0.261 | 2.093 |
| Serine | g | 0.570 | | 30 | 0.162 | 1.294 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 8 oz

## 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 | Samples | Measure 1* 28g | Measure 2* 113g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 65.20 | 2.078 | 3 | 18.48 | 73.68 | |
| Energy | kcal | 235 | | 0 | 67 | 266 | |
| Energy | kj | 983 | | 0 | 279 | 1111 | |
| Protein (N x 5.95) | g | 15.70 | 0.462 | 3 | 4.45 | 17.74 | |
| Total lipid (fat) | g | 18.60 | 2.252 | 3 | 5.27 | 21.02 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.30 | 0.058 | 3 | 0.37 | 1.47 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | 5.000 | 2 | 3 | 10 | |
| Iron | mg | 2.22 | 0.082 | 2 | 0.63 | 2.51 | |
| Magnesium | mg | 18 | 2.500 | 2 | 5 | 20 | |
| Phosphorus | mg | 327 | 8.000 | 2 | 93 | 370 | |
| Potassium | mg | 276 | 27.000 | 2 | 78 | 312 | |
| Sodium | mg | 67 | 5.000 | 2 | 19 | 76 | |
| Zinc | mg | 2.58 | 0.108 | 35 | 0.73 | 2.92 | |
| Copper | mg | 0.060 | 0.000 | 2 | 0.017 | 0.068 | |
| Manganese | mg | 0.150 | 0.005 | 12 | 0.043 | 0.170 | |
| Selenium | ：g | 24.7 | | 0 | 7.0 | 27.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 13.7 | 0.581 | 5 | 3.9 | 15.5 | |
| Thiamin | mg | 0.140 | | 0 | 0.040 | 0.158 | |
| Riboflavin | mg | 0.445 | 0.105 | 2 | 0.126 | 0.503 | |
| Niacin | mg | 4.450 | 1.414 | 2 | 1.262 | 5.029 | |
| Pantothenic acid | mg | 3.900 | 0.520 | 2 | 1.106 | 4.407 | |
| Vitamin B-6 | mg | 0.200 | 0.000 | 1 | 0.057 | 0.226 | |
| Folate | ：g | 3 | | 0 | 1 | 3 | |
| Vitamin B-12 | ：g | 14.00 | 0.000 | 2 | 3.97 | 15.82 | |
| Vitamin A | IU | 0 | 0.000 | 3 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | 0.000 | 3 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.410 | | 0 | 1.817 | 7.243 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.150 | | 0 | 0.043 | 0.170 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.430 | | 0 | 0.972 | 3.876 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.400 | | 0 | 0.680 | 2.712 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.440 | 0 | 1.826 | 7.277 |
| 14:1 | g | | | | |
| 16:1 | g | 1.110 | 0 | 0.315 | 1.254 |
| 18:1 | g | 5.330 | 0 | 1.511 | 6.023 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 3.470 | 0 | 0.984 | 3.921 |
| 18:2 | g | 2.030 | 0 | 0.576 | 2.294 |
| 18:3 | g | 0.130 | 0 | 0.037 | 0.147 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.800 | 0 | 0.227 | 0.904 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 205 | 0 | 58 | 232 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.203 | 4 | 0.058 | 0.229 |
| Threonine | g | 0.728 | 5 | 0.206 | 0.823 |
| Isoleucine | g | 0.794 | 5 | 0.225 | 0.897 |
| Leucine | g | 1.226 | 5 | 0.348 | 1.385 |
| Lysine | g | 1.158 | 5 | 0.328 | 1.309 |
| Methionine | g | 0.284 | 4 | 0.081 | 0.321 |
| Cystine | g | 0.201 | 0 | 0.057 | 0.227 |
| Phenylalanine | g | 0.653 | 5 | 0.185 | 0.738 |
| Tyrosine | g | 0.686 | 1 | 0.194 | 0.775 |
| Valine | g | 0.842 | 5 | 0.239 | 0.951 |
| Arginine | g | 0.897 | 5 | 0.254 | 1.014 |
| Histidine | g | 0.309 | 5 | 0.088 | 0.349 |
| Alanine | g | 0.804 | 0 | 0.228 | 0.909 |
| Aspartic acid | g | 1.507 | 1 | 0.427 | 1.703 |
| Glutamic acid | g | 1.316 | 2 | 0.373 | 1.487 |
| Glycine | g | 0.957 | 1 | 0.271 | 1.081 |
| Proline | g | 0.804 | 0 | 0.228 | 0.909 |
| Serine | g | 0.628 | 0 | 0.178 | 0.710 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

## 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 | Samples | Measure 1* 222g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 55.60 | 0.346 | 3 | 123.43 | 47.26 | |
| Energy | kcal | 271 | | 0 | 602 | 230 | |
| Energy | kj | 1134 | | 0 | 2517 | 964 | |
| Protein (N x 5.95) | g | 27.10 | 0.693 | 3 | 60.16 | 23.04 | |
| Total lipid (fat) | g | 17.20 | 0.635 | 3 | 38.18 | 14.62 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.50 | 0.000 | 3 | 3.33 | 1.27 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 16 | | 0 | 36 | 14 | |
| Iron | mg | 2.61 | | 0 | 5.79 | 2.22 | |
| Magnesium | mg | 21 | | 0 | 47 | 18 | |
| Phosphorus | mg | 453 | | 0 | 1006 | 385 | |
| Potassium | mg | 246 | | 0 | 546 | 209 | |
| Sodium | mg | 60 | | 0 | 133 | 51 | |
| Zinc | mg | 4.60 | | 0 | 10.21 | 3.91 | |
| Copper | mg | 0.089 | | 0 | 0.198 | 0.076 | |
| Manganese | mg | 0.208 | | 0 | 0.462 | 0.177 | |
| Selenium | :g | 48.5 | | 0 | 107.7 | 41.2 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 20.3 | | 0 | 45.1 | 17.3 | |
| Thiamin | mg | 0.180 | | 0 | 0.400 | 0.153 | |
| Riboflavin | mg | 0.485 | | 0 | 1.077 | 0.412 | |
| Niacin | mg | 3.970 | | 0 | 8.813 | 3.374 | |
| Pantothenic acid | mg | 4.248 | | 0 | 9.431 | 3.611 | |
| Vitamin B-6 | mg | 0.180 | | 0 | 0.400 | 0.153 | |
| Folate | :g | 3 | | 0 | 7 | 3 | |
| Vitamin B-12 | :g | 16.60 | | 0 | 36.85 | 14.11 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.900 | | 0 | 13.098 | 5.015 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.140 | | 0 | 0.311 | 0.119 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.160 | | 0 | 7.015 | 2.686 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.210 | | 0 | 4.906 | 1.878 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.930 | 0 | 13.165 | 5.040 |
| 14:1 | g | | | | |
| 16:1 | g | 1.020 | 0 | 2.264 | 0.867 |
| 18:1 | g | 4.900 | 0 | 10.878 | 4.165 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 3.200 | 0 | 7.104 | 2.720 |
| 18:2 | g | 1.870 | 0 | 4.151 | 1.590 |
| 18:3 | g | 0.120 | 0 | 0.266 | 0.102 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.740 | 0 | 1.643 | 0.629 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 262 | 0 | 582 | 223 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.351 | 0 | 0.779 | 0.298 |
| Threonine | g | 1.257 | 0 | 2.791 | 1.068 |
| Isoleucine | g | 1.370 | 0 | 3.041 | 1.165 |
| Leucine | g | 2.116 | 0 | 4.698 | 1.799 |
| Lysine | g | 1.999 | 0 | 4.438 | 1.699 |
| Methionine | g | 0.490 | 0 | 1.088 | 0.417 |
| Cystine | g | 0.347 | 0 | 0.770 | 0.295 |
| Phenylalanine | g | 1.127 | 0 | 2.502 | 0.958 |
| Tyrosine | g | 1.184 | 0 | 2.628 | 1.006 |
| Valine | g | 1.453 | 0 | 3.226 | 1.235 |
| Arginine | g | 1.548 | 0 | 3.437 | 1.316 |
| Histidine | g | 0.533 | 0 | 1.183 | 0.453 |
| Alanine | g | 1.388 | 0 | 3.081 | 1.180 |
| Aspartic acid | g | 2.602 | 0 | 5.776 | 2.212 |
| Glutamic acid | g | 2.272 | 0 | 5.044 | 1.931 |
| Glycine | g | 1.652 | 0 | 3.667 | 1.404 |
| Proline | g | 1.388 | 0 | 3.081 | 1.180 |
| Serine | g | 1.084 | 0 | 2.406 | 0.921 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## 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 | Samples | Measure 1* 28g | Measure 2* 113g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 77.20 | 0.864 | 8 | 21.89 | 87.24 | |
| Energy | kcal | 105 | | 0 | 30 | 119 | |
| Energy | kj | 439 | | 0 | 124 | 496 | |
| Protein (N x 5.95) | g | 18.30 | 0.856 | 5 | 5.19 | 20.68 | |
| Total lipid (fat) | g | 3.00 | 0.548 | 7 | 0.85 | 3.39 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.38 | 0.020 | 5 | 0.39 | 1.56 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 1 | 3 | 10 | |
| Iron | mg | 44.55 | 7.345 | 2 | 12.63 | 50.34 | |
| Magnesium | mg | 22 | | 1 | 6 | 25 | |
| Phosphorus | mg | 296 | | 1 | 84 | 334 | |
| Potassium | mg | 429 | 9.000 | 2 | 122 | 485 | |
| Sodium | mg | 85 | | 1 | 24 | 96 | |
| Zinc | mg | 2.11 | 0.152 | 22 | 0.60 | 2.38 | |
| Copper | mg | 0.168 | 0.008 | 2 | 0.048 | 0.190 | |
| Manganese | mg | 0.073 | | 1 | 0.021 | 0.082 | |
| Selenium | ：g | 62.2 | | 0 | 17.6 | 70.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 45.5 | 1.297 | 5 | 12.9 | 51.4 | |
| Thiamin | mg | 0.050 | | 1 | 0.014 | 0.057 | |
| Riboflavin | mg | 0.370 | | 1 | 0.105 | 0.418 | |
| Niacin | mg | 8.400 | | 1 | 2.381 | 9.492 | |
| Pantothenic acid | mg | 1.081 | | 0 | 0.306 | 1.222 | |
| Vitamin B-6 | mg | 0.070 | | 1 | 0.020 | 0.079 | |
| Folate | ：g | 4 | | 0 | 1 | 5 | |
| Vitamin B-12 | ：g | 5.68 | 0.586 | 3 | 1.61 | 6.42 | |
| Vitamin A | IU | 0 | 0.000 | 3 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | 0.000 | 3 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.000 | | 0 | 0.284 | 1.130 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.010 | | 0 | 0.003 | 0.011 | |
| 14:0 | g | 0.070 | | 0 | 0.020 | 0.079 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.530 | | 0 | 0.150 | 0.599 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.380 | | 0 | 0.108 | 0.429 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 0.780 | 0 | 0.221 | 0.881 |
| 14:1 | g | | | | |
| 16:1 | g | 0.120 | 0 | 0.034 | 0.136 |
| 18:1 | g | 0.680 | 0 | 0.193 | 0.768 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.220 | 0 | 0.062 | 0.249 |
| 18:2 | g | 0.220 | 0 | 0.062 | 0.249 |
| 18:3 | g | 0.000 | 0 | 0.000 | 0.000 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 263 | 1 | 75 | 297 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.190 | 4 | 0.054 | 0.215 |
| Threonine | g | 0.720 | 3 | 0.204 | 0.814 |
| Isoleucine | g | 0.706 | 3 | 0.200 | 0.798 |
| Leucine | g | 1.616 | 3 | 0.458 | 1.826 |
| Lysine | g | 1.323 | 3 | 0.375 | 1.495 |
| Methionine | g | 0.337 | 3 | 0.096 | 0.381 |
| Cystine | g | 0.530 | 1 | 0.150 | 0.599 |
| Phenylalanine | g | 0.735 | 3 | 0.208 | 0.831 |
| Tyrosine | g | 0.521 | 2 | 0.148 | 0.589 |
| Valine | g | 1.101 | 3 | 0.312 | 1.244 |
| Arginine | g | 1.060 | 2 | 0.301 | 1.198 |
| Histidine | g | 0.656 | 2 | 0.186 | 0.741 |
| Alanine | g | 1.417 | 1 | 0.402 | 1.601 |
| Aspartic acid | g | 1.291 | 1 | 0.366 | 1.459 |
| Glutamic acid | g | 1.672 | 1 | 0.474 | 1.889 |
| Glycine | g | 1.107 | 1 | 0.314 | 1.251 |
| Proline | g | 1.107 | 1 | 0.314 | 1.251 |
| Serine | g | 0.632 | 1 | 0.179 | 0.714 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

## 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 | Samples | Measure 1* 308g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 69.98 | 0.718 | 4 | 215.54 | 59.48 | |
| Energy | kcal | 145 | | 0 | 447 | 123 | |
| Energy | kj | 607 | | 0 | 1870 | 516 | |
| Protein (N x 5.95) | g | 25.10 | 0.346 | 3 | 77.31 | 21.34 | |
| Total lipid (fat) | g | 4.20 | 0.289 | 3 | 12.94 | 3.57 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.60 | 0.058 | 3 | 4.93 | 1.36 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 12 | | 0 | 37 | 10 | |
| Iron | mg | 39.36 | | 0 | 121.23 | 33.46 | |
| Magnesium | mg | 19 | | 0 | 59 | 16 | |
| Phosphorus | mg | 305 | | 0 | 939 | 259 | |
| Potassium | mg | 284 | | 0 | 875 | 241 | |
| Sodium | mg | 57 | | 0 | 176 | 48 | |
| Zinc | mg | 2.79 | | 0 | 8.59 | 2.37 | |
| Copper | mg | 0.924 | | 0 | 2.846 | 0.785 | |
| Manganese | mg | 0.075 | | 0 | 0.231 | 0.064 | |
| Selenium | ：g | 91.4 | | 0 | 281.5 | 77.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 50.3 | | 0 | 154.9 | 42.8 | |
| Thiamin | mg | 0.048 | | 0 | 0.148 | 0.041 | |
| Riboflavin | mg | 0.300 | | 0 | 0.924 | 0.255 | |
| Niacin | mg | 5.567 | | 0 | 17.146 | 4.732 | |
| Pantothenic acid | mg | 0.876 | | 0 | 2.698 | 0.745 | |
| Vitamin B-6 | mg | 0.040 | | 0 | 0.123 | 0.034 | |
| Folate | ：g | 4 | | 0 | 12 | 3 | |
| Vitamin B-12 | ：g | 5.02 | | 0 | 15.46 | 4.27 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 1.390 | | 0 | 4.281 | 1.182 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.020 | | 0 | 0.062 | 0.017 | |
| 14:0 | g | 0.100 | | 0 | 0.308 | 0.085 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.750 | | 0 | 2.310 | 0.637 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.540 | | 0 | 1.663 | 0.459 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.120 | 0 | 3.450 | 0.952 |
| 14:1 | g | | | | |
| 16:1 | g | 0.160 | 0 | 0.493 | 0.136 |
| 18:1 | g | 0.960 | 0 | 2.957 | 0.816 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.310 | 0 | 0.955 | 0.264 |
| 18:2 | g | 0.310 | 0 | 0.955 | 0.264 |
| 18:3 | g | 0.000 | 0 | 0.000 | 0.000 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 347 | 0 | 1069 | 295 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.261 | 0 | 0.804 | 0.222 |
| Threonine | g | 0.988 | 0 | 3.043 | 0.840 |
| Isoleucine | g | 0.968 | 0 | 2.981 | 0.823 |
| Leucine | g | 2.217 | 0 | 6.828 | 1.884 |
| Lysine | g | 1.815 | 0 | 5.590 | 1.543 |
| Methionine | g | 0.462 | 0 | 1.423 | 0.393 |
| Cystine | g | 0.727 | 0 | 2.239 | 0.618 |
| Phenylalanine | g | 1.008 | 0 | 3.105 | 0.857 |
| Tyrosine | g | 0.715 | 0 | 2.202 | 0.608 |
| Valine | g | 1.510 | 0 | 4.651 | 1.283 |
| Arginine | g | 1.454 | 0 | 4.478 | 1.236 |
| Histidine | g | 0.900 | 0 | 2.772 | 0.765 |
| Alanine | g | 1.944 | 0 | 5.988 | 1.652 |
| Aspartic acid | g | 1.771 | 0 | 5.455 | 1.505 |
| Glutamic acid | g | 2.293 | 0 | 7.062 | 1.949 |
| Glycine | g | 1.518 | 0 | 4.675 | 1.290 |
| Proline | g | 1.518 | 0 | 4.675 | 1.290 |
| Serine | g | 0.867 | 0 | 2.670 | 0.737 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## 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 | Samples | Measure 1* 28g | Measure 2* 113g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 4.00 | | 1 | 1.13 | 4.52 | |
| Energy | kcal | 854 | | 0 | 242 | 965 | |
| Energy | kj | 3573 | | 0 | 1013 | 4037 | |
| Protein (N x 5.95) | g | 1.50 | | 1 | 0.43 | 1.70 | |
| Total lipid (fat) | g | 94.00 | | 1 | 26.65 | 106.22 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.10 | | 1 | 0.03 | 0.11 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 2 | | 0 | 1 | 2 | |
| Iron | mg | 0.17 | | 0 | 0.05 | 0.19 | |
| Magnesium | mg | 1 | | 0 | 0 | 1 | |
| Phosphorus | mg | 15 | | 0 | 4 | 17 | |
| Potassium | mg | 16 | 0.019 | 7 | 5 | 18 | |
| Sodium | mg | 7 | | 0 | 2 | 8 | |
| Zinc | mg | 0.22 | | 0 | 0.06 | 0.25 | |
| Copper | mg | 0.007 | | 0 | 0.002 | 0.008 | |
| Manganese | mg | 0.001 | | 0 | 0.000 | 0.001 | |
| Selenium | ΄g | 0.2 | | 0 | 0.1 | 0.2 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.007 | | 0 | 0.002 | 0.008 | |
| Riboflavin | mg | 0.013 | | 0 | 0.004 | 0.015 | |
| Niacin | mg | 0.259 | | 0 | 0.073 | 0.293 | |
| Pantothenic acid | mg | 0.025 | | 0 | 0.007 | 0.028 | |
| Vitamin B-6 | mg | 0.030 | | 0 | 0.009 | 0.034 | |
| Folate | ΄g | 1 | | 0 | 0 | 1 | |
| Vitamin B-12 | ΄g | 0.27 | | 0 | 0.08 | 0.31 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ΄g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 1.500 | | 0 | 0.425 | 1.695 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 52.300 | | 0 | 14.827 | 59.099 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.070 | 0.000 | 2 | 0.020 | 0.079 | |
| 14:0 | g | 2.800 | 0.086 | 36 | 0.794 | 3.164 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 22.570 | 0.414 | 42 | 6.399 | 25.504 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 24.680 | 0.818 | 42 | 6.997 | 27.888 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 31.520 | | 0 | 8.936 | 35.618 |
| 14:1 | g | | | | | |
| 16:1 | g | 2.180 | 0.109 | 36 | 0.618 | 2.463 |
| 18:1 | g | 28.860 | 0.700 | 42 | 8.182 | 32.612 |
| 20:1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 3.170 | | 0 | 0.899 | 3.582 |
| 18:2 | g | 2.150 | 0.234 | 40 | 0.610 | 2.430 |
| 18:3 | g | 0.860 | 0.092 | 31 | 0.244 | 0.972 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 68 | 2.168 | 5 | 19 | 77 |
| Phytosterols | mg | 0 | | 0 | 0 | 0 |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.017 | | 0 | 0.005 | 0.019 |
| Threonine | g | 0.041 | | 0 | 0.012 | 0.046 |
| Isoleucine | g | 0.029 | | 0 | 0.008 | 0.033 |
| Leucine | g | 0.084 | | 0 | 0.024 | 0.095 |
| Lysine | g | 0.073 | | 0 | 0.021 | 0.082 |
| Methionine | g | 0.019 | | 0 | 0.005 | 0.021 |
| Cystine | g | 0.017 | | 0 | 0.005 | 0.019 |
| Phenylalanine | g | 0.051 | | 0 | 0.014 | 0.058 |
| Tyrosine | g | 0.030 | | 0 | 0.009 | 0.034 |
| Valine | g | 0.054 | | 0 | 0.015 | 0.061 |
| Arginine | g | 0.095 | | 0 | 0.027 | 0.107 |
| Histidine | g | 0.021 | | 0 | 0.006 | 0.024 |
| Alanine | g | 0.137 | | 0 | 0.039 | 0.155 |
| Aspartic acid | g | 0.105 | | 0 | 0.030 | 0.119 |
| Glutamic acid | g | 0.195 | | 0 | 0.055 | 0.220 |
| Glycine | g | 0.252 | | 0 | 0.071 | 0.285 |
| Proline | g | 0.066 | | 0 | 0.019 | 0.075 |
| Serine | g | 0.059 | | 0 | 0.017 | 0.067 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

## NDB No. 13337 Beef, variety meats and by-products, thymus, 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 | Samples | Measure 1* 28g | Measure 2* 113g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 67.80 | 0.756 | 4 | 19.22 | 76.61 | |
| Energy | kcal | 236 | | 0 | 67 | 267 | |
| Energy | kj | 987 | | 0 | 280 | 1115 | |
| Protein (N x 5.95) | g | 12.18 | 1.262 | 5 | 3.45 | 13.76 | |
| Total lipid (fat) | g | 20.35 | 1.486 | 4 | 5.77 | 23.00 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.38 | 0.085 | 4 | 0.39 | 1.56 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 2 | 8 | |
| Iron | mg | 2.10 | 0.289 | 3 | 0.60 | 2.37 | |
| Magnesium | mg | 14 | | 0 | 4 | 16 | |
| Phosphorus | mg | 393 | | 1 | 111 | 444 | |
| Potassium | mg | 360 | | 1 | 102 | 407 | |
| Sodium | mg | 96 | | 1 | 27 | 108 | |
| Zinc | mg | 2.06 | | 0 | 0.58 | 2.33 | |
| Copper | mg | 0.048 | | 0 | 0.014 | 0.054 | |
| Manganese | mg | 0.120 | | 0 | 0.034 | 0.136 | |
| Selenium | :g | 18.1 | | 0 | 5.1 | 20.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 34.0 | 1.476 | 5 | 9.6 | 38.4 | |
| Thiamin | mg | 0.109 | | 0 | 0.031 | 0.123 | |
| Riboflavin | mg | 0.345 | | 0 | 0.098 | 0.390 | |
| Niacin | mg | 3.452 | | 0 | 0.979 | 3.901 | |
| Pantothenic acid | mg | 3.026 | | 0 | 0.858 | 3.419 | |
| Vitamin B-6 | mg | 0.160 | | 0 | 0.045 | 0.181 | |
| Folate | :g | 2 | | 0 | 1 | 2 | |
| Vitamin B-12 | :g | 2.13 | 0.060 | 3 | 0.60 | 2.41 | |
| Vitamin A | IU | 0 | 0.000 | 3 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | 0.000 | 3 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.440 | | 0 | 0.125 | 0.497 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.010 | | 0 | 1.987 | 7.921 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.160 | | 0 | 0.045 | 0.181 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.750 | | 0 | 1.063 | 4.237 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.630 | | 0 | 0.746 | 2.972 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.050 | 0 | 1.999 | 7.966 |
| 14:1 | g | | | | |
| 16:1 | g | 1.220 | 0 | 0.346 | 1.379 |
| 18:1 | g | 5.830 | 0 | 1.653 | 6.588 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 3.800 | 0 | 1.077 | 4.294 |
| 18:2 | g | 2.220 | 0 | 0.629 | 2.509 |
| 18:3 | g | 0.140 | 0 | 0.040 | 0.158 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 223 | 1 | 63 | 252 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.094 | 2 | 0.027 | 0.106 |
| Threonine | g | 0.440 | 1 | 0.125 | 0.497 |
| Isoleucine | g | 0.415 | 1 | 0.118 | 0.469 |
| Leucine | g | 0.813 | 1 | 0.230 | 0.919 |
| Lysine | g | 1.013 | 1 | 0.287 | 1.145 |
| Methionine | g | 0.170 | 1 | 0.048 | 0.192 |
| Cystine | g | 0.156 | 0 | 0.044 | 0.176 |
| Phenylalanine | g | 0.349 | 1 | 0.099 | 0.394 |
| Tyrosine | g | 0.532 | 0 | 0.151 | 0.601 |
| Valine | g | 0.528 | 1 | 0.150 | 0.597 |
| Arginine | g | 0.803 | 1 | 0.228 | 0.907 |
| Histidine | g | 0.214 | 1 | 0.061 | 0.242 |
| Alanine | g | 0.624 | 0 | 0.177 | 0.705 |
| Aspartic acid | g | 1.169 | 0 | 0.331 | 1.321 |
| Glutamic acid | g | 1.021 | 0 | 0.289 | 1.154 |
| Glycine | g | 0.743 | 0 | 0.211 | 0.840 |
| Proline | g | 0.624 | 0 | 0.177 | 0.705 |
| Serine | g | 0.487 | 0 | 0.138 | 0.550 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

## 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 | Samples | Measure 1* 381g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 52.83 | 3.015 | 4 | 201.28 | 44.91 | |
| Energy | kcal | 319 | | 0 | 1215 | 271 | |
| Energy | kj | 1335 | | 0 | 5086 | 1135 | |
| Protein (N x 5.95) | g | 21.85 | 1.436 | 4 | 83.25 | 18.57 | |
| Total lipid (fat) | g | 24.98 | 7.172 | 4 | 95.17 | 21.23 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.53 | 0.085 | 4 | 5.83 | 1.30 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 38 | 9 | |
| Iron | mg | 1.49 | | 0 | 5.68 | 1.27 | |
| Magnesium | mg | 10 | | 0 | 38 | 9 | |
| Phosphorus | mg | 364 | | 1 | 1387 | 309 | |
| Potassium | mg | 433 | | 1 | 1650 | 368 | |
| Sodium | mg | 116 | | 1 | 442 | 99 | |
| Zinc | mg | 2.20 | | 0 | 8.38 | 1.87 | |
| Copper | mg | 0.043 | | 0 | 0.164 | 0.037 | |
| Manganese | mg | 0.099 | | 0 | 0.377 | 0.084 | |
| Selenium | ΄g | 21.6 | | 0 | 82.3 | 18.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 30.2 | | 0 | 115.1 | 25.7 | |
| Thiamin | mg | 0.084 | | 0 | 0.320 | 0.071 | |
| Riboflavin | mg | 0.225 | | 0 | 0.857 | 0.191 | |
| Niacin | mg | 1.840 | | 0 | 7.010 | 1.564 | |
| Pantothenic acid | mg | 1.972 | | 0 | 7.513 | 1.676 | |
| Vitamin B-6 | mg | 0.080 | | 0 | 0.305 | 0.068 | |
| Folate | ΄g | 1 | | 0 | 4 | 1 | |
| Vitamin B-12 | ΄g | 1.51 | | 0 | 5.75 | 1.28 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ΄g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 8.610 | | 0 | 32.804 | 7.318 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.200 | | 0 | 0.762 | 0.170 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.600 | | 0 | 17.526 | 3.910 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.220 | | 0 | 12.268 | 2.737 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.640 | 0 | 32.918 | 7.344 |
| 14:1 | g | | | | |
| 16:1 | g | 1.490 | 0 | 5.677 | 1.266 |
| 18:1 | g | 7.150 | 0 | 27.242 | 6.077 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 4.660 | 0 | 17.755 | 3.961 |
| 18:2 | g | 2.720 | 0 | 10.363 | 2.312 |
| 18:3 | g | 0.170 | 0 | 0.648 | 0.145 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 294 | 0 | 1120 | 250 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.168 | 0 | 0.640 | 0.143 |
| Threonine | g | 0.790 | 0 | 3.010 | 0.672 |
| Isoleucine | g | 0.745 | 0 | 2.838 | 0.633 |
| Leucine | g | 1.458 | 0 | 5.555 | 1.239 |
| Lysine | g | 1.818 | 0 | 6.927 | 1.545 |
| Methionine | g | 0.304 | 0 | 1.158 | 0.258 |
| Cystine | g | 0.280 | 0 | 1.067 | 0.238 |
| Phenylalanine | g | 0.626 | 0 | 2.385 | 0.532 |
| Tyrosine | g | 0.454 | 0 | 1.730 | 0.386 |
| Valine | g | 0.947 | 0 | 3.608 | 0.805 |
| Arginine | g | 1.440 | 0 | 5.486 | 1.224 |
| Histidine | g | 0.385 | 0 | 1.467 | 0.327 |
| Alanine | g | 1.119 | 0 | 4.263 | 0.951 |
| Aspartic acid | g | 2.098 | 0 | 7.993 | 1.783 |
| Glutamic acid | g | 1.832 | 0 | 6.980 | 1.557 |
| Glycine | g | 1.332 | 0 | 5.075 | 1.132 |
| Proline | g | 1.119 | 0 | 4.263 | 0.951 |
| Serine | g | 0.874 | 0 | 3.330 | 0.743 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## 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 | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 28g | Measure 2* 113g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 64.53 | 1.057 | 22 | 18.29 | 72.92 | |
| Energy | kcal | 224 | | 0 | 64 | 253 | |
| Energy | kj | 937 | | 0 | 266 | 1059 | |
| Protein (N x 5.95) | g | 14.90 | 0.437 | 19 | 4.22 | 16.84 | |
| Total lipid (fat) | g | 16.09 | 1.304 | 11 | 4.56 | 18.18 | |
| Carbohydrate, by difference | g | 3.68 | | 0 | 1.04 | 4.16 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.80 | 0.006 | 5 | 0.23 | 0.90 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 1 | 2 | 7 | |
| Iron | mg | 2.95 | 0.296 | 4 | 0.84 | 3.33 | |
| Magnesium | mg | 16 | | 1 | 5 | 18 | |
| Phosphorus | mg | 133 | | 1 | 38 | 150 | |
| Potassium | mg | 315 | 65.500 | 2 | 89 | 356 | |
| Sodium | mg | 69 | | 1 | 20 | 78 | |
| Zinc | mg | 2.87 | | 1 | 0.81 | 3.24 | |
| Copper | mg | 0.170 | | 1 | 0.048 | 0.192 | |
| Manganese | mg | 0.026 | | 1 | 0.007 | 0.029 | |
| Selenium | :g | 9.4 | 0.600 | 3 | 2.7 | 10.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 3.1 | 0.212 | 6 | 0.9 | 3.5 | |
| Thiamin | mg | 0.125 | 0.035 | 2 | 0.035 | 0.141 | |
| Riboflavin | mg | 0.340 | | 1 | 0.096 | 0.384 | |
| Niacin | mg | 4.240 | | 1 | 1.202 | 4.791 | |
| Pantothenic acid | mg | 0.653 | 0.041 | 3 | 0.185 | 0.738 | |
| Vitamin B-6 | mg | 0.310 | 0.022 | 2 | 0.088 | 0.350 | |
| Folate | :g | 7 | | 1 | 2 | 8 | |
| Vitamin B-12 | :g | 3.79 | 2.010 | 2 | 1.07 | 4.28 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.100 | | 0 | 0.028 | 0.113 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.000 | | 0 | 1.985 | 7.910 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | | 0 | 0.006 | 0.023 | |
| 12:0 | g | 0.090 | | 0 | 0.026 | 0.102 | |
| 14:0 | g | 0.570 | 0.038 | 4 | 0.162 | 0.644 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.220 | 0.198 | 4 | 1.196 | 4.769 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.100 | 0.477 | 4 | 0.595 | 2.373 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.240 | | 0 | 2.053 | 8.181 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.550 | 0.036 | 4 | 0.156 | 0.622 |
| 18:1 | g | 6.550 | 0.318 | 4 | 1.857 | 7.401 |
| 20:1 | g | 0.140 | | 0 | 0.040 | 0.158 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.900 | | 0 | 0.255 | 1.017 |
| 18:2 | g | 0.580 | 0.042 | 4 | 0.164 | 0.655 |
| 18:3 | g | 0.000 | | 1 | 0.000 | 0.000 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.310 | 0.077 | 3 | 0.088 | 0.350 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 87 | | 1 | 25 | 98 |
| Phytosterols | mg | 0 | | 0 | 0 | 0 |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.114 | | 4 | 0.032 | 0.129 |
| Threonine | g | 0.648 | | 4 | 0.184 | 0.732 |
| Isoleucine | g | 0.641 | | 4 | 0.182 | 0.724 |
| Leucine | g | 1.113 | | 4 | 0.316 | 1.258 |
| Lysine | g | 1.149 | | 4 | 0.326 | 1.298 |
| Methionine | g | 0.315 | | 4 | 0.089 | 0.356 |
| Cystine | g | 0.195 | | 4 | 0.055 | 0.220 |
| Phenylalanine | g | 0.615 | | 4 | 0.174 | 0.695 |
| Tyrosine | g | 0.482 | | 4 | 0.137 | 0.545 |
| Valine | g | 0.713 | | 4 | 0.202 | 0.806 |
| Arginine | g | 0.949 | | 4 | 0.269 | 1.072 |
| Histidine | g | 0.386 | | 4 | 0.109 | 0.436 |
| Alanine | g | 0.858 | | 4 | 0.243 | 0.970 |
| Aspartic acid | g | 1.361 | | 4 | 0.386 | 1.538 |
| Glutamic acid | g | 2.053 | | 4 | 0.582 | 2.320 |
| Glycine | g | 0.894 | | 4 | 0.253 | 1.010 |
| Proline | g | 0.696 | | 4 | 0.197 | 0.786 |
| Serine | g | 0.601 | | 4 | 0.170 | 0.679 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

## NDB No. 13340 Beef, variety meats and by-products, tongue, cooked, simmered

**Refuse:** 24% Skin 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 | Samples | Measure 1* 259g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 56.05 | 0.507 | 4 | 145.17 | 47.64 | |
| Energy | kcal | 283 | | 0 | 733 | 241 | |
| Energy | kj | 1184 | | 0 | 3067 | 1006 | |
| Protein (N x 5.95) | g | 22.11 | 0.538 | 4 | 57.26 | 18.79 | |
| Total lipid (fat) | g | 20.74 | 1.441 | 4 | 53.72 | 17.63 | |
| Carbohydrate, by difference | g | 0.33 | | 0 | 0.85 | 0.28 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.77 | 0.054 | 4 | 1.99 | 0.65 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 1 | 18 | 6 | |
| Iron | mg | 3.39 | | 1 | 8.78 | 2.88 | |
| Magnesium | mg | 17 | | 1 | 44 | 14 | |
| Phosphorus | mg | 142 | | 1 | 368 | 121 | |
| Potassium | mg | 180 | | 1 | 466 | 153 | |
| Sodium | mg | 60 | | 1 | 155 | 51 | |
| Zinc | mg | 4.80 | | 1 | 12.43 | 4.08 | |
| Copper | mg | 0.220 | | 1 | 0.570 | 0.187 | |
| Manganese | mg | 0.026 | | 1 | 0.067 | 0.022 | |
| Selenium | :g | 17.0 | 0.577 | 3 | 44.0 | 14.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.5 | | 1 | 1.3 | 0.4 | |
| Thiamin | mg | 0.030 | | 1 | 0.078 | 0.026 | |
| Riboflavin | mg | 0.350 | | 1 | 0.906 | 0.298 | |
| Niacin | mg | 2.150 | | 1 | 5.569 | 1.827 | |
| Pantothenic acid | mg | 0.520 | | 1 | 1.347 | 0.442 | |
| Vitamin B-6 | mg | 0.160 | | 1 | 0.414 | 0.136 | |
| Folate | :g | 5 | | 1 | 13 | 4 | |
| Vitamin B-12 | :g | 5.90 | | 1 | 15.28 | 5.02 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.350 | | 0 | 0.907 | 0.298 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 8.930 | | 0 | 23.129 | 7.590 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.840 | 0.001 | 2 | 2.176 | 0.714 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.910 | 0.000 | 2 | 15.307 | 5.024 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.190 | 0.004 | 2 | 5.672 | 1.862 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.470 | | 0 | 24.527 | 8.050 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.640 | 0.001 | 2 | 1.658 | 0.544 |
| 18:1 | g | 8.840 | 0.017 | 2 | 22.896 | 7.514 |
| 20:1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.780 | | 0 | 2.020 | 0.663 |
| 18:2 | g | 0.580 | 0.001 | 2 | 1.502 | 0.493 |
| 18:3 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.200 | 0.001 | 2 | 0.518 | 0.170 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 107 | | 0 | 277 | 91 |
| Phytosterols | mg | 0 | | 0 | 0 | 0 |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.170 | | 0 | 0.440 | 0.145 |
| Threonine | g | 0.962 | | 0 | 2.492 | 0.818 |
| Isoleucine | g | 0.952 | | 0 | 2.466 | 0.809 |
| Leucine | g | 1.652 | | 0 | 4.279 | 1.404 |
| Lysine | g | 1.705 | | 0 | 4.416 | 1.449 |
| Methionine | g | 0.467 | | 0 | 1.210 | 0.397 |
| Cystine | g | 0.290 | | 0 | 0.751 | 0.247 |
| Phenylalanine | g | 0.913 | | 0 | 2.365 | 0.776 |
| Tyrosine | g | 0.715 | | 0 | 1.852 | 0.608 |
| Valine | g | 1.058 | | 0 | 2.740 | 0.899 |
| Arginine | g | 1.408 | | 0 | 3.647 | 1.197 |
| Histidine | g | 0.573 | | 0 | 1.484 | 0.487 |
| Alanine | g | 1.274 | | 0 | 3.300 | 1.083 |
| Aspartic acid | g | 2.020 | | 0 | 5.232 | 1.717 |
| Glutamic acid | g | 3.046 | | 0 | 7.889 | 2.589 |
| Glycine | g | 1.327 | | 0 | 3.437 | 1.128 |
| Proline | g | 1.033 | | 0 | 2.675 | 0.878 |
| Serine | g | 0.892 | | 0 | 2.310 | 0.758 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## 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 | Samples | Measure 1* 28g | Measure 2* 113g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 81.43 | 1.674 | 6 | 23.09 | 92.02 | |
| Energy | kcal | 98 | | 0 | 28 | 111 | |
| Energy | kj | 410 | | 0 | 116 | 463 | |
| Protein (N x 5.95) | g | 14.56 | 1.064 | 11 | 4.13 | 16.45 | |
| Total lipid (fat) | g | 3.95 | 1.201 | 6 | 1.12 | 4.46 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.38 | 0.025 | 4 | 0.11 | 0.43 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 3 | 10 | |
| Iron | mg | 1.95 | 0.754 | 4 | 0.55 | 2.20 | |
| Magnesium | mg | 8 | | 0 | 2 | 9 | |
| Phosphorus | mg | 79 | | 1 | 22 | 89 | |
| Potassium | mg | 270 | | 1 | 77 | 305 | |
| Sodium | mg | 46 | | 0 | 13 | 52 | |
| Zinc | mg | 2.47 | 0.144 | 10 | 0.70 | 2.79 | |
| Copper | mg | 0.090 | | 0 | 0.026 | 0.102 | |
| Manganese | mg | 0.010 | | 0 | 0.003 | 0.011 | |
| Selenium | :g | 45.9 | | 0 | 13.0 | 51.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 3.4 | 0.402 | 5 | 1.0 | 3.8 | |
| Thiamin | mg | 0.007 | 0.003 | 6 | 0.002 | 0.008 | |
| Riboflavin | mg | 0.167 | 0.067 | 3 | 0.047 | 0.189 | |
| Niacin | mg | 0.060 | | 0 | 0.017 | 0.068 | |
| Pantothenic acid | mg | 0.564 | | 0 | 0.160 | 0.637 | |
| Vitamin B-6 | mg | 0.040 | | 0 | 0.011 | 0.045 | |
| Folate | :g | 2 | | 0 | 1 | 2 | |
| Vitamin B-12 | :g | 1.54 | | 1 | 0.44 | 1.74 | |
| Vitamin A | IU | 0 | | 1 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 1 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.080 | | 0 | 0.023 | 0.090 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.030 | | 0 | 0.576 | 2.294 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.100 | | 0 | 0.028 | 0.113 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 0.810 | | 0 | 0.230 | 0.915 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.050 | | 0 | 0.298 | 1.187 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 1.310 | 0 | 0.371 | 1.480 |
| 14:1 | g | | | | |
| 16:1 | g | 0.080 | 0 | 0.023 | 0.090 |
| 18:1 | g | 1.150 | 0 | 0.326 | 1.299 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.070 | 0 | 0.020 | 0.079 |
| 18:2 | g | 0.050 | 0 | 0.014 | 0.057 |
| 18:3 | g | 0.020 | 0 | 0.006 | 0.023 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.020 | 0 | 0.006 | 0.023 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 95 | 1 | 27 | 107 |
| Phytosterols | mg | 0 | 0 | 0 | 0 |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.114 | 5 | 0.032 | 0.129 |
| Threonine | g | 0.503 | 7 | 0.143 | 0.568 |
| Isoleucine | g | 0.589 | 6 | 0.167 | 0.666 |
| Leucine | g | 0.948 | 6 | 0.269 | 1.071 |
| Lysine | g | 1.044 | 7 | 0.296 | 1.180 |
| Methionine | g | 0.315 | 9 | 0.089 | 0.356 |
| Cystine | g | 0.168 | 4 | 0.048 | 0.190 |
| Phenylalanine | g | 0.471 | 8 | 0.134 | 0.532 |
| Tyrosine | g | 0.396 | 7 | 0.112 | 0.447 |
| Valine | g | 0.613 | 6 | 0.174 | 0.693 |
| Arginine | g | 0.995 | 6 | 0.282 | 1.124 |
| Histidine | g | 0.363 | 5 | 0.103 | 0.410 |
| Alanine | g | 0.925 | 3 | 0.262 | 1.045 |
| Aspartic acid | g | 1.128 | 3 | 0.320 | 1.275 |
| Glutamic acid | g | 1.946 | 3 | 0.552 | 2.199 |
| Glycine | g | 1.191 | 3 | 0.338 | 1.346 |
| Proline | g | 1.160 | 4 | 0.329 | 1.311 |
| Serine | g | 0.669 | 3 | 0.190 | 0.756 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

## 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 | Samples | Measure 1* 396g | Measure 2* 56g | Measure 3* 56g |
| **Proximates:** | | | | | | | |
| Water | g | 56.00 | | 1 | 221.76 | 31.36 | 31.36 |
| Energy | kcal | 309 | | 0 | 1224 | 173 | 173 |
| Energy | kj | 1293 | | 0 | 5120 | 724 | 724 |
| Protein (N x 5.95) | g | 16.50 | | 1 | 65.34 | 9.24 | 9.24 |
| Total lipid (fat) | g | 27.00 | | 1 | 106.92 | 15.12 | 15.12 |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | 0.0 |
| Ash | g | 0.80 | | 1 | 3.17 | 0.45 | 0.45 |
| Sugars, total | g | 0.07 | | 0 | 0.28 | 0.04 | 0.04 |
| **Minerals:** | | | | | | | |
| Calcium | mg | 12 | | 1 | 47 | 7 | 7 |
| Iron | mg | 1.86 | | 1 | 7.37 | 1.04 | 1.04 |
| Magnesium | mg | 16 | | 0 | 65 | 9 | 9 |
| Phosphorus | mg | 133 | | 0 | 527 | 74 | 74 |
| Potassium | mg | 233 | | 0 | 924 | 131 | 131 |
| Sodium | mg | 68 | | 1 | 269 | 38 | 38 |
| Zinc | mg | 3.63 | | 0 | 14.38 | 2.03 | 2.03 |
| Copper | mg | 0.063 | | 0 | 0.249 | 0.035 | 0.035 |
| Manganese | mg | 0.017 | | 0 | 0.067 | 0.010 | 0.010 |
| Selenium | ：g | 13.0 | | 0 | 51.4 | 7.3 | 7.3 |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.9 | | 1 | 3.4 | 0.5 | 0.5 |
| Thiamin | mg | 0.039 | | 0 | 0.154 | 0.022 | 0.022 |
| Riboflavin | mg | 0.154 | | 0 | 0.610 | 0.086 | 0.086 |
| Niacin | mg | 4.583 | | 0 | 18.149 | 2.566 | 2.566 |
| Pantothenic acid | mg | 0.354 | | 0 | 1.402 | 0.198 | 0.198 |
| Vitamin B-6 | mg | 0.246 | | 0 | 0.974 | 0.138 | 0.138 |
| Folate | ：g | 7 | | 0 | 28 | 4 | 4 |
| Vitamin B-12 | ：g | 2.71 | | 0 | 10.73 | 1.52 | 1.52 |
| Vitamin A | IU | 71 | | 1 | 281 | 40 | 40 |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | 0 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.213 | | 0 | 0.843 | 0.119 | 0.119 |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 11.600 | | 0 | 45.936 | 6.496 | 6.496 |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | 0.000 |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.007 | | 1 | 0.028 | 0.004 | 0.004 |
| 10:0 | g | 0.007 | | 1 | 0.028 | 0.004 | 0.004 |
| 12:0 | g | 0.007 | | 1 | 0.028 | 0.004 | 0.004 |
| 14:0 | g | 0.865 | | 2 | 3.425 | 0.484 | 0.484 |
| 15.0 | g | 0.145 | | 2 | 0.574 | 0.081 | 0.081 |
| 16:0 | g | 6.655 | | 2 | 26.354 | 3.727 | 3.727 |
| 17:0 | g | 0.315 | | 2 | 1.247 | 0.176 | 0.176 |
| 18:0 | g | 4.080 | | 2 | 16.157 | 2.285 | 2.285 |
| 20:0 | g | 0.034 | | 2 | 0.135 | 0.019 | 0.019 |
| 22.0 | g | 0.007 | | 1 | 0.028 | 0.004 | 0.004 |
| 24:0 | g | 0.007 | | 1 | 0.028 | 0.004 | 0.004 |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 11.320 | 0 | 44.827 | 6.339 | 6.339 |
| 14:1 | g | 0.220 | 2 | 0.871 | 0.123 | 0.123 |
| 16:1 | g | 1.030 | 2 | 4.079 | 0.577 | 0.577 |
| 18:1 | g | 10.150 | 2 | 40.194 | 5.684 | 5.684 |
| 20:1 | g | 0.140 | 2 | 0.554 | 0.078 | 0.078 |
| 22.1 | g | 0.007 | 1 | 0.028 | 0.004 | 0.004 |
| Polyunsaturated, total | g | 0.510 | 0 | 2.020 | 0.286 | 0.286 |
| 18:2 | g | 0.385 | 2 | 1.525 | 0.216 | 0.216 |
| 18:3 | g | 0.125 | 2 | 0.495 | 0.070 | 0.070 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 | 0.000 |
| 20:4 | g | 0.007 | 1 | 0.028 | 0.004 | 0.004 |
| 20:5 | g | 0.007 | 1 | 0.028 | 0.004 | 0.004 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 | 0.000 |
| 22:6 | g | 0.007 | 1 | 0.028 | 0.004 | 0.004 |
| Cholesterol | mg | 71 | 1 | 281 | 40 | 40 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.206 | 0 | 0.816 | 0.115 | 0.115 |
| Threonine | g | 0.702 | 0 | 2.780 | 0.393 | 0.393 |
| Isoleucine | g | 0.718 | 0 | 2.843 | 0.402 | 0.402 |
| Leucine | g | 1.342 | 0 | 5.314 | 0.752 | 0.752 |
| Lysine | g | 1.398 | 0 | 5.536 | 0.783 | 0.783 |
| Methionine | g | 0.391 | 0 | 1.548 | 0.219 | 0.219 |
| Cystine | g | 0.161 | 0 | 0.638 | 0.090 | 0.090 |
| Phenylalanine | g | 0.635 | 0 | 2.515 | 0.356 | 0.356 |
| Tyrosine | g | 0.523 | 0 | 2.071 | 0.293 | 0.293 |
| Valine | g | 0.812 | 0 | 3.216 | 0.455 | 0.455 |
| Arginine | g | 1.130 | 0 | 4.475 | 0.633 | 0.633 |
| Histidine | g | 0.533 | 0 | 2.111 | 0.298 | 0.298 |
| Alanine | g | 1.093 | 0 | 4.328 | 0.612 | 0.612 |
| Aspartic acid | g | 1.529 | 0 | 6.055 | 0.856 | 0.856 |
| Glutamic acid | g | 2.633 | 0 | 10.427 | 1.474 | 1.474 |
| Glycine | g | 1.243 | 0 | 4.922 | 0.696 | 0.696 |
| Proline | g | 0.849 | 0 | 3.362 | 0.475 | 0.475 |
| Serine | g | 0.648 | 0 | 2.566 | 0.363 | 0.363 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 serving
Measure 3: 1 steak

## NDB No. 13344 Beef, cured, breakfast strips, raw or unheated

**Refuse:** 0%

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 68g | Measure 2* 340g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 45.20 | 0.405 | 22 | 30.74 | 153.68 | |
| Energy | kcal | 406 | | 0 | 276 | 1380 | |
| Energy | kj | 1699 | | 0 | 1155 | 5777 | |
| Protein (N x 5.95) | g | 12.50 | 0.107 | 22 | 8.50 | 42.50 | |
| Total lipid (fat) | g | 38.80 | 0.362 | 22 | 26.38 | 131.92 | |
| Carbohydrate, by difference | g | 0.70 | | 0 | 0.48 | 2.38 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 2.80 | 0.021 | 22 | 1.90 | 9.52 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 4 | | 0 | 3 | 14 | |
| Iron | mg | 1.23 | 0.055 | 22 | 0.84 | 4.18 | |
| Magnesium | mg | 11 | 0.256 | 22 | 7 | 37 | |
| Phosphorus | mg | 100 | 2.558 | 22 | 68 | 340 | |
| Potassium | mg | 153 | 6.822 | 22 | 104 | 520 | |
| Sodium | mg | 955 | 14.284 | 22 | 649 | 3247 | |
| Zinc | mg | 2.39 | 0.066 | 22 | 1.63 | 8.13 | |
| Copper | mg | 0.058 | | 0 | 0.039 | 0.197 | |
| Manganese | mg | 0.010 | | 0 | 0.007 | 0.034 | |
| Selenium | :g | 25.9 | | 0 | 17.6 | 88.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 24.0 | 1.066 | 22 | 16.3 | 81.6 | |
| Thiamin | mg | 0.060 | 0.002 | 22 | 0.041 | 0.204 | |
| Riboflavin | mg | 0.120 | 0.004 | 22 | 0.082 | 0.408 | |
| Niacin | mg | 2.970 | 0.158 | 22 | 2.020 | 10.098 | |
| Pantothenic acid | mg | 0.217 | | 0 | 0.148 | 0.738 | |
| Vitamin B-6 | mg | 0.170 | 0.006 | 22 | 0.116 | 0.578 | |
| Folate | :g | 5 | | 0 | 3 | 17 | |
| Vitamin B-12 | :g | 1.64 | 0.075 | 22 | 1.12 | 5.58 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 15.950 | | 0 | 10.846 | 54.230 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.160 | 0.024 | 22 | 0.109 | 0.544 | |
| 12:0 | g | 0.110 | 0.016 | 22 | 0.075 | 0.374 | |
| 14:0 | g | 1.310 | 0.040 | 22 | 0.891 | 4.454 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 8.480 | 0.136 | 22 | 5.766 | 28.832 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 5.030 | 0.116 | 22 | 3.420 | 17.102 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 18.680 | | 0 | 12.702 | 63.512 |
| 14:1 | g | | | | | |
| 16:1 | g | 2.470 | 0.053 | 22 | 1.680 | 8.398 |
| 18:1 | g | 16.210 | 0.197 | 22 | 11.023 | 55.114 |
| 20:1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 2.190 | | 0 | 1.489 | 7.446 |
| 18:2 | g | 1.670 | 0.146 | 22 | 1.136 | 5.678 |
| 18:3 | g | 0.520 | 0.055 | 22 | 0.354 | 1.768 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 82 | 2.558 | 22 | 56 | 279 |
| Phytosterols | mg | 0 | | 0 | 0 | 0 |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.114 | | 0 | 0.078 | 0.388 |
| Threonine | g | 0.472 | | 0 | 0.321 | 1.605 |
| Isoleucine | g | 0.540 | | 0 | 0.367 | 1.836 |
| Leucine | g | 0.918 | | 0 | 0.624 | 3.121 |
| Lysine | g | 0.958 | | 0 | 0.651 | 3.257 |
| Methionine | g | 0.290 | | 0 | 0.197 | 0.986 |
| Cystine | g | 0.160 | | 0 | 0.109 | 0.544 |
| Phenylalanine | g | 0.450 | | 0 | 0.306 | 1.530 |
| Tyrosine | g | 0.408 | | 0 | 0.277 | 1.387 |
| Valine | g | 0.550 | | 0 | 0.374 | 1.870 |
| Arginine | g | 0.772 | | 0 | 0.525 | 2.625 |
| Histidine | g | 0.398 | | 0 | 0.271 | 1.353 |
| Alanine | g | 0.900 | | 0 | 0.612 | 3.060 |
| Aspartic acid | g | 1.224 | | 0 | 0.832 | 4.162 |
| Glutamic acid | g | 2.036 | | 0 | 1.384 | 6.922 |
| Glycine | g | 1.044 | | 0 | 0.710 | 3.550 |
| Proline | g | 0.900 | | 0 | 0.612 | 3.060 |
| Serine | g | 0.504 | | 0 | 0.343 | 1.714 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 slices

Measure 2: 1 package, (net weight, 12 oz)

## NDB No. 13345 Beef, cured, breakfast strips, 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 | Samples | Measure 1* 34g | Measure 2* 170g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 26.20 | 1.130 | 22 | 8.91 | 44.54 | |
| Energy | kcal | 449 | | 0 | 153 | 763 | |
| Energy | kj | 1879 | | 0 | 639 | 3194 | |
| Protein (N x 5.95) | g | 31.30 | 0.853 | 22 | 10.64 | 53.21 | |
| Total lipid (fat) | g | 34.40 | 0.640 | 22 | 11.70 | 58.48 | |
| Carbohydrate, by difference | g | 1.40 | | 0 | 0.48 | 2.38 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 6.70 | 0.149 | 22 | 2.28 | 11.39 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 3 | 15 | |
| Iron | mg | 3.14 | 0.113 | 22 | 1.07 | 5.34 | |
| Magnesium | mg | 27 | 0.831 | 22 | 9 | 46 | |
| Phosphorus | mg | 236 | 7.249 | 22 | 80 | 401 | |
| Potassium | mg | 412 | 13.432 | 22 | 140 | 700 | |
| Sodium | mg | 2253 | 43.919 | 22 | 766 | 3830 | |
| Zinc | mg | 6.37 | 0.203 | 22 | 2.17 | 10.83 | |
| Copper | mg | 0.116 | | 0 | 0.039 | 0.197 | |
| Manganese | mg | 0.017 | | 0 | 0.006 | 0.029 | |
| Selenium | :g | 26.8 | | 0 | 9.1 | 45.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | 0.004 | 22 | 0.031 | 0.153 | |
| Riboflavin | mg | 0.260 | 0.013 | 22 | 0.088 | 0.442 | |
| Niacin | mg | 6.470 | 0.179 | 22 | 2.200 | 10.999 | |
| Pantothenic acid | mg | 0.343 | | 0 | 0.117 | 0.583 | |
| Vitamin B-6 | mg | 0.310 | 0.013 | 22 | 0.105 | 0.527 | |
| Folate | :g | 8 | | 0 | 3 | 14 | |
| Vitamin B-12 | :g | 3.45 | 0.171 | 22 | 1.17 | 5.87 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.220 | | 0 | 0.075 | 0.374 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 14.350 | | 0 | 4.879 | 24.395 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.130 | 0.026 | 22 | 0.044 | 0.221 | |
| 12:0 | g | 0.100 | 0.017 | 22 | 0.034 | 0.170 | |
| 14:0 | g | 1.220 | 0.060 | 22 | 0.415 | 2.074 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 7.660 | 0.171 | 22 | 2.604 | 13.022 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 4.480 | 0.171 | 22 | 1.523 | 7.616 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 16.850 | | 0 | 5.729 | 28.645 |
| 14:1 | g | | | | | |
| 16:1 | g | 2.270 | 0.084 | 22 | 0.772 | 3.859 |
| 18:1 | g | 14.580 | 0.206 | 22 | 4.957 | 24.786 |
| 20:1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 1.580 | | 0 | 0.537 | 2.686 |
| 18:2 | g | 1.250 | 0.105 | 22 | 0.425 | 2.125 |
| 18:3 | g | 0.330 | 0.041 | 22 | 0.112 | 0.561 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 119 | 3.838 | 22 | 40 | 202 |
| Phytosterols | mg | 0 | | 0 | 0 | 0 |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.285 | | 0 | 0.097 | 0.484 |
| Threonine | g | 1.182 | | 0 | 0.402 | 2.009 |
| Isoleucine | g | 1.352 | | 0 | 0.460 | 2.298 |
| Leucine | g | 2.299 | | 0 | 0.782 | 3.908 |
| Lysine | g | 2.399 | | 0 | 0.816 | 4.078 |
| Methionine | g | 0.726 | | 0 | 0.247 | 1.234 |
| Cystine | g | 0.401 | | 0 | 0.136 | 0.682 |
| Phenylalanine | g | 1.127 | | 0 | 0.383 | 1.916 |
| Tyrosine | g | 1.022 | | 0 | 0.347 | 1.737 |
| Valine | g | 1.377 | | 0 | 0.468 | 2.341 |
| Arginine | g | 1.933 | | 0 | 0.657 | 3.286 |
| Histidine | g | 0.997 | | 0 | 0.339 | 1.695 |
| Alanine | g | 2.254 | | 0 | 0.766 | 3.832 |
| Aspartic acid | g | 3.065 | | 0 | 1.042 | 5.210 |
| Glutamic acid | g | 5.098 | | 0 | 1.733 | 8.667 |
| Glycine | g | 2.614 | | 0 | 0.889 | 4.444 |
| Proline | g | 2.254 | | 0 | 0.766 | 3.832 |
| Serine | g | 1.262 | | 0 | 0.429 | 2.145 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 slices

Measure 2: 1 package (12 oz) yields, cooked

## NDB No. 13346 Beef, cured, corned beef, brisket, 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 | Samples | Measure 1* 28g | Measure 2* 454g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 66.56 | 0.477 | 102 | 18.87 | 301.92 | |
| Energy | kcal | 198 | | 0 | 56 | 898 | |
| Energy | kj | 828 | | 0 | 235 | 3756 | |
| Protein (N x 5.95) | g | 14.68 | 0.185 | 102 | 4.16 | 66.59 | |
| Total lipid (fat) | g | 14.90 | 1.160 | 18 | 4.22 | 67.59 | |
| Carbohydrate, by difference | g | 0.14 | | 0 | 0.04 | 0.64 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 3.73 | 0.121 | 10 | 1.06 | 16.92 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | 0.812 | 6 | 2 | 32 | |
| Iron | mg | 1.69 | 0.056 | 19 | 0.48 | 7.67 | |
| Magnesium | mg | 14 | 0.793 | 11 | 4 | 64 | |
| Phosphorus | mg | 117 | 9.839 | 5 | 33 | 531 | |
| Potassium | mg | 297 | 31.236 | 11 | 84 | 1347 | |
| Sodium | mg | 122 | 4.146 | 19 | 35 | 553 | |
| Zinc | mg | 2.85 | 0.180 | 11 | 0.81 | 12.93 | |
| Copper | mg | 0.110 | 0.010 | 6 | 0.031 | 0.499 | |
| Manganese | mg | 0.020 | | 1 | 0.006 | 0.091 | |
| Selenium | :g | 19.0 | 0.006 | 3 | 5.4 | 86.2 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 27.0 | 3.578 | 5 | 7.7 | 122.5 | |
| Thiamin | mg | 0.043 | 0.006 | 13 | 0.012 | 0.195 | |
| Riboflavin | mg | 0.157 | 0.009 | 13 | 0.045 | 0.712 | |
| Niacin | mg | 3.660 | 0.353 | 5 | 1.038 | 16.602 | |
| Pantothenic acid | mg | 0.570 | | 1 | 0.162 | 2.586 | |
| Vitamin B-6 | mg | 0.290 | 0.018 | 5 | 0.082 | 1.315 | |
| Folate | :g | 5 | | 0 | 1 | 23 | |
| Vitamin B-12 | :g | 1.78 | 0.273 | 5 | 0.50 | 8.07 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.730 | | 0 | 1.341 | 21.455 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.020 | 0.007 | 5 | 0.006 | 0.091 | |
| 12:0 | g | 0.020 | 0.003 | 5 | 0.006 | 0.091 | |
| 14:0 | g | 0.360 | 0.044 | 5 | 0.102 | 1.633 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.740 | 0.222 | 5 | 0.777 | 12.429 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.340 | 0.185 | 5 | 0.380 | 6.078 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.180 | | 0 | 2.036 | 32.568 |
| 14:1 | g | | | | | |
| 16:1 | g | 1.100 | 0.155 | 5 | 0.312 | 4.990 |
| 18:1 | g | 6.080 | 0.753 | 5 | 1.724 | 27.579 |
| 20:1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.530 | | 0 | 0.150 | 2.404 |
| 18:2 | g | 0.380 | 0.057 | 5 | 0.108 | 1.724 |
| 18:3 | g | 0.150 | 0.050 | 5 | 0.043 | 0.680 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 54 | 9.391 | 5 | 15 | 245 |
| Phytosterols | mg | 0 | | 0 | 0 | 0 |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.134 | | 0 | 0.038 | 0.608 |
| Threonine | g | 0.554 | | 0 | 0.157 | 2.513 |
| Isoleucine | g | 0.634 | | 0 | 0.180 | 2.876 |
| Leucine | g | 1.078 | | 0 | 0.306 | 4.890 |
| Lysine | g | 1.125 | | 0 | 0.319 | 5.103 |
| Methionine | g | 0.341 | | 0 | 0.097 | 1.547 |
| Cystine | g | 0.188 | | 0 | 0.053 | 0.853 |
| Phenylalanine | g | 0.529 | | 0 | 0.150 | 2.400 |
| Tyrosine | g | 0.479 | | 0 | 0.136 | 2.173 |
| Valine | g | 0.646 | | 0 | 0.183 | 2.930 |
| Arginine | g | 0.907 | | 0 | 0.257 | 4.114 |
| Histidine | g | 0.467 | | 0 | 0.132 | 2.118 |
| Alanine | g | 1.057 | | 0 | 0.300 | 4.795 |
| Aspartic acid | g | 1.438 | | 0 | 0.408 | 6.523 |
| Glutamic acid | g | 2.391 | | 0 | 0.678 | 10.846 |
| Glycine | g | 1.226 | | 0 | 0.348 | 5.561 |
| Proline | g | 1.057 | | 0 | 0.300 | 4.795 |
| Serine | g | 0.592 | | 0 | 0.168 | 2.685 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

## NDB No. 13347 Beef, cured, corned beef, brisket, cooked

**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 | Samples | Measure 1* 320g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.79 | 1.152 | 40 | 191.33 | 50.82 | |
| Energy | kcal | 251 | | 0 | 803 | 213 | |
| Energy | kj | 1050 | | 0 | 3360 | 893 | |
| Protein (N x 5.95) | g | 18.17 | 0.558 | 40 | 58.14 | 15.44 | |
| Total lipid (fat) | g | 18.98 | 2.622 | 13 | 60.74 | 16.13 | |
| Carbohydrate, by difference | g | 0.47 | | 0 | 1.50 | 0.40 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 2.60 | 0.179 | 5 | 8.32 | 2.21 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 26 | 7 | |
| Iron | mg | 1.86 | 0.117 | 13 | 5.95 | 1.58 | |
| Magnesium | mg | 12 | 1.029 | 5 | 38 | 10 | |
| Phosphorus | mg | 125 | 3.813 | 13 | 400 | 106 | |
| Potassium | mg | 145 | 21.466 | 5 | 464 | 123 | |
| Sodium | mg | 1134 | 49.810 | 13 | 3629 | 964 | |
| Zinc | mg | 4.58 | 0.259 | 5 | 14.66 | 3.89 | |
| Copper | mg | 0.154 | | 0 | 0.493 | 0.131 | |
| Manganese | mg | 0.022 | | 0 | 0.070 | 0.019 | |
| Selenium | ：g | 32.8 | | 0 | 105.0 | 27.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.026 | 0.004 | 13 | 0.083 | 0.022 | |
| Riboflavin | mg | 0.170 | 0.007 | 13 | 0.544 | 0.145 | |
| Niacin | mg | 3.030 | 0.407 | 5 | 9.696 | 2.575 | |
| Pantothenic acid | mg | 0.420 | 0.013 | 5 | 1.344 | 0.357 | |
| Vitamin B-6 | mg | 0.230 | 0.009 | 5 | 0.736 | 0.196 | |
| Folate | ：g | 6 | | 0 | 19 | 5 | |
| Vitamin B-12 | ：g | 1.63 | 0.188 | 5 | 5.22 | 1.39 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.160 | | 0 | 0.512 | 0.136 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.340 | | 0 | 20.288 | 5.389 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.040 | 0.013 | 5 | 0.128 | 0.034 | |
| 12:0 | g | 0.020 | 0.008 | 5 | 0.064 | 0.017 | |
| 14:0 | g | 0.500 | 0.102 | 5 | 1.600 | 0.425 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.690 | 0.394 | 5 | 11.808 | 3.136 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.740 | 0.358 | 5 | 5.568 | 1.479 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.220 | | 0 | 29.504 | 7.837 |
| 14:1 | g | | | | | |
| 16:1 | g | 1.440 | 0.177 | 5 | 4.608 | 1.224 |
| 18:1 | g | 7.780 | 0.470 | 5 | 24.896 | 6.613 |
| 20:1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.670 | | 0 | 2.144 | 0.570 |
| 18:2 | g | 0.540 | 0.081 | 5 | 1.728 | 0.459 |
| 18:3 | g | 0.130 | 0.016 | 5 | 0.416 | 0.111 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 98 | 9.839 | 5 | 314 | 83 |
| Phytosterols | mg | 0 | | 0 | 0 | 0 |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.166 | | 0 | 0.531 | 0.141 |
| Threonine | g | 0.686 | | 0 | 2.195 | 0.583 |
| Isoleucine | g | 0.785 | | 0 | 2.512 | 0.667 |
| Leucine | g | 1.334 | | 0 | 4.269 | 1.134 |
| Lysine | g | 1.392 | | 0 | 4.454 | 1.183 |
| Methionine | g | 0.421 | | 0 | 1.347 | 0.358 |
| Cystine | g | 0.232 | | 0 | 0.742 | 0.197 |
| Phenylalanine | g | 0.654 | | 0 | 2.093 | 0.556 |
| Tyrosine | g | 0.593 | | 0 | 1.898 | 0.504 |
| Valine | g | 0.799 | | 0 | 2.557 | 0.679 |
| Arginine | g | 1.122 | | 0 | 3.590 | 0.954 |
| Histidine | g | 0.578 | | 0 | 1.850 | 0.491 |
| Alanine | g | 1.308 | | 0 | 4.186 | 1.112 |
| Aspartic acid | g | 1.778 | | 0 | 5.690 | 1.511 |
| Glutamic acid | g | 2.958 | | 0 | 9.466 | 2.514 |
| Glycine | g | 1.517 | | 0 | 4.854 | 1.289 |
| Proline | g | 1.308 | | 0 | 4.186 | 1.112 |
| Serine | g | 0.732 | | 0 | 2.342 | 0.622 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## 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 | Samples | Measure 1* 279g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 53.93 | | 0 | 150.46 | 45.84 | |
| Energy | kcal | 273 | | 0 | 762 | 232 | |
| Energy | kj | 1142 | | 0 | 3186 | 971 | |
| Protein (N x 5.95) | g | 27.33 | | 0 | 76.25 | 23.23 | |
| Total lipid (fat) | g | 17.37 | | 0 | 48.46 | 14.76 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.13 | | 0 | 3.15 | 0.96 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 25 | 8 | |
| Iron | mg | 2.73 | | 0 | 7.62 | 2.32 | |
| Magnesium | mg | 23 | | 0 | 64 | 20 | |
| Phosphorus | mg | 211 | | 0 | 589 | 179 | |
| Potassium | mg | 323 | | 0 | 901 | 275 | |
| Sodium | mg | 62 | | 0 | 173 | 53 | |
| Zinc | mg | 6.06 | | 0 | 16.91 | 5.15 | |
| Copper | mg | 0.106 | | 0 | 0.296 | 0.090 | |
| Manganese | mg | 0.016 | | 0 | 0.045 | 0.014 | |
| Selenium | :g | 20.7 | | 0 | 57.8 | 17.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.223 | 0.068 | |
| Riboflavin | mg | 0.220 | | 0 | 0.614 | 0.187 | |
| Niacin | mg | 3.680 | | 0 | 10.267 | 3.128 | |
| Pantothenic acid | mg | 0.360 | | 0 | 1.004 | 0.306 | |
| Vitamin B-6 | mg | 0.330 | | 0 | 0.921 | 0.281 | |
| Folate | :g | 7 | | 0 | 20 | 6 | |
| Vitamin B-12 | :g | 2.51 | | 0 | 7.00 | 2.13 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.180 | | 0 | 0.502 | 0.153 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.850 | | 0 | 19.111 | 5.822 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.040 | | 0 | 0.112 | 0.034 | |
| 12:0 | g | 0.040 | | 0 | 0.112 | 0.034 | |
| 14:0 | g | 0.540 | | 0 | 1.507 | 0.459 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.180 | | 0 | 11.662 | 3.553 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.030 | | 0 | 5.664 | 1.725 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.410 | 0 | 20.674 | 6.299 |
| 14:1 | g | | | | |
| 16:1 | g | 0.700 | 0 | 1.953 | 0.595 |
| 18:1 | g | 6.680 | 0 | 18.637 | 5.678 |
| 20:1 | g | 0.030 | 0 | 0.084 | 0.026 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.630 | 0 | 1.758 | 0.536 |
| 18:2 | g | 0.430 | 0 | 1.200 | 0.366 |
| 18:3 | g | 0.160 | 0 | 0.446 | 0.136 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.084 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 87 | 0 | 243 | 74 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.306 | 0 | 0.854 | 0.260 |
| Threonine | g | 1.194 | 0 | 3.331 | 1.015 |
| Isoleucine | g | 1.229 | 0 | 3.429 | 1.045 |
| Leucine | g | 2.160 | 0 | 6.026 | 1.836 |
| Lysine | g | 2.274 | 0 | 6.344 | 1.933 |
| Methionine | g | 0.700 | 0 | 1.953 | 0.595 |
| Cystine | g | 0.306 | 0 | 0.854 | 0.260 |
| Phenylalanine | g | 1.067 | 0 | 2.977 | 0.907 |
| Tyrosine | g | 0.918 | 0 | 2.561 | 0.780 |
| Valine | g | 1.329 | 0 | 3.708 | 1.130 |
| Arginine | g | 1.727 | 0 | 4.818 | 1.468 |
| Histidine | g | 0.936 | 0 | 2.611 | 0.796 |
| Alanine | g | 1.649 | 0 | 4.601 | 1.402 |
| Aspartic acid | g | 2.497 | 0 | 6.967 | 2.122 |
| Glutamic acid | g | 4.106 | 0 | 11.456 | 3.490 |
| Glycine | g | 1.491 | 0 | 4.160 | 1.267 |
| Proline | g | 1.207 | 0 | 3.368 | 1.026 |
| Serine | g | 1.045 | 0 | 2.916 | 0.888 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## 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 | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 279g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 53.22 | | 0 | 148.48 | 45.24 | |
| Energy | kcal | 283 | | 0 | 790 | 241 | |
| Energy | kj | 1184 | | 0 | 3303 | 1006 | |
| Protein (N x 5.95) | g | 27.21 | | 0 | 75.92 | 23.13 | |
| Total lipid (fat) | g | 18.54 | | 0 | 51.73 | 15.76 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.12 | | 0 | 3.12 | 0.95 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 25 | 8 | |
| Iron | mg | 2.72 | | 0 | 7.59 | 2.31 | |
| Magnesium | mg | 23 | | 0 | 64 | 20 | |
| Phosphorus | mg | 210 | | 0 | 586 | 179 | |
| Potassium | mg | 322 | | 0 | 898 | 274 | |
| Sodium | mg | 62 | | 0 | 173 | 53 | |
| Zinc | mg | 6.02 | | 0 | 16.80 | 5.12 | |
| Copper | mg | 0.113 | | 0 | 0.315 | 0.096 | |
| Manganese | mg | 0.017 | | 0 | 0.047 | 0.014 | |
| Selenium | :g | 20.5 | | 0 | 57.2 | 17.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.223 | 0.068 | |
| Riboflavin | mg | 0.220 | | 0 | 0.614 | 0.187 | |
| Niacin | mg | 3.670 | | 0 | 10.239 | 3.119 | |
| Pantothenic acid | mg | 0.350 | | 0 | 0.976 | 0.298 | |
| Vitamin B-6 | mg | 0.320 | | 0 | 0.893 | 0.272 | |
| Folate | :g | 7 | | 0 | 20 | 6 | |
| Vitamin B-12 | :g | 2.50 | | 0 | 6.97 | 2.13 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.310 | | 0 | 20.395 | 6.213 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.040 | | 0 | 0.112 | 0.034 | |
| 12:0 | g | 0.040 | | 0 | 0.112 | 0.034 | |
| 14:0 | g | 0.580 | | 0 | 1.618 | 0.493 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.460 | | 0 | 12.443 | 3.791 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.170 | | 0 | 6.054 | 1.844 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.910 | 0 | 22.069 | 6.724 |
| 14:1 | g | | | | |
| 16:1 | g | 0.740 | 0 | 2.065 | 0.629 |
| 18:1 | g | 7.130 | 0 | 19.893 | 6.060 |
| 20:1 | g | 0.030 | 0 | 0.084 | 0.026 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.670 | 0 | 1.869 | 0.570 |
| 18:2 | g | 0.460 | 0 | 1.283 | 0.391 |
| 18:3 | g | 0.170 | 0 | 0.474 | 0.145 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.112 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 87 | 0 | 243 | 74 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.305 | 0 | 0.851 | 0.259 |
| Threonine | g | 1.189 | 0 | 3.317 | 1.011 |
| Isoleucine | g | 1.223 | 0 | 3.412 | 1.040 |
| Leucine | g | 2.151 | 0 | 6.001 | 1.828 |
| Lysine | g | 2.264 | 0 | 6.317 | 1.924 |
| Methionine | g | 0.697 | 0 | 1.945 | 0.592 |
| Cystine | g | 0.305 | 0 | 0.851 | 0.259 |
| Phenylalanine | g | 1.062 | 0 | 2.963 | 0.903 |
| Tyrosine | g | 0.914 | 0 | 2.550 | 0.777 |
| Valine | g | 1.324 | 0 | 3.694 | 1.125 |
| Arginine | g | 1.720 | 0 | 4.799 | 1.462 |
| Histidine | g | 0.932 | 0 | 2.600 | 0.792 |
| Alanine | g | 1.641 | 0 | 4.578 | 1.395 |
| Aspartic acid | g | 2.486 | 0 | 6.936 | 2.113 |
| Glutamic acid | g | 4.088 | 0 | 11.406 | 3.475 |
| Glycine | g | 1.485 | 0 | 4.143 | 1.262 |
| Proline | g | 1.202 | 0 | 3.354 | 1.022 |
| Serine | g | 1.041 | 0 | 2.904 | 0.885 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## 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 | Samples | Measure 1* 279g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 54.84 | | 0 | 153.00 | 46.61 | |
| Energy | kcal | 261 | | 0 | 728 | 222 | |
| Energy | kj | 1092 | | 0 | 3047 | 928 | |
| Protein (N x 5.95) | g | 27.47 | | 0 | 76.64 | 23.35 | |
| Total lipid (fat) | g | 15.92 | | 0 | 44.42 | 13.53 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.13 | | 0 | 3.15 | 0.96 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 25 | 8 | |
| Iron | mg | 2.75 | | 0 | 7.67 | 2.34 | |
| Magnesium | mg | 23 | | 0 | 64 | 20 | |
| Phosphorus | mg | 212 | | 0 | 591 | 180 | |
| Potassium | mg | 325 | | 0 | 907 | 276 | |
| Sodium | mg | 63 | | 0 | 176 | 54 | |
| Zinc | mg | 6.11 | | 0 | 17.05 | 5.19 | |
| Copper | mg | 0.107 | | 0 | 0.299 | 0.091 | |
| Manganese | mg | 0.016 | | 0 | 0.045 | 0.014 | |
| Selenium | :g | 20.0 | | 0 | 55.8 | 17.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.223 | 0.068 | |
| Riboflavin | mg | 0.220 | | 0 | 0.614 | 0.187 | |
| Niacin | mg | 3.690 | | 0 | 10.295 | 3.136 | |
| Pantothenic acid | mg | 0.360 | | 0 | 1.004 | 0.306 | |
| Vitamin B-6 | mg | 0.330 | | 0 | 0.921 | 0.281 | |
| Folate | :g | 7 | | 0 | 20 | 6 | |
| Vitamin B-12 | :g | 2.52 | | 0 | 7.03 | 2.14 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.270 | | 0 | 17.493 | 5.329 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.040 | | 0 | 0.112 | 0.034 | |
| 12:0 | g | 0.040 | | 0 | 0.112 | 0.034 | |
| 14:0 | g | 0.500 | | 0 | 1.395 | 0.425 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.830 | | 0 | 10.686 | 3.256 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.860 | | 0 | 5.189 | 1.581 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.780 | 0 | 18.916 | 5.763 |
| 14:1 | g | | | | |
| 16:1 | g | 0.640 | 0 | 1.786 | 0.544 |
| 18:1 | g | 6.100 | 0 | 17.019 | 5.185 |
| 20:1 | g | 0.020 | 0 | 0.056 | 0.017 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.570 | 0 | 1.590 | 0.484 |
| 18:2 | g | 0.390 | 0 | 1.088 | 0.331 |
| 18:3 | g | 0.150 | 0 | 0.419 | 0.128 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.084 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 86 | 0 | 240 | 73 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.308 | 0 | 0.859 | 0.262 |
| Threonine | g | 1.200 | 0 | 3.348 | 1.020 |
| Isoleucine | g | 1.235 | 0 | 3.446 | 1.050 |
| Leucine | g | 2.171 | 0 | 6.057 | 1.845 |
| Lysine | g | 2.285 | 0 | 6.375 | 1.942 |
| Methionine | g | 0.703 | 0 | 1.961 | 0.598 |
| Cystine | g | 0.308 | 0 | 0.859 | 0.262 |
| Phenylalanine | g | 1.072 | 0 | 2.991 | 0.911 |
| Tyrosine | g | 0.923 | 0 | 2.575 | 0.785 |
| Valine | g | 1.336 | 0 | 3.727 | 1.136 |
| Arginine | g | 1.736 | 0 | 4.843 | 1.476 |
| Histidine | g | 0.940 | 0 | 2.623 | 0.799 |
| Alanine | g | 1.657 | 0 | 4.623 | 1.408 |
| Aspartic acid | g | 2.509 | 0 | 7.000 | 2.133 |
| Glutamic acid | g | 4.126 | 0 | 11.512 | 3.507 |
| Glycine | g | 1.499 | 0 | 4.182 | 1.274 |
| Proline | g | 1.213 | 0 | 3.384 | 1.031 |
| Serine | g | 1.050 | 0 | 2.930 | 0.893 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13364 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked

**Refuse:** 25% 13% bone, 12% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 242g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.33 | | 0 | 143.58 | 50.43 | |
| Energy | kcal | 211 | | 0 | 511 | 179 | |
| Energy | kj | 883 | | 0 | 2137 | 751 | |
| Protein (N x 5.95) | g | 29.88 | | 0 | 72.31 | 25.40 | |
| Total lipid (fat) | g | 9.28 | | 0 | 22.46 | 7.89 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.23 | | 0 | 2.98 | 1.05 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 19 | 7 | |
| Iron | mg | 2.99 | | 0 | 7.24 | 2.54 | |
| Magnesium | mg | 26 | | 0 | 63 | 22 | |
| Phosphorus | mg | 231 | | 0 | 559 | 196 | |
| Potassium | mg | 355 | | 0 | 859 | 302 | |
| Sodium | mg | 66 | | 0 | 160 | 56 | |
| Zinc | mg | 6.78 | | 0 | 16.41 | 5.76 | |
| Copper | mg | 0.124 | | 0 | 0.300 | 0.105 | |
| Manganese | mg | 0.019 | | 0 | 0.046 | 0.016 | |
| Selenium | :g | 21.3 | | 0 | 51.5 | 18.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.218 | 0.077 | |
| Riboflavin | mg | 0.240 | | 0 | 0.581 | 0.204 | |
| Niacin | mg | 4.000 | | 0 | 9.680 | 3.400 | |
| Pantothenic acid | mg | 0.390 | | 0 | 0.944 | 0.331 | |
| Vitamin B-6 | mg | 0.350 | | 0 | 0.847 | 0.298 | |
| Folate | :g | 8 | | 0 | 19 | 7 | |
| Vitamin B-12 | :g | 2.64 | | 0 | 6.39 | 2.24 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.339 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.540 | | 0 | 8.567 | 3.009 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.024 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.024 | 0.009 | |
| 14:0 | g | 0.260 | | 0 | 0.629 | 0.221 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.110 | | 0 | 5.106 | 1.793 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.140 | | 0 | 2.759 | 0.969 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.900 | 0 | 9.438 | 3.315 |
| 14:1 | g | | | | |
| 16:1 | g | 0.330 | 0 | 0.799 | 0.281 |
| 18:1 | g | 3.550 | 0 | 8.591 | 3.018 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.320 | 0 | 0.774 | 0.272 |
| 18:2 | g | 0.250 | 0 | 0.605 | 0.213 |
| 18:3 | g | 0.030 | 0 | 0.073 | 0.026 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.097 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 86 | 0 | 208 | 73 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.335 | 0 | 0.811 | 0.285 |
| Threonine | g | 1.305 | 0 | 3.158 | 1.109 |
| Isoleucine | g | 1.343 | 0 | 3.250 | 1.142 |
| Leucine | g | 2.362 | 0 | 5.716 | 2.008 |
| Lysine | g | 2.486 | 0 | 6.016 | 2.113 |
| Methionine | g | 0.765 | 0 | 1.851 | 0.650 |
| Cystine | g | 0.335 | 0 | 0.811 | 0.285 |
| Phenylalanine | g | 1.167 | 0 | 2.824 | 0.992 |
| Tyrosine | g | 1.004 | 0 | 2.430 | 0.853 |
| Valine | g | 1.453 | 0 | 3.516 | 1.235 |
| Arginine | g | 1.889 | 0 | 4.571 | 1.606 |
| Histidine | g | 1.023 | 0 | 2.476 | 0.870 |
| Alanine | g | 1.802 | 0 | 4.361 | 1.532 |
| Aspartic acid | g | 2.730 | 0 | 6.607 | 2.321 |
| Glutamic acid | g | 4.489 | 0 | 10.863 | 3.816 |
| Glycine | g | 1.630 | 0 | 3.945 | 1.385 |
| Proline | g | 1.320 | 0 | 3.194 | 1.122 |
| Serine | g | 1.143 | 0 | 2.766 | 0.972 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13365 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked

**Refuse:** 25% 13% bone, 12% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 240g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.83 | | 0 | 141.19 | 50.01 | |
| Energy | kcal | 219 | | 0 | 526 | 186 | |
| Energy | kj | 916 | | 0 | 2198 | 779 | |
| Protein (N x 5.95) | g | 29.88 | | 0 | 71.71 | 25.40 | |
| Total lipid (fat) | g | 10.15 | | 0 | 24.36 | 8.63 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.23 | | 0 | 2.95 | 1.05 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 19 | 7 | |
| Iron | mg | 2.99 | | 0 | 7.18 | 2.54 | |
| Magnesium | mg | 26 | | 0 | 62 | 22 | |
| Phosphorus | mg | 231 | | 0 | 554 | 196 | |
| Potassium | mg | 355 | | 0 | 852 | 302 | |
| Sodium | mg | 66 | | 0 | 158 | 56 | |
| Zinc | mg | 6.77 | | 0 | 16.25 | 5.75 | |
| Copper | mg | 0.124 | | 0 | 0.298 | 0.105 | |
| Manganese | mg | 0.019 | | 0 | 0.046 | 0.016 | |
| Selenium | :g | 21.2 | | 0 | 50.9 | 18.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.216 | 0.077 | |
| Riboflavin | mg | 0.240 | | 0 | 0.576 | 0.204 | |
| Niacin | mg | 4.010 | | 0 | 9.624 | 3.408 | |
| Pantothenic acid | mg | 0.390 | | 0 | 0.936 | 0.331 | |
| Vitamin B-6 | mg | 0.360 | | 0 | 0.864 | 0.306 | |
| Folate | :g | 8 | | 0 | 19 | 7 | |
| Vitamin B-12 | :g | 2.65 | | 0 | 6.36 | 2.25 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.870 | | 0 | 9.288 | 3.289 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | 0.024 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.024 | 0.009 | |
| 14:0 | g | 0.290 | | 0 | 0.696 | 0.247 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.300 | | 0 | 5.520 | 1.955 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.250 | | 0 | 3.000 | 1.063 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.260 | 0 | 10.224 | 3.621 |
| 14:1 | g | | | | |
| 16:1 | g | 0.360 | 0 | 0.864 | 0.306 |
| 18:1 | g | 3.890 | 0 | 9.336 | 3.307 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.350 | 0 | 0.840 | 0.298 |
| 18:2 | g | 0.280 | 0 | 0.672 | 0.238 |
| 18:3 | g | 0.030 | 0 | 0.072 | 0.026 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.096 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 86 | 0 | 206 | 73 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.335 | 0 | 0.804 | 0.285 |
| Threonine | g | 1.305 | 0 | 3.132 | 1.109 |
| Isoleucine | g | 1.343 | 0 | 3.223 | 1.142 |
| Leucine | g | 2.362 | 0 | 5.669 | 2.008 |
| Lysine | g | 2.486 | 0 | 5.966 | 2.113 |
| Methionine | g | 0.765 | 0 | 1.836 | 0.650 |
| Cystine | g | 0.335 | 0 | 0.804 | 0.285 |
| Phenylalanine | g | 1.167 | 0 | 2.801 | 0.992 |
| Tyrosine | g | 1.004 | 0 | 2.410 | 0.853 |
| Valine | g | 1.453 | 0 | 3.487 | 1.235 |
| Arginine | g | 1.888 | 0 | 4.531 | 1.605 |
| Histidine | g | 1.023 | 0 | 2.455 | 0.870 |
| Alanine | g | 1.802 | 0 | 4.325 | 1.532 |
| Aspartic acid | g | 2.730 | 0 | 6.552 | 2.321 |
| Glutamic acid | g | 4.489 | 0 | 10.774 | 3.816 |
| Glycine | g | 1.630 | 0 | 3.912 | 1.385 |
| Proline | g | 1.320 | 0 | 3.168 | 1.122 |
| Serine | g | 1.143 | 0 | 2.743 | 0.972 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse
Measure 2: 3 oz

## NDB No. 13366 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked

**Refuse:** 24% 13% bone, 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 | Samples | Measure 1* 244g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 60.05 | | 0 | 146.52 | 51.04 | |
| Energy | kcal | 201 | | 0 | 490 | 171 | |
| Energy | kj | 841 | | 0 | 2052 | 715 | |
| Protein (N x 5.95) | g | 29.89 | | 0 | 72.93 | 25.41 | |
| Total lipid (fat) | g | 8.09 | | 0 | 19.74 | 6.88 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.23 | | 0 | 3.00 | 1.05 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 20 | 7 | |
| Iron | mg | 2.99 | | 0 | 7.30 | 2.54 | |
| Magnesium | mg | 26 | | 0 | 63 | 22 | |
| Phosphorus | mg | 231 | | 0 | 564 | 196 | |
| Potassium | mg | 354 | | 0 | 864 | 301 | |
| Sodium | mg | 66 | | 0 | 161 | 56 | |
| Zinc | mg | 6.80 | | 0 | 16.59 | 5.78 | |
| Copper | mg | 0.124 | | 0 | 0.303 | 0.105 | |
| Manganese | mg | 0.019 | | 0 | 0.046 | 0.016 | |
| Selenium | :g | 20.6 | | 0 | 50.3 | 17.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.220 | 0.077 | |
| Riboflavin | mg | 0.240 | | 0 | 0.586 | 0.204 | |
| Niacin | mg | 4.000 | | 0 | 9.760 | 3.400 | |
| Pantothenic acid | mg | 0.390 | | 0 | 0.952 | 0.331 | |
| Vitamin B-6 | mg | 0.350 | | 0 | 0.854 | 0.298 | |
| Folate | :g | 8 | | 0 | 20 | 7 | |
| Vitamin B-12 | :g | 2.64 | | 0 | 6.44 | 2.24 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.090 | | 0 | 7.540 | 2.626 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.010 | | 0 | 0.024 | 0.009 | |
| 14:0 | g | 0.230 | | 0 | 0.561 | 0.196 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.840 | | 0 | 4.490 | 1.564 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.000 | | 0 | 2.440 | 0.850 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.400 | 0 | 8.296 | 2.890 |
| 14:1 | g | | | | |
| 16:1 | g | 0.280 | 0 | 0.683 | 0.238 |
| 18:1 | g | 3.100 | 0 | 7.564 | 2.635 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.280 | 0 | 0.683 | 0.238 |
| 18:2 | g | 0.220 | 0 | 0.537 | 0.187 |
| 18:3 | g | 0.020 | 0 | 0.049 | 0.017 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.073 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 86 | 0 | 210 | 73 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.335 | 0 | 0.817 | 0.285 |
| Threonine | g | 1.306 | 0 | 3.187 | 1.110 |
| Isoleucine | g | 1.344 | 0 | 3.279 | 1.142 |
| Leucine | g | 2.363 | 0 | 5.766 | 2.009 |
| Lysine | g | 2.487 | 0 | 6.068 | 2.114 |
| Methionine | g | 0.765 | 0 | 1.867 | 0.650 |
| Cystine | g | 0.335 | 0 | 0.817 | 0.285 |
| Phenylalanine | g | 1.167 | 0 | 2.847 | 0.992 |
| Tyrosine | g | 1.004 | 0 | 2.450 | 0.853 |
| Valine | g | 1.454 | 0 | 3.548 | 1.236 |
| Arginine | g | 1.889 | 0 | 4.609 | 1.606 |
| Histidine | g | 1.023 | 0 | 2.496 | 0.870 |
| Alanine | g | 1.803 | 0 | 4.399 | 1.533 |
| Aspartic acid | g | 2.731 | 0 | 6.664 | 2.321 |
| Glutamic acid | g | 4.491 | 0 | 10.958 | 3.817 |
| Glycine | g | 1.631 | 0 | 3.980 | 1.386 |
| Proline | g | 1.320 | 0 | 3.221 | 1.122 |
| Serine | g | 1.143 | 0 | 2.789 | 0.972 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## 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 | Samples | Measure 1* 314g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 51.54 | | 0 | 161.84 | 43.81 | |
| Energy | kcal | 291 | | 0 | 914 | 247 | |
| Energy | kj | 1218 | | 0 | 3825 | 1035 | |
| Protein (N x 5.95) | g | 26.79 | | 0 | 84.12 | 22.77 | |
| Total lipid (fat) | g | 19.52 | | 0 | 61.29 | 16.59 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.95 | | 0 | 2.98 | 0.81 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 7 | | 0 | 22 | 6 | |
| Iron | mg | 2.53 | | 0 | 7.94 | 2.15 | |
| Magnesium | mg | 21 | | 0 | 66 | 18 | |
| Phosphorus | mg | 216 | | 0 | 678 | 184 | |
| Potassium | mg | 259 | | 0 | 813 | 220 | |
| Sodium | mg | 65 | | 0 | 204 | 55 | |
| Zinc | mg | 5.96 | | 0 | 18.71 | 5.07 | |
| Copper | mg | 0.108 | | 0 | 0.339 | 0.092 | |
| Manganese | mg | 0.015 | | 0 | 0.047 | 0.013 | |
| Selenium | :g | 23.3 | | 0 | 73.2 | 19.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.220 | 0.060 | |
| Riboflavin | mg | 0.200 | | 0 | 0.628 | 0.170 | |
| Niacin | mg | 3.370 | | 0 | 10.582 | 2.865 | |
| Pantothenic acid | mg | 0.320 | | 0 | 1.005 | 0.272 | |
| Vitamin B-6 | mg | 0.270 | | 0 | 0.848 | 0.230 | |
| Folate | :g | 7 | | 0 | 22 | 6 | |
| Vitamin B-12 | :g | 2.45 | | 0 | 7.69 | 2.08 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.190 | | 0 | 0.597 | 0.161 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.530 | | 0 | 23.644 | 6.401 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.050 | | 0 | 0.157 | 0.043 | |
| 12:0 | g | 0.040 | | 0 | 0.126 | 0.034 | |
| 14:0 | g | 0.630 | | 0 | 1.978 | 0.536 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.680 | | 0 | 14.695 | 3.978 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.130 | | 0 | 6.688 | 1.810 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.680 | 0 | 27.255 | 7.378 |
| 14:1 | g | | | | |
| 16:1 | g | 0.880 | 0 | 2.763 | 0.748 |
| 18:1 | g | 7.770 | 0 | 24.398 | 6.604 |
| 20:1 | g | 0.030 | 0 | 0.094 | 0.026 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.670 | 0 | 2.104 | 0.570 |
| 18:2 | g | 0.460 | 0 | 1.444 | 0.391 |
| 18:3 | g | 0.180 | 0 | 0.565 | 0.153 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.094 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 93 | 0 | 292 | 79 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.300 | 0 | 0.942 | 0.255 |
| Threonine | g | 1.170 | 0 | 3.674 | 0.995 |
| Isoleucine | g | 1.205 | 0 | 3.784 | 1.024 |
| Leucine | g | 2.118 | 0 | 6.651 | 1.800 |
| Lysine | g | 2.229 | 0 | 6.999 | 1.895 |
| Methionine | g | 0.686 | 0 | 2.154 | 0.583 |
| Cystine | g | 0.300 | 0 | 0.942 | 0.255 |
| Phenylalanine | g | 1.046 | 0 | 3.284 | 0.889 |
| Tyrosine | g | 0.900 | 0 | 2.826 | 0.765 |
| Valine | g | 1.303 | 0 | 4.091 | 1.108 |
| Arginine | g | 1.693 | 0 | 5.316 | 1.439 |
| Histidine | g | 0.917 | 0 | 2.879 | 0.779 |
| Alanine | g | 1.616 | 0 | 5.074 | 1.374 |
| Aspartic acid | g | 2.448 | 0 | 7.687 | 2.081 |
| Glutamic acid | g | 4.025 | 0 | 12.639 | 3.421 |
| Glycine | g | 1.462 | 0 | 4.591 | 1.243 |
| Proline | g | 1.183 | 0 | 3.715 | 1.006 |
| Serine | g | 1.025 | 0 | 3.218 | 0.871 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## 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 | Samples | Measure 1* 264g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 57.71 | | 0 | 152.35 | 49.05 | |
| Energy | kcal | 218 | | 0 | 576 | 185 | |
| Energy | kj | 912 | | 0 | 2408 | 775 | |
| Protein (N x 5.95) | g | 29.75 | | 0 | 78.54 | 25.29 | |
| Total lipid (fat) | g | 10.08 | | 0 | 26.61 | 8.57 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.04 | | 0 | 2.75 | 0.88 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | | 0 | 16 | 5 | |
| Iron | mg | 2.81 | | 0 | 7.42 | 2.39 | |
| Magnesium | mg | 23 | | 0 | 61 | 20 | |
| Phosphorus | mg | 241 | | 0 | 636 | 205 | |
| Potassium | mg | 285 | | 0 | 752 | 242 | |
| Sodium | mg | 70 | | 0 | 185 | 60 | |
| Zinc | mg | 6.89 | | 0 | 18.19 | 5.86 | |
| Copper | mg | 0.119 | | 0 | 0.314 | 0.101 | |
| Manganese | mg | 0.017 | | 0 | 0.045 | 0.014 | |
| Selenium | :g | 24.5 | | 0 | 64.7 | 20.8 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.185 | 0.060 | |
| Riboflavin | mg | 0.220 | | 0 | 0.581 | 0.187 | |
| Niacin | mg | 3.710 | | 0 | 9.794 | 3.154 | |
| Pantothenic acid | mg | 0.360 | | 0 | 0.950 | 0.306 | |
| Vitamin B-6 | mg | 0.290 | | 0 | 0.766 | 0.247 | |
| Folate | :g | 8 | | 0 | 21 | 7 | |
| Vitamin B-12 | :g | 2.60 | | 0 | 6.86 | 2.21 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.370 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.630 | | 0 | 9.583 | 3.086 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 14:0 | g | 0.310 | | 0 | 0.818 | 0.264 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.250 | | 0 | 5.940 | 1.913 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.070 | | 0 | 2.825 | 0.910 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.650 | 0 | 12.276 | 3.953 |
| 14:1 | g | | | | |
| 16:1 | g | 0.460 | 0 | 1.214 | 0.391 |
| 18:1 | g | 4.180 | 0 | 11.035 | 3.553 |
| 20:1 | g | 0.010 | 0 | 0.026 | 0.009 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.300 | 0 | 0.792 | 0.255 |
| 18:2 | g | 0.240 | 0 | 0.634 | 0.204 |
| 18:3 | g | 0.020 | 0 | 0.053 | 0.017 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.106 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 93 | 0 | 246 | 79 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.333 | 0 | 0.879 | 0.283 |
| Threonine | g | 1.299 | 0 | 3.429 | 1.104 |
| Isoleucine | g | 1.338 | 0 | 3.532 | 1.137 |
| Leucine | g | 2.351 | 0 | 6.207 | 1.998 |
| Lysine | g | 2.475 | 0 | 6.534 | 2.104 |
| Methionine | g | 0.762 | 0 | 2.012 | 0.648 |
| Cystine | g | 0.333 | 0 | 0.879 | 0.283 |
| Phenylalanine | g | 1.161 | 0 | 3.065 | 0.987 |
| Tyrosine | g | 1.000 | 0 | 2.640 | 0.850 |
| Valine | g | 1.447 | 0 | 3.820 | 1.230 |
| Arginine | g | 1.880 | 0 | 4.963 | 1.598 |
| Histidine | g | 1.019 | 0 | 2.690 | 0.866 |
| Alanine | g | 1.794 | 0 | 4.736 | 1.525 |
| Aspartic acid | g | 2.718 | 0 | 7.176 | 2.310 |
| Glutamic acid | g | 4.470 | 0 | 11.801 | 3.800 |
| Glycine | g | 1.623 | 0 | 4.285 | 1.380 |
| Proline | g | 1.314 | 0 | 3.469 | 1.117 |
| Serine | g | 1.138 | 0 | 3.004 | 0.967 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## 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 | Samples | Measure 1* 327g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 57.74 | | 0 | 188.81 | 49.08 | |
| Energy | kcal | 215 | | 0 | 703 | 183 | |
| Energy | kj | 900 | | 0 | 2943 | 765 | |
| Protein (N x 5.95) | g | 30.48 | | 0 | 99.67 | 25.91 | |
| Total lipid (fat) | g | 9.41 | | 0 | 30.77 | 8.00 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.07 | | 0 | 3.50 | 0.91 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | | 0 | 16 | 4 | |
| Iron | mg | 2.75 | | 0 | 8.99 | 2.34 | |
| Magnesium | mg | 24 | | 0 | 78 | 20 | |
| Phosphorus | mg | 248 | | 0 | 811 | 211 | |
| Potassium | mg | 289 | | 0 | 945 | 246 | |
| Sodium | mg | 62 | | 0 | 203 | 53 | |
| Zinc | mg | 6.11 | | 0 | 19.98 | 5.19 | |
| Copper | mg | 0.120 | | 0 | 0.392 | 0.102 | |
| Manganese | mg | 0.016 | | 0 | 0.052 | 0.014 | |
| Selenium | :g | 24.8 | | 0 | 81.1 | 21.1 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.229 | 0.060 | |
| Riboflavin | mg | 0.210 | | 0 | 0.687 | 0.179 | |
| Niacin | mg | 3.740 | | 0 | 12.230 | 3.179 | |
| Pantothenic acid | mg | 0.360 | | 0 | 1.177 | 0.306 | |
| Vitamin B-6 | mg | 0.300 | | 0 | 0.981 | 0.255 | |
| Folate | :g | 8 | | 0 | 26 | 7 | |
| Vitamin B-12 | :g | 2.58 | | 0 | 8.44 | 2.19 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.350 | | 0 | 10.955 | 2.848 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 0 | 0.033 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.033 | 0.009 | |
| 14:0 | g | 0.270 | | 0 | 0.883 | 0.230 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.090 | | 0 | 6.834 | 1.776 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.970 | | 0 | 3.172 | 0.825 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.150 | 0 | 13.571 | 3.528 |
| 14:1 | g | | | | |
| 16:1 | g | 0.420 | 0 | 1.373 | 0.357 |
| 18:1 | g | 3.730 | 0 | 12.197 | 3.171 |
| 20:1 | g | 0.010 | 0 | 0.033 | 0.009 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.360 | 0 | 1.177 | 0.306 |
| 18:2 | g | 0.250 | 0 | 0.818 | 0.213 |
| 18:3 | g | 0.060 | 0 | 0.196 | 0.051 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.131 | 0.034 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 95 | 0 | 311 | 81 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.341 | 0 | 1.115 | 0.290 |
| Threonine | g | 1.331 | 0 | 4.352 | 1.131 |
| Isoleucine | g | 1.370 | 0 | 4.480 | 1.165 |
| Leucine | g | 2.409 | 0 | 7.877 | 2.048 |
| Lysine | g | 2.536 | 0 | 8.293 | 2.156 |
| Methionine | g | 0.780 | 0 | 2.551 | 0.663 |
| Cystine | g | 0.341 | 0 | 1.115 | 0.290 |
| Phenylalanine | g | 1.190 | 0 | 3.891 | 1.011 |
| Tyrosine | g | 1.024 | 0 | 3.348 | 0.870 |
| Valine | g | 1.482 | 0 | 4.846 | 1.260 |
| Arginine | g | 1.926 | 0 | 6.298 | 1.637 |
| Histidine | g | 1.043 | 0 | 3.411 | 0.887 |
| Alanine | g | 1.838 | 0 | 6.010 | 1.562 |
| Aspartic acid | g | 2.784 | 0 | 9.104 | 2.366 |
| Glutamic acid | g | 4.579 | 0 | 14.973 | 3.892 |
| Glycine | g | 1.663 | 0 | 5.438 | 1.414 |
| Proline | g | 1.346 | 0 | 4.401 | 1.144 |
| Serine | g | 1.165 | 0 | 3.810 | 0.990 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13370 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised

**Refuse:** 5% Separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 310g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.80 | | 1 | 185.38 | 50.83 | |
| Energy | kcal | 191 | | 0 | 592 | 162 | |
| Energy | kj | 799 | | 0 | 2477 | 679 | |
| Protein (N x 5.95) | g | 31.52 | 0.467 | 9 | 97.71 | 26.79 | |
| Total lipid (fat) | g | 6.20 | | 1 | 19.22 | 5.27 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.10 | 0.067 | 9 | 3.41 | 0.94 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 5 | 0.186 | 9 | 16 | 4 | |
| Iron | mg | 2.84 | 0.149 | 10 | 8.80 | 2.41 | |
| Magnesium | mg | 25 | 0.361 | 9 | 78 | 21 | |
| Phosphorus | mg | 257 | | 1 | 797 | 218 | |
| Potassium | mg | 298 | 6.045 | 9 | 924 | 253 | |
| Sodium | mg | 63 | 6.602 | 9 | 195 | 54 | |
| Zinc | mg | 6.36 | 0.499 | 8 | 19.72 | 5.41 | |
| Copper | mg | 0.124 | 0.005 | 8 | 0.384 | 0.105 | |
| Manganese | mg | 0.017 | | 1 | 0.053 | 0.014 | |
| Selenium | :g | 25.2 | | 0 | 78.1 | 21.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | 0.007 | 9 | 0.217 | 0.060 | |
| Riboflavin | mg | 0.220 | 0.010 | 9 | 0.682 | 0.187 | |
| Niacin | mg | 3.860 | 0.369 | 10 | 11.966 | 3.281 | |
| Pantothenic acid | mg | 0.370 | | 1 | 1.147 | 0.315 | |
| Vitamin B-6 | mg | 0.310 | | 1 | 0.961 | 0.264 | |
| Folate | :g | 8 | 1.259 | 9 | 25 | 7 | |
| Vitamin B-12 | :g | 2.63 | 0.453 | 10 | 8.15 | 2.24 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.030 | | 0 | 6.293 | 1.725 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 8 | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 8 | 0.000 | 0.000 | |
| 14:0 | g | 0.160 | | 8 | 0.496 | 0.136 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.260 | | 8 | 3.906 | 1.071 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.610 | | 8 | 1.891 | 0.518 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.770 | | 0 | 8.587 | 2.354 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.270 | | 8 | 0.837 | 0.230 |
| 18:1 | g | 2.490 | | 8 | 7.719 | 2.117 |
| 20:1 | g | 0.000 | | 8 | 0.000 | 0.000 |
| 22.1 | g | | | | | |
| Polyunsaturated, total | g | 0.230 | | 0 | 0.713 | 0.196 |
| 18:2 | g | 0.180 | | 8 | 0.558 | 0.153 |
| 18:3 | g | 0.010 | | 8 | 0.031 | 0.009 |
| 18:4 | g | | | | | |
| 20:4 | g | 0.040 | | 8 | 0.124 | 0.034 |
| 20:5 | g | | | | | |
| 22:5 | g | | | | | |
| 22:6 | g | | | | | |
| Cholesterol | mg | 95 | 2.511 | 7 | 295 | 81 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.353 | | 0 | 1.094 | 0.300 |
| Threonine | g | 1.377 | | 0 | 4.269 | 1.170 |
| Isoleucine | g | 1.417 | | 0 | 4.393 | 1.204 |
| Leucine | g | 2.491 | | 0 | 7.722 | 2.117 |
| Lysine | g | 2.622 | | 0 | 8.128 | 2.229 |
| Methionine | g | 0.807 | | 0 | 2.502 | 0.686 |
| Cystine | g | 0.353 | | 0 | 1.094 | 0.300 |
| Phenylalanine | g | 1.230 | | 0 | 3.813 | 1.045 |
| Tyrosine | g | 1.059 | | 0 | 3.283 | 0.900 |
| Valine | g | 1.533 | | 0 | 4.752 | 1.303 |
| Arginine | g | 1.992 | | 0 | 6.175 | 1.693 |
| Histidine | g | 1.079 | | 0 | 3.345 | 0.917 |
| Alanine | g | 1.901 | | 0 | 5.893 | 1.616 |
| Aspartic acid | g | 2.880 | | 0 | 8.928 | 2.448 |
| Glutamic acid | g | 4.735 | | 0 | 14.679 | 4.025 |
| Glycine | g | 1.720 | | 0 | 5.332 | 1.462 |
| Proline | g | 1.392 | | 0 | 4.315 | 1.183 |
| Serine | g | 1.205 | | 0 | 3.736 | 1.024 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## 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 | Samples | Measure 1* 314g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 46.05 | | 0 | 144.60 | 39.14 | |
| Energy | kcal | 358 | | 0 | 1124 | 304 | |
| Energy | kj | 1498 | | 0 | 4704 | 1273 | |
| Protein (N x 5.95) | g | 23.53 | | 0 | 73.88 | 20.00 | |
| Total lipid (fat) | g | 28.50 | | 0 | 89.49 | 24.23 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.84 | | 0 | 2.64 | 0.71 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 25 | 7 | |
| Iron | mg | 2.34 | | 0 | 7.35 | 1.99 | |
| Magnesium | mg | 18 | | 0 | 57 | 15 | |
| Phosphorus | mg | 187 | | 0 | 587 | 159 | |
| Potassium | mg | 233 | | 0 | 732 | 198 | |
| Sodium | mg | 68 | | 0 | 214 | 58 | |
| Zinc | mg | 5.83 | | 0 | 18.31 | 4.96 | |
| Copper | mg | 0.097 | | 0 | 0.305 | 0.082 | |
| Manganese | mg | 0.014 | | 0 | 0.044 | 0.012 | |
| Selenium | :g | 21.9 | | 0 | 68.8 | 18.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.060 | | 0 | 0.188 | 0.051 | |
| Riboflavin | mg | 0.190 | | 0 | 0.597 | 0.161 | |
| Niacin | mg | 3.040 | | 0 | 9.546 | 2.584 | |
| Pantothenic acid | mg | 0.290 | | 0 | 0.911 | 0.247 | |
| Vitamin B-6 | mg | 0.240 | | 0 | 0.754 | 0.204 | |
| Folate | :g | 7 | | 0 | 22 | 6 | |
| Vitamin B-12 | :g | 2.33 | | 0 | 7.32 | 1.98 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 11.240 | | 0 | 35.294 | 9.554 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.080 | | 0 | 0.251 | 0.068 | |
| 12:0 | g | 0.070 | | 0 | 0.220 | 0.060 | |
| 14:0 | g | 0.950 | | 0 | 2.983 | 0.808 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.980 | | 0 | 21.917 | 5.933 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.160 | | 0 | 9.922 | 2.686 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 12.700 | 0 | 39.878 | 10.795 |
| 14:1 | g | | | | |
| 16:1 | g | 1.290 | 0 | 4.051 | 1.097 |
| 18:1 | g | 11.350 | 0 | 35.639 | 9.648 |
| 20:1 | g | 0.060 | 0 | 0.188 | 0.051 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.960 | 0 | 3.014 | 0.816 |
| 18:2 | g | 0.640 | 0 | 2.010 | 0.544 |
| 18:3 | g | 0.290 | 0 | 0.911 | 0.247 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.094 | 0.026 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 92 | 0 | 289 | 78 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.263 | 0 | 0.826 | 0.224 |
| Threonine | g | 1.028 | 0 | 3.228 | 0.874 |
| Isoleucine | g | 1.058 | 0 | 3.322 | 0.899 |
| Leucine | g | 1.859 | 0 | 5.837 | 1.580 |
| Lysine | g | 1.957 | 0 | 6.145 | 1.663 |
| Methionine | g | 0.602 | 0 | 1.890 | 0.512 |
| Cystine | g | 0.263 | 0 | 0.826 | 0.224 |
| Phenylalanine | g | 0.918 | 0 | 2.883 | 0.780 |
| Tyrosine | g | 0.790 | 0 | 2.481 | 0.672 |
| Valine | g | 1.144 | 0 | 3.592 | 0.972 |
| Arginine | g | 1.487 | 0 | 4.669 | 1.264 |
| Histidine | g | 0.806 | 0 | 2.531 | 0.685 |
| Alanine | g | 1.419 | 0 | 4.456 | 1.206 |
| Aspartic acid | g | 2.149 | 0 | 6.748 | 1.827 |
| Glutamic acid | g | 3.535 | 0 | 11.100 | 3.005 |
| Glycine | g | 1.284 | 0 | 4.032 | 1.091 |
| Proline | g | 1.039 | 0 | 3.262 | 0.883 |
| Serine | g | 0.900 | 0 | 2.826 | 0.765 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13372 Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised

**Refuse:** 27% 2% connective tissue, 25% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 232g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 55.70 | | 1 | 129.22 | 47.34 | |
| Energy | kcal | 244 | | 0 | 566 | 207 | |
| Energy | kj | 1021 | | 0 | 2369 | 868 | |
| Protein (N x 5.95) | g | 28.05 | 0.482 | 11 | 65.08 | 23.84 | |
| Total lipid (fat) | g | 13.80 | | 1 | 32.02 | 11.73 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.98 | 0.069 | 10 | 2.27 | 0.83 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 6 | 0.377 | 10 | 14 | 5 | |
| Iron | mg | 2.79 | 0.134 | 9 | 6.47 | 2.37 | |
| Magnesium | mg | 22 | 0.813 | 10 | 51 | 19 | |
| Phosphorus | mg | 226 | | 1 | 524 | 192 | |
| Potassium | mg | 273 | 8.141 | 10 | 633 | 232 | |
| Sodium | mg | 77 | 5.705 | 10 | 179 | 65 | |
| Zinc | mg | 7.39 | 0.326 | 8 | 17.14 | 6.28 | |
| Copper | mg | 0.115 | 0.006 | 8 | 0.267 | 0.098 | |
| Manganese | mg | 0.017 | | 1 | 0.039 | 0.014 | |
| Selenium | :g | 23.5 | | 0 | 54.5 | 20.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | 0.007 | 10 | 0.162 | 0.060 | |
| Riboflavin | mg | 0.230 | 0.014 | 9 | 0.534 | 0.196 | |
| Niacin | mg | 3.570 | 0.239 | 11 | 8.282 | 3.034 | |
| Pantothenic acid | mg | 0.340 | | 1 | 0.789 | 0.289 | |
| Vitamin B-6 | mg | 0.280 | | 1 | 0.650 | 0.238 | |
| Folate | :g | 8 | 1.193 | 11 | 19 | 7 | |
| Vitamin B-12 | :g | 2.58 | 0.424 | 11 | 5.99 | 2.19 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.180 | | 0 | 12.018 | 4.403 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 8 | 0.023 | 0.009 | |
| 12:0 | g | 0.010 | | 8 | 0.023 | 0.009 | |
| 14:0 | g | 0.450 | | 8 | 1.044 | 0.383 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.190 | | 8 | 7.401 | 2.711 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.510 | | 8 | 3.503 | 1.283 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.460 | | 0 | 14.987 | 5.491 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.640 | | 8 | 1.485 | 0.544 |
| 18:1 | g | 5.800 | | 8 | 13.456 | 4.930 |
| 20:1 | g | 0.020 | | 8 | 0.046 | 0.017 |
| 22.1 | g | | | | | |
| Polyunsaturated, total | g | 0.360 | | 0 | 0.835 | 0.306 |
| 18:2 | g | 0.300 | | 8 | 0.696 | 0.255 |
| 18:3 | g | 0.030 | | 8 | 0.070 | 0.026 |
| 18:4 | g | | | | | |
| 20:4 | g | 0.030 | | 8 | 0.070 | 0.026 |
| 20:5 | g | | | | | |
| 22:5 | g | | | | | |
| 22:6 | g | | | | | |
| Cholesterol | mg | 91 | 1.930 | 8 | 211 | 77 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.314 | | 0 | 0.728 | 0.267 |
| Threonine | g | 1.225 | | 0 | 2.842 | 1.041 |
| Isoleucine | g | 1.261 | | 0 | 2.926 | 1.072 |
| Leucine | g | 2.217 | | 0 | 5.143 | 1.884 |
| Lysine | g | 2.334 | | 0 | 5.415 | 1.984 |
| Methionine | g | 0.718 | | 0 | 1.666 | 0.610 |
| Cystine | g | 0.314 | | 0 | 0.728 | 0.267 |
| Phenylalanine | g | 1.095 | | 0 | 2.540 | 0.931 |
| Tyrosine | g | 0.942 | | 0 | 2.185 | 0.801 |
| Valine | g | 1.364 | | 0 | 3.164 | 1.159 |
| Arginine | g | 1.773 | | 0 | 4.113 | 1.507 |
| Histidine | g | 0.960 | | 0 | 2.227 | 0.816 |
| Alanine | g | 1.692 | | 0 | 3.925 | 1.438 |
| Aspartic acid | g | 2.563 | | 0 | 5.946 | 2.179 |
| Glutamic acid | g | 4.214 | | 0 | 9.776 | 3.582 |
| Glycine | g | 1.530 | | 0 | 3.550 | 1.301 |
| Proline | g | 1.239 | | 0 | 2.874 | 1.053 |
| Serine | g | 1.073 | | 0 | 2.489 | 0.912 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13373 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

**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 | Samples | Measure 1* 246g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 52.51 | | 0 | 129.17 | 44.63 | |
| Energy | kcal | 280 | | 0 | 689 | 238 | |
| Energy | kj | 1172 | | 0 | 2883 | 996 | |
| Protein (N x 5.95) | g | 29.66 | | 0 | 72.96 | 25.21 | |
| Total lipid (fat) | g | 17.01 | | 0 | 41.84 | 14.46 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.01 | | 0 | 2.48 | 0.86 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 25 | 9 | |
| Iron | mg | 3.38 | | 0 | 8.31 | 2.87 | |
| Magnesium | mg | 21 | | 0 | 52 | 18 | |
| Phosphorus | mg | 239 | | 0 | 588 | 203 | |
| Potassium | mg | 263 | | 0 | 647 | 224 | |
| Sodium | mg | 62 | | 0 | 153 | 53 | |
| Zinc | mg | 7.57 | | 0 | 18.62 | 6.43 | |
| Copper | mg | 0.146 | | 0 | 0.359 | 0.124 | |
| Manganese | mg | 0.017 | | 0 | 0.042 | 0.014 | |
| Selenium | :g | 25.3 | | 0 | 62.2 | 21.5 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.172 | 0.060 | |
| Riboflavin | mg | 0.260 | | 0 | 0.640 | 0.221 | |
| Niacin | mg | 3.390 | | 0 | 8.339 | 2.882 | |
| Pantothenic acid | mg | 0.350 | | 0 | 0.861 | 0.298 | |
| Vitamin B-6 | mg | 0.300 | | 0 | 0.738 | 0.255 | |
| Folate | :g | 10 | | 0 | 25 | 9 | |
| Vitamin B-12 | :g | 3.13 | | 0 | 7.70 | 2.66 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.190 | | 0 | 0.467 | 0.161 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 6.620 | | 0 | 16.285 | 5.627 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.040 | | 0 | 0.098 | 0.034 | |
| 12:0 | g | 0.040 | | 0 | 0.098 | 0.034 | |
| 14:0 | g | 0.520 | | 0 | 1.279 | 0.442 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.070 | | 0 | 10.012 | 3.460 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.940 | | 0 | 4.772 | 1.649 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.270 | 0 | 17.884 | 6.179 |
| 14:1 | g | | | | |
| 16:1 | g | 0.710 | 0 | 1.747 | 0.603 |
| 18:1 | g | 6.530 | 0 | 16.064 | 5.551 |
| 20:1 | g | 0.030 | 0 | 0.074 | 0.026 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.650 | 0 | 1.599 | 0.553 |
| 18:2 | g | 0.440 | 0 | 1.082 | 0.374 |
| 18:3 | g | 0.180 | 0 | 0.443 | 0.153 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.074 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 100 | 0 | 246 | 85 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.332 | 0 | 0.817 | 0.282 |
| Threonine | g | 1.296 | 0 | 3.188 | 1.102 |
| Isoleucine | g | 1.334 | 0 | 3.282 | 1.134 |
| Leucine | g | 2.345 | 0 | 5.769 | 1.993 |
| Lysine | g | 2.468 | 0 | 6.071 | 2.098 |
| Methionine | g | 0.759 | 0 | 1.867 | 0.645 |
| Cystine | g | 0.332 | 0 | 0.817 | 0.282 |
| Phenylalanine | g | 1.158 | 0 | 2.849 | 0.984 |
| Tyrosine | g | 0.997 | 0 | 2.453 | 0.847 |
| Valine | g | 1.443 | 0 | 3.550 | 1.227 |
| Arginine | g | 1.875 | 0 | 4.612 | 1.594 |
| Histidine | g | 1.016 | 0 | 2.499 | 0.864 |
| Alanine | g | 1.789 | 0 | 4.401 | 1.521 |
| Aspartic acid | g | 2.710 | 0 | 6.667 | 2.304 |
| Glutamic acid | g | 4.457 | 0 | 10.964 | 3.788 |
| Glycine | g | 1.618 | 0 | 3.980 | 1.375 |
| Proline | g | 1.310 | 0 | 3.223 | 1.114 |
| Serine | g | 1.134 | 0 | 2.790 | 0.964 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13374 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

**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 | Samples | Measure 1* 249g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 51.36 | | 0 | 127.89 | 43.66 | |
| Energy | kcal | 293 | | 0 | 730 | 249 | |
| Energy | kj | 1226 | | 0 | 3053 | 1042 | |
| Protein (N x 5.95) | g | 29.44 | | 0 | 73.31 | 25.02 | |
| Total lipid (fat) | g | 18.56 | | 0 | 46.21 | 15.78 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.00 | | 0 | 2.49 | 0.85 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 25 | 9 | |
| Iron | mg | 3.35 | | 0 | 8.34 | 2.85 | |
| Magnesium | mg | 21 | | 0 | 52 | 18 | |
| Phosphorus | mg | 237 | | 0 | 590 | 201 | |
| Potassium | mg | 262 | | 0 | 652 | 223 | |
| Sodium | mg | 62 | | 0 | 154 | 53 | |
| Zinc | mg | 7.50 | | 0 | 18.68 | 6.38 | |
| Copper | mg | 0.145 | | 0 | 0.361 | 0.123 | |
| Manganese | mg | 0.017 | | 0 | 0.042 | 0.014 | |
| Selenium | :g | 25.2 | | 0 | 62.7 | 21.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.174 | 0.060 | |
| Riboflavin | mg | 0.260 | | 0 | 0.647 | 0.221 | |
| Niacin | mg | 3.370 | | 0 | 8.391 | 2.865 | |
| Pantothenic acid | mg | 0.350 | | 0 | 0.872 | 0.298 | |
| Vitamin B-6 | mg | 0.300 | | 0 | 0.747 | 0.255 | |
| Folate | :g | 10 | | 0 | 25 | 9 | |
| Vitamin B-12 | :g | 3.12 | | 0 | 7.77 | 2.65 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 7.210 | | 0 | 17.953 | 6.128 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.040 | | 0 | 0.100 | 0.034 | |
| 12:0 | g | 0.050 | | 0 | 0.125 | 0.043 | |
| 14:0 | g | 0.570 | | 0 | 1.419 | 0.484 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.430 | | 0 | 11.031 | 3.765 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.120 | | 0 | 5.279 | 1.802 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 7.930 | 0 | 19.746 | 6.741 |
| 14:1 | g | | | | |
| 16:1 | g | 0.770 | 0 | 1.917 | 0.655 |
| 18:1 | g | 7.130 | 0 | 17.754 | 6.060 |
| 20:1 | g | 0.030 | 0 | 0.075 | 0.026 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.710 | 0 | 1.768 | 0.603 |
| 18:2 | g | 0.490 | 0 | 1.220 | 0.417 |
| 18:3 | g | 0.190 | 0 | 0.473 | 0.161 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.100 | 0.034 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 100 | 0 | 249 | 85 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.330 | 0 | 0.822 | 0.281 |
| Threonine | g | 1.286 | 0 | 3.202 | 1.093 |
| Isoleucine | g | 1.324 | 0 | 3.297 | 1.125 |
| Leucine | g | 2.327 | 0 | 5.794 | 1.978 |
| Lysine | g | 2.449 | 0 | 6.098 | 2.082 |
| Methionine | g | 0.754 | 0 | 1.877 | 0.641 |
| Cystine | g | 0.330 | 0 | 0.822 | 0.281 |
| Phenylalanine | g | 1.149 | 0 | 2.861 | 0.977 |
| Tyrosine | g | 0.989 | 0 | 2.463 | 0.841 |
| Valine | g | 1.432 | 0 | 3.566 | 1.217 |
| Arginine | g | 1.861 | 0 | 4.634 | 1.582 |
| Histidine | g | 1.008 | 0 | 2.510 | 0.857 |
| Alanine | g | 1.776 | 0 | 4.422 | 1.510 |
| Aspartic acid | g | 2.690 | 0 | 6.698 | 2.287 |
| Glutamic acid | g | 4.423 | 0 | 11.013 | 3.760 |
| Glycine | g | 1.606 | 0 | 3.999 | 1.365 |
| Proline | g | 1.300 | 0 | 3.237 | 1.105 |
| Serine | g | 1.126 | 0 | 2.804 | 0.957 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13375 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised

**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 | Samples | Measure 1* 249g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 54.18 | | 0 | 134.91 | 46.05 | |
| Energy | kcal | 260 | | 0 | 647 | 221 | |
| Energy | kj | 1088 | | 0 | 2709 | 925 | |
| Protein (N x 5.95) | g | 30.11 | | 0 | 74.97 | 25.59 | |
| Total lipid (fat) | g | 14.62 | | 0 | 36.40 | 12.43 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.02 | | 0 | 2.54 | 0.87 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 25 | 9 | |
| Iron | mg | 3.44 | | 0 | 8.57 | 2.92 | |
| Magnesium | mg | 22 | | 0 | 55 | 19 | |
| Phosphorus | mg | 243 | | 0 | 605 | 207 | |
| Potassium | mg | 267 | | 0 | 665 | 227 | |
| Sodium | mg | 63 | | 0 | 157 | 54 | |
| Zinc | mg | 7.72 | | 0 | 19.22 | 6.56 | |
| Copper | mg | 0.149 | | 0 | 0.371 | 0.127 | |
| Manganese | mg | 0.017 | | 0 | 0.042 | 0.014 | |
| Selenium | :g | 25.4 | | 0 | 63.2 | 21.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.174 | 0.060 | |
| Riboflavin | mg | 0.260 | | 0 | 0.647 | 0.221 | |
| Niacin | mg | 3.440 | | 0 | 8.566 | 2.924 | |
| Pantothenic acid | mg | 0.350 | | 0 | 0.872 | 0.298 | |
| Vitamin B-6 | mg | 0.310 | | 0 | 0.772 | 0.264 | |
| Folate | :g | 10 | | 0 | 25 | 9 | |
| Vitamin B-12 | :g | 3.17 | | 0 | 7.89 | 2.69 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.690 | | 0 | 14.168 | 4.837 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.040 | | 0 | 0.100 | 0.034 | |
| 12:0 | g | 0.040 | | 0 | 0.100 | 0.034 | |
| 14:0 | g | 0.450 | | 0 | 1.121 | 0.383 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.500 | | 0 | 8.715 | 2.975 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.670 | | 0 | 4.158 | 1.420 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.250 | 0 | 15.563 | 5.313 |
| 14:1 | g | | | | |
| 16:1 | g | 0.610 | 0 | 1.519 | 0.518 |
| 18:1 | g | 5.620 | 0 | 13.994 | 4.777 |
| 20:1 | g | 0.020 | 0 | 0.050 | 0.017 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.560 | 0 | 1.394 | 0.476 |
| 18:2 | g | 0.380 | 0 | 0.946 | 0.323 |
| 18:3 | g | 0.150 | 0 | 0.374 | 0.128 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.075 | 0.026 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 100 | 0 | 249 | 85 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.337 | 0 | 0.839 | 0.286 |
| Threonine | g | 1.315 | 0 | 3.274 | 1.118 |
| Isoleucine | g | 1.354 | 0 | 3.371 | 1.151 |
| Leucine | g | 2.380 | 0 | 5.926 | 2.023 |
| Lysine | g | 2.505 | 0 | 6.237 | 2.129 |
| Methionine | g | 0.771 | 0 | 1.920 | 0.655 |
| Cystine | g | 0.337 | 0 | 0.839 | 0.286 |
| Phenylalanine | g | 1.176 | 0 | 2.928 | 1.000 |
| Tyrosine | g | 1.012 | 0 | 2.520 | 0.860 |
| Valine | g | 1.465 | 0 | 3.648 | 1.245 |
| Arginine | g | 1.903 | 0 | 4.738 | 1.618 |
| Histidine | g | 1.031 | 0 | 2.567 | 0.876 |
| Alanine | g | 1.816 | 0 | 4.522 | 1.544 |
| Aspartic acid | g | 2.751 | 0 | 6.850 | 2.338 |
| Glutamic acid | g | 4.524 | 0 | 11.265 | 3.845 |
| Glycine | g | 1.643 | 0 | 4.091 | 1.397 |
| Proline | g | 1.330 | 0 | 3.312 | 1.131 |
| Serine | g | 1.151 | 0 | 2.866 | 0.978 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13376 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised

**Refuse:** 31% 19% bone, 12% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 210g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 58.50 | | 1 | 122.85 | 49.73 | |
| Energy | kcal | 210 | | 0 | 441 | 179 | |
| Energy | kj | 879 | | 0 | 1846 | 747 | |
| Protein (N x 5.95) | g | 33.02 | 0.480 | 16 | 69.34 | 28.07 | |
| Total lipid (fat) | g | 7.60 | | 1 | 15.96 | 6.46 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.11 | 0.031 | 15 | 2.33 | 0.94 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | 0.726 | 9 | 19 | 8 | |
| Iron | mg | 3.79 | 0.181 | 9 | 7.96 | 3.22 | |
| Magnesium | mg | 24 | 0.511 | 9 | 50 | 20 | |
| Phosphorus | mg | 268 | | 1 | 563 | 228 | |
| Potassium | mg | 289 | 4.146 | 9 | 607 | 246 | |
| Sodium | mg | 66 | 6.606 | 9 | 139 | 56 | |
| Zinc | mg | 8.66 | 0.349 | 8 | 18.19 | 7.36 | |
| Copper | mg | 0.164 | 0.013 | 8 | 0.344 | 0.139 | |
| Manganese | mg | 0.019 | | 1 | 0.040 | 0.016 | |
| Selenium | :g | 26.7 | 2.200 | 7 | 56.1 | 22.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | 0.004 | 14 | 0.168 | 0.068 | |
| Riboflavin | mg | 0.290 | 0.014 | 12 | 0.609 | 0.247 | |
| Niacin | mg | 3.720 | 0.327 | 14 | 7.812 | 3.162 | |
| Pantothenic acid | mg | 0.380 | 0.033 | 4 | 0.798 | 0.323 | |
| Vitamin B-6 | mg | 0.330 | 0.017 | 4 | 0.693 | 0.281 | |
| Folate | :g | 11 | 2.071 | 14 | 23 | 9 | |
| Vitamin B-12 | :g | 3.40 | 0.500 | 15 | 7.14 | 2.89 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.294 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.760 | | 0 | 5.796 | 2.346 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 9 | 0.000 | 0.000 | |
| 12:0 | g | 0.010 | | 9 | 0.021 | 0.009 | |
| 14:0 | g | 0.200 | | 9 | 0.420 | 0.170 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.650 | | 9 | 3.465 | 1.403 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.900 | | 9 | 1.890 | 0.765 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.180 | | 0 | 6.678 | 2.703 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.280 | | 9 | 0.588 | 0.238 |
| 18:1 | g | 2.890 | | 9 | 6.069 | 2.457 |
| 20:1 | g | 0.000 | | 9 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.300 | | 0 | 0.630 | 0.255 |
| 18:2 | g | 0.240 | | 9 | 0.504 | 0.204 |
| 18:3 | g | 0.020 | | 9 | 0.042 | 0.017 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | | 9 | 0.084 | 0.034 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 101 | 1.572 | 8 | 212 | 86 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.370 | | 0 | 0.777 | 0.315 |
| Threonine | g | 1.442 | | 0 | 3.028 | 1.226 |
| Isoleucine | g | 1.485 | | 0 | 3.119 | 1.262 |
| Leucine | g | 2.610 | | 0 | 5.481 | 2.219 |
| Lysine | g | 2.747 | | 0 | 5.769 | 2.335 |
| Methionine | g | 0.845 | | 0 | 1.775 | 0.718 |
| Cystine | g | 0.370 | | 0 | 0.777 | 0.315 |
| Phenylalanine | g | 1.289 | | 0 | 2.707 | 1.096 |
| Tyrosine | g | 1.109 | | 0 | 2.329 | 0.943 |
| Valine | g | 1.606 | | 0 | 3.373 | 1.365 |
| Arginine | g | 2.087 | | 0 | 4.383 | 1.774 |
| Histidine | g | 1.131 | | 0 | 2.375 | 0.961 |
| Alanine | g | 1.992 | | 0 | 4.183 | 1.693 |
| Aspartic acid | g | 3.017 | | 0 | 6.336 | 2.564 |
| Glutamic acid | g | 4.961 | | 0 | 10.418 | 4.217 |
| Glycine | g | 1.802 | | 0 | 3.784 | 1.532 |
| Proline | g | 1.458 | | 0 | 3.062 | 1.239 |
| Serine | g | 1.263 | | 0 | 2.652 | 1.074 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13377 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised

**Refuse:** 32% 19% bone, 13% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 207g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 57.60 | | 0 | 119.23 | 48.96 | |
| Energy | kcal | 219 | | 0 | 453 | 186 | |
| Energy | kj | 916 | | 0 | 1896 | 779 | |
| Protein (N x 5.95) | g | 33.02 | | 0 | 68.35 | 28.07 | |
| Total lipid (fat) | g | 8.70 | | 0 | 18.01 | 7.39 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.11 | | 0 | 2.30 | 0.94 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 19 | 8 | |
| Iron | mg | 3.79 | | 0 | 7.85 | 3.22 | |
| Magnesium | mg | 24 | | 0 | 50 | 20 | |
| Phosphorus | mg | 268 | | 0 | 555 | 228 | |
| Potassium | mg | 289 | | 0 | 598 | 246 | |
| Sodium | mg | 66 | | 0 | 137 | 56 | |
| Zinc | mg | 8.66 | | 0 | 17.93 | 7.36 | |
| Copper | mg | 0.164 | | 0 | 0.339 | 0.139 | |
| Manganese | mg | 0.019 | | 0 | 0.039 | 0.016 | |
| Selenium | :g | 26.7 | | 0 | 55.3 | 22.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.166 | 0.068 | |
| Riboflavin | mg | 0.290 | | 0 | 0.600 | 0.247 | |
| Niacin | mg | 3.720 | | 0 | 7.700 | 3.162 | |
| Pantothenic acid | mg | 0.380 | | 0 | 0.787 | 0.323 | |
| Vitamin B-6 | mg | 0.330 | | 0 | 0.683 | 0.281 | |
| Folate | :g | 11 | | 0 | 23 | 9 | |
| Vitamin B-12 | :g | 3.40 | | 0 | 7.04 | 2.89 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.160 | | 0 | 6.541 | 2.686 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.010 | | 0 | 0.021 | 0.009 | |
| 14:0 | g | 0.230 | | 0 | 0.476 | 0.196 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.890 | | 0 | 3.912 | 1.607 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.030 | | 0 | 2.132 | 0.876 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 3.640 | 0 | 7.535 | 3.094 |
| 14:1 | g | | | | |
| 16:1 | g | 0.320 | 0 | 0.662 | 0.272 |
| 18:1 | g | 3.310 | 0 | 6.852 | 2.814 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.340 | 0 | 0.704 | 0.289 |
| 18:2 | g | 0.270 | 0 | 0.559 | 0.230 |
| 18:3 | g | 0.030 | 0 | 0.062 | 0.026 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.083 | 0.034 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 101 | 0 | 209 | 86 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.370 | 0 | 0.766 | 0.315 |
| Threonine | g | 1.442 | 0 | 2.985 | 1.226 |
| Isoleucine | g | 1.485 | 0 | 3.074 | 1.262 |
| Leucine | g | 2.610 | 0 | 5.403 | 2.219 |
| Lysine | g | 2.747 | 0 | 5.686 | 2.335 |
| Methionine | g | 0.845 | 0 | 1.749 | 0.718 |
| Cystine | g | 0.370 | 0 | 0.766 | 0.315 |
| Phenylalanine | g | 1.289 | 0 | 2.668 | 1.096 |
| Tyrosine | g | 1.109 | 0 | 2.296 | 0.943 |
| Valine | g | 1.606 | 0 | 3.324 | 1.365 |
| Arginine | g | 2.087 | 0 | 4.320 | 1.774 |
| Histidine | g | 1.131 | 0 | 2.341 | 0.961 |
| Alanine | g | 1.992 | 0 | 4.123 | 1.693 |
| Aspartic acid | g | 3.017 | 0 | 6.245 | 2.564 |
| Glutamic acid | g | 4.961 | 0 | 10.269 | 4.217 |
| Glycine | g | 1.802 | 0 | 3.730 | 1.532 |
| Proline | g | 1.458 | 0 | 3.018 | 1.239 |
| Serine | g | 1.263 | 0 | 2.614 | 1.074 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13378 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised

**Refuse:** 29% 18% bone, 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 | Samples | Measure 1* 216g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.50 | | 0 | 128.52 | 50.58 | |
| Energy | kcal | 198 | | 0 | 428 | 168 | |
| Energy | kj | 828 | | 0 | 1788 | 704 | |
| Protein (N x 5.95) | g | 33.02 | | 0 | 71.32 | 28.07 | |
| Total lipid (fat) | g | 6.30 | | 0 | 13.61 | 5.36 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.11 | | 0 | 2.40 | 0.94 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 19 | 8 | |
| Iron | mg | 3.79 | | 0 | 8.19 | 3.22 | |
| Magnesium | mg | 24 | | 0 | 52 | 20 | |
| Phosphorus | mg | 268 | | 0 | 579 | 228 | |
| Potassium | mg | 289 | | 0 | 624 | 246 | |
| Sodium | mg | 66 | | 0 | 143 | 56 | |
| Zinc | mg | 8.66 | | 0 | 18.71 | 7.36 | |
| Copper | mg | 0.164 | | 0 | 0.354 | 0.139 | |
| Manganese | mg | 0.019 | | 0 | 0.041 | 0.016 | |
| Selenium | :g | 26.7 | | 0 | 57.7 | 22.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.173 | 0.068 | |
| Riboflavin | mg | 0.290 | | 0 | 0.626 | 0.247 | |
| Niacin | mg | 3.720 | | 0 | 8.035 | 3.162 | |
| Pantothenic acid | mg | 0.380 | | 0 | 0.821 | 0.323 | |
| Vitamin B-6 | mg | 0.330 | | 0 | 0.713 | 0.281 | |
| Folate | :g | 11 | | 0 | 24 | 9 | |
| Vitamin B-12 | :g | 3.40 | | 0 | 7.34 | 2.89 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.290 | | 0 | 4.946 | 1.947 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 12:0 | g | 0.010 | | 0 | 0.022 | 0.009 | |
| 14:0 | g | 0.160 | | 0 | 0.346 | 0.136 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 1.370 | | 0 | 2.959 | 1.165 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 0.750 | | 0 | 1.620 | 0.637 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 2.630 | 0 | 5.681 | 2.236 |
| 14:1 | g | | | | |
| 16:1 | g | 0.230 | 0 | 0.497 | 0.196 |
| 18:1 | g | 2.400 | 0 | 5.184 | 2.040 |
| 20:1 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.250 | 0 | 0.540 | 0.213 |
| 18:2 | g | 0.200 | 0 | 0.432 | 0.170 |
| 18:3 | g | 0.020 | 0 | 0.043 | 0.017 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.065 | 0.026 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 101 | 0 | 218 | 86 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.370 | 0 | 0.799 | 0.315 |
| Threonine | g | 1.442 | 0 | 3.115 | 1.226 |
| Isoleucine | g | 1.485 | 0 | 3.208 | 1.262 |
| Leucine | g | 2.610 | 0 | 5.638 | 2.219 |
| Lysine | g | 2.747 | 0 | 5.934 | 2.335 |
| Methionine | g | 0.845 | 0 | 1.825 | 0.718 |
| Cystine | g | 0.370 | 0 | 0.799 | 0.315 |
| Phenylalanine | g | 1.289 | 0 | 2.784 | 1.096 |
| Tyrosine | g | 1.109 | 0 | 2.395 | 0.943 |
| Valine | g | 1.606 | 0 | 3.469 | 1.365 |
| Arginine | g | 2.087 | 0 | 4.508 | 1.774 |
| Histidine | g | 1.131 | 0 | 2.443 | 0.961 |
| Alanine | g | 1.992 | 0 | 4.303 | 1.693 |
| Aspartic acid | g | 3.017 | 0 | 6.517 | 2.564 |
| Glutamic acid | g | 4.961 | 0 | 10.716 | 4.217 |
| Glycine | g | 1.802 | 0 | 3.892 | 1.532 |
| Proline | g | 1.458 | 0 | 3.149 | 1.239 |
| Serine | g | 1.263 | 0 | 2.728 | 1.074 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13379 Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

**Refuse:** 25% Bone

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 235g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 47.92 | | 0 | 112.61 | 40.73 | |
| Energy | kcal | 334 | | 0 | 785 | 284 | |
| Energy | kj | 1397 | | 0 | 3283 | 1187 | |
| Protein (N x 5.95) | g | 27.18 | | 0 | 63.87 | 23.10 | |
| Total lipid (fat) | g | 24.14 | | 0 | 56.73 | 20.52 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.89 | | 0 | 2.09 | 0.76 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 31 | 11 | |
| Iron | mg | 3.18 | | 0 | 7.47 | 2.70 | |
| Magnesium | mg | 20 | | 0 | 47 | 17 | |
| Phosphorus | mg | 205 | | 0 | 482 | 174 | |
| Potassium | mg | 236 | | 0 | 555 | 201 | |
| Sodium | mg | 65 | | 0 | 153 | 55 | |
| Zinc | mg | 8.58 | | 0 | 20.16 | 7.29 | |
| Copper | mg | 0.128 | | 0 | 0.301 | 0.109 | |
| Manganese | mg | 0.016 | | 0 | 0.038 | 0.014 | |
| Selenium | :g | 25.0 | | 0 | 58.8 | 21.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.165 | 0.060 | |
| Riboflavin | mg | 0.250 | | 0 | 0.588 | 0.213 | |
| Niacin | mg | 2.450 | | 0 | 5.758 | 2.083 | |
| Pantothenic acid | mg | 0.310 | | 0 | 0.728 | 0.264 | |
| Vitamin B-6 | mg | 0.260 | | 0 | 0.611 | 0.221 | |
| Folate | :g | 5 | | 0 | 12 | 4 | |
| Vitamin B-12 | :g | 2.31 | | 0 | 5.43 | 1.96 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.200 | | 0 | 0.470 | 0.170 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.590 | | 0 | 22.537 | 8.152 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.060 | | 0 | 0.141 | 0.051 | |
| 12:0 | g | 0.050 | | 0 | 0.118 | 0.043 | |
| 14:0 | g | 0.760 | | 0 | 1.786 | 0.646 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.820 | | 0 | 13.677 | 4.947 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.900 | | 0 | 6.815 | 2.465 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 10.430 | 0 | 24.510 | 8.865 |
| 14:1 | g | | | | |
| 16:1 | g | 0.970 | 0 | 2.280 | 0.825 |
| 18:1 | g | 9.420 | 0 | 22.137 | 8.007 |
| 20:1 | g | 0.040 | 0 | 0.094 | 0.034 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.860 | 0 | 2.021 | 0.731 |
| 18:2 | g | 0.600 | 0 | 1.410 | 0.510 |
| 18:3 | g | 0.230 | 0 | 0.541 | 0.196 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | 0 | 0.094 | 0.034 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 104 | 0 | 244 | 88 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.304 | 0 | 0.714 | 0.258 |
| Threonine | g | 1.187 | 0 | 2.789 | 1.009 |
| Isoleucine | g | 1.222 | 0 | 2.872 | 1.039 |
| Leucine | g | 2.149 | 0 | 5.050 | 1.827 |
| Lysine | g | 2.262 | 0 | 5.316 | 1.923 |
| Methionine | g | 0.696 | 0 | 1.636 | 0.592 |
| Cystine | g | 0.304 | 0 | 0.714 | 0.258 |
| Phenylalanine | g | 1.061 | 0 | 2.493 | 0.902 |
| Tyrosine | g | 0.913 | 0 | 2.146 | 0.776 |
| Valine | g | 1.322 | 0 | 3.107 | 1.124 |
| Arginine | g | 1.718 | 0 | 4.037 | 1.460 |
| Histidine | g | 0.931 | 0 | 2.188 | 0.791 |
| Alanine | g | 1.640 | 0 | 3.854 | 1.394 |
| Aspartic acid | g | 2.484 | 0 | 5.837 | 2.111 |
| Glutamic acid | g | 4.084 | 0 | 9.597 | 3.471 |
| Glycine | g | 1.483 | 0 | 3.485 | 1.261 |
| Proline | g | 1.200 | 0 | 2.820 | 1.020 |
| Serine | g | 1.040 | 0 | 2.444 | 0.884 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13380 Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

**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 | Samples | Measure 1* 238g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 46.92 | | 0 | 111.67 | 39.88 | |
| Energy | kcal | 348 | | 0 | 828 | 296 | |
| Energy | kj | 1456 | | 0 | 3465 | 1238 | |
| Protein (N x 5.95) | g | 26.98 | | 0 | 64.21 | 22.93 | |
| Total lipid (fat) | g | 25.83 | | 0 | 61.48 | 21.96 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.88 | | 0 | 2.09 | 0.75 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 31 | 11 | |
| Iron | mg | 3.16 | | 0 | 7.52 | 2.69 | |
| Magnesium | mg | 20 | | 0 | 48 | 17 | |
| Phosphorus | mg | 203 | | 0 | 483 | 173 | |
| Potassium | mg | 234 | | 0 | 557 | 199 | |
| Sodium | mg | 65 | | 0 | 155 | 55 | |
| Zinc | mg | 8.50 | | 0 | 20.23 | 7.22 | |
| Copper | mg | 0.127 | | 0 | 0.302 | 0.108 | |
| Manganese | mg | 0.016 | | 0 | 0.038 | 0.014 | |
| Selenium | :g | 24.9 | | 0 | 59.3 | 21.2 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.167 | 0.060 | |
| Riboflavin | mg | 0.250 | | 0 | 0.595 | 0.213 | |
| Niacin | mg | 2.440 | | 0 | 5.807 | 2.074 | |
| Pantothenic acid | mg | 0.310 | | 0 | 0.738 | 0.264 | |
| Vitamin B-6 | mg | 0.260 | | 0 | 0.619 | 0.221 | |
| Folate | :g | 5 | | 0 | 12 | 4 | |
| Vitamin B-12 | :g | 2.30 | | 0 | 5.47 | 1.95 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 10.260 | | 0 | 24.419 | 8.721 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.060 | | 0 | 0.143 | 0.051 | |
| 12:0 | g | 0.060 | | 0 | 0.143 | 0.051 | |
| 14:0 | g | 0.820 | | 0 | 1.952 | 0.697 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.220 | | 0 | 14.804 | 5.287 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.110 | | 0 | 7.402 | 2.643 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 11.160 | 0 | 26.561 | 9.486 |
| 14:1 | g | | | | |
| 16:1 | g | 1.040 | 0 | 2.475 | 0.884 |
| 18:1 | g | 10.080 | 0 | 23.990 | 8.568 |
| 20:1 | g | 0.040 | 0 | 0.095 | 0.034 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.920 | 0 | 2.190 | 0.782 |
| 18:2 | g | 0.640 | 0 | 1.523 | 0.544 |
| 18:3 | g | 0.240 | 0 | 0.571 | 0.204 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.095 | 0.034 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 104 | 0 | 248 | 88 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.302 | 0 | 0.719 | 0.257 |
| Threonine | g | 1.178 | 0 | 2.804 | 1.001 |
| Isoleucine | g | 1.213 | 0 | 2.887 | 1.031 |
| Leucine | g | 2.132 | 0 | 5.074 | 1.812 |
| Lysine | g | 2.245 | 0 | 5.343 | 1.908 |
| Methionine | g | 0.691 | 0 | 1.645 | 0.587 |
| Cystine | g | 0.302 | 0 | 0.719 | 0.257 |
| Phenylalanine | g | 1.053 | 0 | 2.506 | 0.895 |
| Tyrosine | g | 0.907 | 0 | 2.159 | 0.771 |
| Valine | g | 1.312 | 0 | 3.123 | 1.115 |
| Arginine | g | 1.705 | 0 | 4.058 | 1.449 |
| Histidine | g | 0.924 | 0 | 2.199 | 0.785 |
| Alanine | g | 1.627 | 0 | 3.872 | 1.383 |
| Aspartic acid | g | 2.465 | 0 | 5.867 | 2.095 |
| Glutamic acid | g | 4.053 | 0 | 9.646 | 3.445 |
| Glycine | g | 1.472 | 0 | 3.503 | 1.251 |
| Proline | g | 1.191 | 0 | 2.835 | 1.012 |
| Serine | g | 1.032 | 0 | 2.456 | 0.877 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13381 Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised

**Refuse:** 4% 23% bone, 17% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 235g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 49.39 | | 0 | 116.07 | 41.98 | |
| Energy | kcal | 313 | | 0 | 736 | 266 | |
| Energy | kj | 1310 | | 0 | 3079 | 1114 | |
| Protein (N x 5.95) | g | 27.59 | | 0 | 64.84 | 23.45 | |
| Total lipid (fat) | g | 21.67 | | 0 | 50.92 | 18.42 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.90 | | 0 | 2.12 | 0.77 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 31 | 11 | |
| Iron | mg | 3.23 | | 0 | 7.59 | 2.75 | |
| Magnesium | mg | 20 | | 0 | 47 | 17 | |
| Phosphorus | mg | 208 | | 0 | 489 | 177 | |
| Potassium | mg | 239 | | 0 | 562 | 203 | |
| Sodium | mg | 66 | | 0 | 155 | 56 | |
| Zinc | mg | 8.76 | | 0 | 20.59 | 7.45 | |
| Copper | mg | 0.130 | | 0 | 0.306 | 0.111 | |
| Manganese | mg | 0.016 | | 0 | 0.038 | 0.014 | |
| Selenium | :g | 25.1 | | 0 | 59.0 | 21.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.165 | 0.060 | |
| Riboflavin | mg | 0.250 | | 0 | 0.588 | 0.213 | |
| Niacin | mg | 2.480 | | 0 | 5.828 | 2.108 | |
| Pantothenic acid | mg | 0.320 | | 0 | 0.752 | 0.272 | |
| Vitamin B-6 | mg | 0.260 | | 0 | 0.611 | 0.221 | |
| Folate | :g | 5 | | 0 | 12 | 4 | |
| Vitamin B-12 | :g | 2.33 | | 0 | 5.48 | 1.98 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 8.610 | | 0 | 20.233 | 7.318 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.050 | | 0 | 0.118 | 0.043 | |
| 12:0 | g | 0.050 | | 0 | 0.118 | 0.043 | |
| 14:0 | g | 0.690 | | 0 | 1.621 | 0.587 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.220 | | 0 | 12.267 | 4.437 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.600 | | 0 | 6.110 | 2.210 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.360 | 0 | 21.996 | 7.956 |
| 14:1 | g | | | | |
| 16:1 | g | 0.870 | 0 | 2.044 | 0.740 |
| 18:1 | g | 8.460 | 0 | 19.881 | 7.191 |
| 20:1 | g | 0.040 | 0 | 0.094 | 0.034 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.770 | 0 | 1.810 | 0.655 |
| 18:2 | g | 0.540 | 0 | 1.269 | 0.459 |
| 18:3 | g | 0.200 | 0 | 0.470 | 0.170 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.070 | 0.026 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 104 | 0 | 244 | 88 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.309 | 0 | 0.726 | 0.263 |
| Threonine | g | 1.205 | 0 | 2.832 | 1.024 |
| Isoleucine | g | 1.241 | 0 | 2.916 | 1.055 |
| Leucine | g | 2.181 | 0 | 5.125 | 1.854 |
| Lysine | g | 2.296 | 0 | 5.396 | 1.952 |
| Methionine | g | 0.706 | 0 | 1.659 | 0.600 |
| Cystine | g | 0.309 | 0 | 0.726 | 0.263 |
| Phenylalanine | g | 1.077 | 0 | 2.531 | 0.915 |
| Tyrosine | g | 0.927 | 0 | 2.178 | 0.788 |
| Valine | g | 1.342 | 0 | 3.154 | 1.141 |
| Arginine | g | 1.744 | 0 | 4.098 | 1.482 |
| Histidine | g | 0.945 | 0 | 2.221 | 0.803 |
| Alanine | g | 1.664 | 0 | 3.910 | 1.414 |
| Aspartic acid | g | 2.521 | 0 | 5.924 | 2.143 |
| Glutamic acid | g | 4.145 | 0 | 9.741 | 3.523 |
| Glycine | g | 1.505 | 0 | 3.537 | 1.279 |
| Proline | g | 1.218 | 0 | 2.862 | 1.035 |
| Serine | g | 1.055 | 0 | 2.479 | 0.897 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13382 Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised

**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 | Samples | Measure 1* 191g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 54.80 | | 1 | 104.67 | 46.58 | |
| Energy | kcal | 253 | | 0 | 483 | 215 | |
| Energy | kj | 1059 | | 0 | 2023 | 900 | |
| Protein (N x 5.95) | g | 31.06 | 0.774 | 11 | 59.32 | 26.40 | |
| Total lipid (fat) | g | 13.30 | | 1 | 25.40 | 11.30 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.99 | 0.031 | 11 | 1.89 | 0.84 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | 1.258 | 11 | 25 | 11 | |
| Iron | mg | 3.68 | 0.200 | 10 | 7.03 | 3.13 | |
| Magnesium | mg | 23 | 0.834 | 11 | 44 | 20 | |
| Phosphorus | mg | 235 | | 1 | 449 | 200 | |
| Potassium | mg | 263 | 8.280 | 11 | 502 | 224 | |
| Sodium | mg | 71 | 6.704 | 11 | 136 | 60 | |
| Zinc | mg | 10.27 | 0.753 | 7 | 19.62 | 8.73 | |
| Copper | mg | 0.148 | 0.011 | 8 | 0.283 | 0.126 | |
| Manganese | mg | 0.018 | | 1 | 0.034 | 0.015 | |
| Selenium | :g | 26.7 | 2.200 | 7 | 51.0 | 22.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | 0.007 | 11 | 0.153 | 0.068 | |
| Riboflavin | mg | 0.280 | 0.020 | 9 | 0.535 | 0.238 | |
| Niacin | mg | 2.670 | 0.359 | 11 | 5.100 | 2.269 | |
| Pantothenic acid | mg | 0.350 | | 1 | 0.669 | 0.298 | |
| Vitamin B-6 | mg | 0.290 | | 1 | 0.554 | 0.247 | |
| Folate | :g | 6 | 1.142 | 11 | 11 | 5 | |
| Vitamin B-12 | :g | 2.47 | 0.321 | 11 | 4.72 | 2.10 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.267 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.160 | | 0 | 9.856 | 4.386 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 8 | 0.019 | 0.009 | |
| 12:0 | g | 0.010 | | 8 | 0.019 | 0.009 | |
| 14:0 | g | 0.390 | | 8 | 0.745 | 0.331 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.010 | | 8 | 5.749 | 2.559 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.730 | | 8 | 3.304 | 1.471 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.730 | | 0 | 10.944 | 4.870 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.460 | | 8 | 0.879 | 0.391 |
| 18:1 | g | 5.260 | | 8 | 10.047 | 4.471 |
| 20:1 | g | 0.010 | | 8 | 0.019 | 0.009 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.440 | | 0 | 0.840 | 0.374 |
| 18:2 | g | 0.360 | | 8 | 0.688 | 0.306 |
| 18:3 | g | 0.030 | | 8 | 0.057 | 0.026 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | | 8 | 0.076 | 0.034 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 106 | 1.958 | 8 | 202 | 90 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.348 | | 0 | 0.665 | 0.296 |
| Threonine | g | 1.357 | | 0 | 2.592 | 1.153 |
| Isoleucine | g | 1.397 | | 0 | 2.668 | 1.187 |
| Leucine | g | 2.455 | | 0 | 4.689 | 2.087 |
| Lysine | g | 2.584 | | 0 | 4.935 | 2.196 |
| Methionine | g | 0.795 | | 0 | 1.518 | 0.676 |
| Cystine | g | 0.348 | | 0 | 0.665 | 0.296 |
| Phenylalanine | g | 1.213 | | 0 | 2.317 | 1.031 |
| Tyrosine | g | 1.044 | | 0 | 1.994 | 0.887 |
| Valine | g | 1.511 | | 0 | 2.886 | 1.284 |
| Arginine | g | 1.963 | | 0 | 3.749 | 1.669 |
| Histidine | g | 1.064 | | 0 | 2.032 | 0.904 |
| Alanine | g | 1.874 | | 0 | 3.579 | 1.593 |
| Aspartic acid | g | 2.838 | | 0 | 5.421 | 2.412 |
| Glutamic acid | g | 4.667 | | 0 | 8.914 | 3.967 |
| Glycine | g | 1.695 | | 0 | 3.237 | 1.441 |
| Proline | g | 1.372 | | 0 | 2.621 | 1.166 |
| Serine | g | 1.188 | | 0 | 2.269 | 1.010 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13383 Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, choice, cooked, braised

**Refuse:** 39% 24% bone, 15% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 191g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 54.00 | | 0 | 103.14 | 45.90 | |
| Energy | kcal | 265 | | 0 | 506 | 225 | |
| Energy | kj | 1109 | | 0 | 2118 | 943 | |
| Protein (N x 5.95) | g | 31.06 | | 0 | 59.32 | 26.40 | |
| Total lipid (fat) | g | 14.70 | | 0 | 28.08 | 12.49 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.99 | | 0 | 1.89 | 0.84 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 25 | 11 | |
| Iron | mg | 3.68 | | 0 | 7.03 | 3.13 | |
| Magnesium | mg | 23 | | 0 | 44 | 20 | |
| Phosphorus | mg | 235 | | 0 | 449 | 200 | |
| Potassium | mg | 263 | | 0 | 502 | 224 | |
| Sodium | mg | 71 | | 0 | 136 | 60 | |
| Zinc | mg | 10.27 | | 0 | 19.62 | 8.73 | |
| Copper | mg | 0.148 | | 0 | 0.283 | 0.126 | |
| Manganese | mg | 0.018 | | 0 | 0.034 | 0.015 | |
| Selenium | :g | 26.7 | | 0 | 51.0 | 22.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.153 | 0.068 | |
| Riboflavin | mg | 0.280 | | 0 | 0.535 | 0.238 | |
| Niacin | mg | 2.670 | | 0 | 5.100 | 2.269 | |
| Pantothenic acid | mg | 0.350 | | 0 | 0.669 | 0.298 | |
| Vitamin B-6 | mg | 0.290 | | 0 | 0.554 | 0.247 | |
| Folate | :g | 6 | | 0 | 11 | 5 | |
| Vitamin B-12 | :g | 2.47 | | 0 | 4.72 | 2.10 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.700 | | 0 | 10.887 | 4.845 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 0 | 0.019 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.019 | 0.009 | |
| 14:0 | g | 0.430 | | 0 | 0.821 | 0.366 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.330 | | 0 | 6.360 | 2.831 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.920 | | 0 | 3.667 | 1.632 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.340 | 0 | 12.109 | 5.389 |
| 14:1 | g | | | | |
| 16:1 | g | 0.510 | 0 | 0.974 | 0.434 |
| 18:1 | g | 5.820 | 0 | 11.116 | 4.947 |
| 20:1 | g | 0.010 | 0 | 0.019 | 0.009 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.480 | 0 | 0.917 | 0.408 |
| 18:2 | g | 0.390 | 0 | 0.745 | 0.331 |
| 18:3 | g | 0.040 | 0 | 0.076 | 0.034 |
| 18:4 | g | | | | |
| 20:4 | g | 0.050 | 0 | 0.096 | 0.043 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 106 | 0 | 202 | 90 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.348 | 0 | 0.665 | 0.296 |
| Threonine | g | 1.357 | 0 | 2.592 | 1.153 |
| Isoleucine | g | 1.397 | 0 | 2.668 | 1.187 |
| Leucine | g | 2.455 | 0 | 4.689 | 2.087 |
| Lysine | g | 2.584 | 0 | 4.935 | 2.196 |
| Methionine | g | 0.795 | 0 | 1.518 | 0.676 |
| Cystine | g | 0.348 | 0 | 0.665 | 0.296 |
| Phenylalanine | g | 1.213 | 0 | 2.317 | 1.031 |
| Tyrosine | g | 1.044 | 0 | 1.994 | 0.887 |
| Valine | g | 1.511 | 0 | 2.886 | 1.284 |
| Arginine | g | 1.963 | 0 | 3.749 | 1.669 |
| Histidine | g | 1.064 | 0 | 2.032 | 0.904 |
| Alanine | g | 1.874 | 0 | 3.579 | 1.593 |
| Aspartic acid | g | 2.838 | 0 | 5.421 | 2.412 |
| Glutamic acid | g | 4.667 | 0 | 8.914 | 3.967 |
| Glycine | g | 1.695 | 0 | 3.237 | 1.441 |
| Proline | g | 1.372 | 0 | 2.621 | 1.166 |
| Serine | g | 1.188 | 0 | 2.269 | 1.010 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13384 Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, select, cooked, braised

**Refuse:** 38% 25% bone, 13% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 194g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 55.70 | | 0 | 108.06 | 47.34 | |
| Energy | kcal | 238 | | 0 | 462 | 202 | |
| Energy | kj | 996 | | 0 | 1932 | 847 | |
| Protein (N x 5.95) | g | 31.06 | | 0 | 60.26 | 26.40 | |
| Total lipid (fat) | g | 11.70 | | 0 | 22.70 | 9.94 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.99 | | 0 | 1.92 | 0.84 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 25 | 11 | |
| Iron | mg | 3.68 | | 0 | 7.14 | 3.13 | |
| Magnesium | mg | 23 | | 0 | 45 | 20 | |
| Phosphorus | mg | 235 | | 0 | 456 | 200 | |
| Potassium | mg | 263 | | 0 | 510 | 224 | |
| Sodium | mg | 71 | | 0 | 138 | 60 | |
| Zinc | mg | 10.27 | | 0 | 19.92 | 8.73 | |
| Copper | mg | 0.148 | | 0 | 0.287 | 0.126 | |
| Manganese | mg | 0.018 | | 0 | 0.035 | 0.015 | |
| Selenium | :g | 26.7 | | 0 | 51.8 | 22.7 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | 0.155 | 0.068 | |
| Riboflavin | mg | 0.280 | | 0 | 0.543 | 0.238 | |
| Niacin | mg | 2.670 | | 0 | 5.180 | 2.269 | |
| Pantothenic acid | mg | 0.350 | | 0 | 0.679 | 0.298 | |
| Vitamin B-6 | mg | 0.290 | | 0 | 0.563 | 0.247 | |
| Folate | :g | 6 | | 0 | 12 | 5 | |
| Vitamin B-12 | :g | 2.47 | | 0 | 4.79 | 2.10 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.540 | | 0 | 8.808 | 3.859 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 0 | 0.019 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.019 | 0.009 | |
| 14:0 | g | 0.340 | | 0 | 0.660 | 0.289 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.650 | | 0 | 5.141 | 2.252 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.530 | | 0 | 2.968 | 1.301 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.040 | 0 | 9.778 | 4.284 |
| 14:1 | g | | | | |
| 16:1 | g | 0.410 | 0 | 0.795 | 0.349 |
| 18:1 | g | 4.630 | 0 | 8.982 | 3.936 |
| 20:1 | g | 0.010 | 0 | 0.019 | 0.009 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.380 | 0 | 0.737 | 0.323 |
| 18:2 | g | 0.310 | 0 | 0.601 | 0.264 |
| 18:3 | g | 0.030 | 0 | 0.058 | 0.026 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.078 | 0.034 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 106 | 0 | 206 | 90 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.348 | 0 | 0.675 | 0.296 |
| Threonine | g | 1.357 | 0 | 2.633 | 1.153 |
| Isoleucine | g | 1.397 | 0 | 2.710 | 1.187 |
| Leucine | g | 2.455 | 0 | 4.763 | 2.087 |
| Lysine | g | 2.584 | 0 | 5.013 | 2.196 |
| Methionine | g | 0.795 | 0 | 1.542 | 0.676 |
| Cystine | g | 0.348 | 0 | 0.675 | 0.296 |
| Phenylalanine | g | 1.213 | 0 | 2.353 | 1.031 |
| Tyrosine | g | 1.044 | 0 | 2.025 | 0.887 |
| Valine | g | 1.511 | 0 | 2.931 | 1.284 |
| Arginine | g | 1.963 | 0 | 3.808 | 1.669 |
| Histidine | g | 1.064 | 0 | 2.064 | 0.904 |
| Alanine | g | 1.874 | 0 | 3.636 | 1.593 |
| Aspartic acid | g | 2.838 | 0 | 5.506 | 2.412 |
| Glutamic acid | g | 4.667 | 0 | 9.054 | 3.967 |
| Glycine | g | 1.695 | 0 | 3.288 | 1.441 |
| Proline | g | 1.372 | 0 | 2.662 | 1.166 |
| Serine | g | 1.188 | 0 | 2.305 | 1.010 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13385 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" 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 | Samples | Measure 1* 290g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 47.68 | | 0 | 138.27 | 40.53 | |
| Energy | kcal | 353 | | 0 | 1024 | 300 | |
| Energy | kj | 1477 | | 0 | 4283 | 1255 | |
| Protein (N x 5.95) | g | 23.14 | | 0 | 67.11 | 19.67 | |
| Total lipid (fat) | g | 28.20 | | 0 | 81.78 | 23.97 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.92 | | 0 | 2.67 | 0.78 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 29 | 9 | |
| Iron | mg | 2.36 | | 0 | 6.84 | 2.01 | |
| Magnesium | mg | 20 | | 0 | 58 | 17 | |
| Phosphorus | mg | 174 | | 0 | 505 | 148 | |
| Potassium | mg | 295 | | 0 | 856 | 251 | |
| Sodium | mg | 65 | | 0 | 189 | 55 | |
| Zinc | mg | 5.88 | | 0 | 17.05 | 5.00 | |
| Copper | mg | 0.089 | | 0 | 0.258 | 0.076 | |
| Manganese | mg | 0.014 | | 0 | 0.041 | 0.012 | |
| Selenium | :g | 21.4 | | 0 | 62.1 | 18.2 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.203 | 0.060 | |
| Riboflavin | mg | 0.190 | | 0 | 0.551 | 0.161 | |
| Niacin | mg | 3.700 | | 0 | 10.730 | 3.145 | |
| Pantothenic acid | mg | 0.370 | | 0 | 1.073 | 0.315 | |
| Vitamin B-6 | mg | 0.230 | | 0 | 0.667 | 0.196 | |
| Folate | :g | 7 | | 0 | 20 | 6 | |
| Vitamin B-12 | :g | 2.35 | | 0 | 6.82 | 2.00 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.220 | | 0 | 0.638 | 0.187 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 11.370 | | 0 | 32.973 | 9.664 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.080 | | 0 | 0.232 | 0.068 | |
| 12:0 | g | 0.070 | | 0 | 0.203 | 0.060 | |
| 14:0 | g | 0.920 | | 0 | 2.668 | 0.782 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.950 | | 0 | 20.155 | 5.907 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.360 | | 0 | 9.744 | 2.856 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 12.060 | 0 | 34.974 | 10.251 |
| 14:1 | g | | | | |
| 16:1 | g | 1.160 | 0 | 3.364 | 0.986 |
| 18:1 | g | 10.850 | 0 | 31.465 | 9.223 |
| 20:1 | g | 0.050 | 0 | 0.145 | 0.043 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.980 | 0 | 2.842 | 0.833 |
| 18:2 | g | 0.660 | 0 | 1.914 | 0.561 |
| 18:3 | g | 0.290 | 0 | 0.841 | 0.247 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | 0 | 0.087 | 0.026 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 85 | 0 | 247 | 72 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.259 | 0 | 0.751 | 0.220 |
| Threonine | g | 1.011 | 0 | 2.932 | 0.859 |
| Isoleucine | g | 1.040 | 0 | 3.016 | 0.884 |
| Leucine | g | 1.829 | 0 | 5.304 | 1.555 |
| Lysine | g | 1.925 | 0 | 5.582 | 1.636 |
| Methionine | g | 0.592 | 0 | 1.717 | 0.503 |
| Cystine | g | 0.259 | 0 | 0.751 | 0.220 |
| Phenylalanine | g | 0.903 | 0 | 2.619 | 0.768 |
| Tyrosine | g | 0.778 | 0 | 2.256 | 0.661 |
| Valine | g | 1.126 | 0 | 3.265 | 0.957 |
| Arginine | g | 1.463 | 0 | 4.243 | 1.244 |
| Histidine | g | 0.792 | 0 | 2.297 | 0.673 |
| Alanine | g | 1.396 | 0 | 4.048 | 1.187 |
| Aspartic acid | g | 2.114 | 0 | 6.131 | 1.797 |
| Glutamic acid | g | 3.477 | 0 | 10.083 | 2.955 |
| Glycine | g | 1.263 | 0 | 3.663 | 1.074 |
| Proline | g | 1.022 | 0 | 2.964 | 0.869 |
| Serine | g | 0.885 | 0 | 2.566 | 0.752 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## 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 | Samples | Measure 1* 290g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 46.10 | | 0 | 133.69 | 39.19 | |
| Energy | kcal | 372 | | 0 | 1079 | 316 | |
| Energy | kj | 1556 | | 0 | 4512 | 1323 | |
| Protein (N x 5.95) | g | 22.80 | | 0 | 66.12 | 19.38 | |
| Total lipid (fat) | g | 30.49 | | 0 | 88.42 | 25.92 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.90 | | 0 | 2.61 | 0.77 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 10 | | 0 | 29 | 9 | |
| Iron | mg | 2.33 | | 0 | 6.76 | 1.98 | |
| Magnesium | mg | 20 | | 0 | 58 | 17 | |
| Phosphorus | mg | 172 | | 0 | 499 | 146 | |
| Potassium | mg | 290 | | 0 | 841 | 247 | |
| Sodium | mg | 64 | | 0 | 186 | 54 | |
| Zinc | mg | 5.76 | | 0 | 16.70 | 4.90 | |
| Copper | mg | 0.088 | | 0 | 0.255 | 0.075 | |
| Manganese | mg | 0.013 | | 0 | 0.038 | 0.011 | |
| Selenium | ：g | 21.2 | | 0 | 61.5 | 18.0 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.203 | 0.060 | |
| Riboflavin | mg | 0.190 | | 0 | 0.551 | 0.161 | |
| Niacin | mg | 3.640 | | 0 | 10.556 | 3.094 | |
| Pantothenic acid | mg | 0.370 | | 0 | 1.073 | 0.315 | |
| Vitamin B-6 | mg | 0.230 | | 0 | 0.667 | 0.196 | |
| Folate | ：g | 7 | | 0 | 20 | 6 | |
| Vitamin B-12 | ：g | 2.33 | | 0 | 6.76 | 1.98 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 12.290 | | 0 | 35.641 | 10.446 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.080 | | 0 | 0.232 | 0.068 | |
| 12:0 | g | 0.080 | | 0 | 0.232 | 0.068 | |
| 14:0 | g | 0.990 | | 0 | 2.871 | 0.842 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 7.510 | | 0 | 21.779 | 6.384 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.630 | | 0 | 10.527 | 3.086 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 13.040 | 0 | 37.816 | 11.084 |
| 14:1 | g | | | | |
| 16:1 | g | 1.260 | 0 | 3.654 | 1.071 |
| 18:1 | g | 11.730 | 0 | 34.017 | 9.971 |
| 20:1 | g | 0.060 | 0 | 0.174 | 0.051 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 1.050 | 0 | 3.045 | 0.893 |
| 18:2 | g | 0.710 | 0 | 2.059 | 0.603 |
| 18:3 | g | 0.310 | 0 | 0.899 | 0.264 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.087 | 0.026 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 85 | 0 | 247 | 72 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.255 | 0 | 0.740 | 0.217 |
| Threonine | g | 0.996 | 0 | 2.888 | 0.847 |
| Isoleucine | g | 1.025 | 0 | 2.973 | 0.871 |
| Leucine | g | 1.802 | 0 | 5.226 | 1.532 |
| Lysine | g | 1.897 | 0 | 5.501 | 1.612 |
| Methionine | g | 0.584 | 0 | 1.694 | 0.496 |
| Cystine | g | 0.255 | 0 | 0.740 | 0.217 |
| Phenylalanine | g | 0.890 | 0 | 2.581 | 0.757 |
| Tyrosine | g | 0.766 | 0 | 2.221 | 0.651 |
| Valine | g | 1.109 | 0 | 3.216 | 0.943 |
| Arginine | g | 1.441 | 0 | 4.179 | 1.225 |
| Histidine | g | 0.781 | 0 | 2.265 | 0.664 |
| Alanine | g | 1.376 | 0 | 3.990 | 1.170 |
| Aspartic acid | g | 2.083 | 0 | 6.041 | 1.771 |
| Glutamic acid | g | 3.426 | 0 | 9.935 | 2.912 |
| Glycine | g | 1.244 | 0 | 3.608 | 1.057 |
| Proline | g | 1.007 | 0 | 2.920 | 0.856 |
| Serine | g | 0.872 | 0 | 2.529 | 0.741 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## 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 | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 286g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 49.53 | | 0 | 141.66 | 42.10 | |
| Energy | kcal | 331 | | 0 | 947 | 281 | |
| Energy | kj | 1385 | | 0 | 3961 | 1177 | |
| Protein (N x 5.95) | g | 23.48 | | 0 | 67.15 | 19.96 | |
| Total lipid (fat) | g | 25.54 | | 0 | 73.04 | 21.71 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 0.93 | | 0 | 2.66 | 0.79 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 9 | | 0 | 26 | 8 | |
| Iron | mg | 2.40 | | 0 | 6.86 | 2.04 | |
| Magnesium | mg | 20 | | 0 | 57 | 17 | |
| Phosphorus | mg | 177 | | 0 | 506 | 150 | |
| Potassium | mg | 300 | | 0 | 858 | 255 | |
| Sodium | mg | 65 | | 0 | 186 | 55 | |
| Zinc | mg | 6.01 | | 0 | 17.19 | 5.11 | |
| Copper | mg | 0.091 | | 0 | 0.260 | 0.077 | |
| Manganese | mg | 0.014 | | 0 | 0.040 | 0.012 | |
| Selenium | :g | 21.5 | | 0 | 61.5 | 18.3 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | 0.200 | 0.060 | |
| Riboflavin | mg | 0.190 | | 0 | 0.543 | 0.161 | |
| Niacin | mg | 3.750 | | 0 | 10.725 | 3.188 | |
| Pantothenic acid | mg | 0.380 | | 0 | 1.087 | 0.323 | |
| Vitamin B-6 | mg | 0.230 | | 0 | 0.658 | 0.196 | |
| Folate | :g | 8 | | 0 | 23 | 7 | |
| Vitamin B-12 | :g | 2.37 | | 0 | 6.78 | 2.01 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 10.300 | | 0 | 29.458 | 8.755 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.070 | | 0 | 0.200 | 0.060 | |
| 12:0 | g | 0.070 | | 0 | 0.200 | 0.060 | |
| 14:0 | g | 0.830 | | 0 | 2.374 | 0.706 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 6.300 | | 0 | 18.018 | 5.355 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 3.030 | | 0 | 8.666 | 2.575 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 10.930 | 0 | 31.260 | 9.290 |
| 14:1 | g | | | | |
| 16:1 | g | 1.060 | 0 | 3.032 | 0.901 |
| 18:1 | g | 9.830 | 0 | 28.114 | 8.355 |
| 20:1 | g | 0.050 | 0 | 0.143 | 0.043 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.890 | 0 | 2.545 | 0.757 |
| 18:2 | g | 0.590 | 0 | 1.687 | 0.501 |
| 18:3 | g | 0.270 | 0 | 0.772 | 0.230 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.057 | 0.017 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 84 | 0 | 240 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.263 | 0 | 0.752 | 0.224 |
| Threonine | g | 1.026 | 0 | 2.934 | 0.872 |
| Isoleucine | g | 1.056 | 0 | 3.020 | 0.898 |
| Leucine | g | 1.856 | 0 | 5.308 | 1.578 |
| Lysine | g | 1.954 | 0 | 5.588 | 1.661 |
| Methionine | g | 0.601 | 0 | 1.719 | 0.511 |
| Cystine | g | 0.263 | 0 | 0.752 | 0.224 |
| Phenylalanine | g | 0.917 | 0 | 2.623 | 0.779 |
| Tyrosine | g | 0.789 | 0 | 2.257 | 0.671 |
| Valine | g | 1.142 | 0 | 3.266 | 0.971 |
| Arginine | g | 1.484 | 0 | 4.244 | 1.261 |
| Histidine | g | 0.804 | 0 | 2.299 | 0.683 |
| Alanine | g | 1.416 | 0 | 4.050 | 1.204 |
| Aspartic acid | g | 2.145 | 0 | 6.135 | 1.823 |
| Glutamic acid | g | 3.528 | 0 | 10.090 | 2.999 |
| Glycine | g | 1.281 | 0 | 3.664 | 1.089 |
| Proline | g | 1.037 | 0 | 2.966 | 0.881 |
| Serine | g | 0.898 | 0 | 2.568 | 0.763 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## 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 | Samples | Measure 1* 214g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 57.90 | | 1 | 123.91 | 49.22 | |
| Energy | kcal | 238 | | 0 | 509 | 202 | |
| Energy | kj | 996 | | 0 | 2131 | 847 | |
| Protein (N x 5.95) | g | 27.53 | 0.638 | 13 | 58.91 | 23.40 | |
| Total lipid (fat) | g | 13.40 | | 1 | 28.68 | 11.39 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.08 | 0.019 | 15 | 2.31 | 0.92 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | 0.750 | 11 | 17 | 7 | |
| Iron | mg | 2.82 | 0.150 | 11 | 6.03 | 2.40 | |
| Magnesium | mg | 25 | 0.324 | 11 | 54 | 21 | |
| Phosphorus | mg | 209 | | 1 | 447 | 178 | |
| Potassium | mg | 357 | 6.757 | 11 | 764 | 303 | |
| Sodium | mg | 73 | 7.193 | 11 | 156 | 62 | |
| Zinc | mg | 7.46 | 0.491 | 8 | 15.96 | 6.34 | |
| Copper | mg | 0.105 | 0.006 | 8 | 0.225 | 0.089 | |
| Manganese | mg | 0.016 | | 1 | 0.034 | 0.014 | |
| Selenium | :g | 22.8 | | 0 | 48.8 | 19.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | 0.009 | 15 | 0.193 | 0.077 | |
| Riboflavin | mg | 0.220 | 0.008 | 13 | 0.471 | 0.187 | |
| Niacin | mg | 4.450 | 0.263 | 13 | 9.523 | 3.783 | |
| Pantothenic acid | mg | 0.450 | 0.042 | 4 | 0.963 | 0.383 | |
| Vitamin B-6 | mg | 0.260 | 0.016 | 4 | 0.556 | 0.221 | |
| Folate | :g | 9 | 0.435 | 14 | 19 | 8 | |
| Vitamin B-12 | :g | 2.61 | 0.454 | 15 | 5.59 | 2.22 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.300 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.350 | | 0 | 11.449 | 4.547 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 8 | 0.021 | 0.009 | |
| 12:0 | g | 0.010 | | 8 | 0.021 | 0.009 | |
| 14:0 | g | 0.410 | | 8 | 0.877 | 0.349 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.150 | | 8 | 6.741 | 2.678 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.770 | | 8 | 3.788 | 1.504 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 5.600 | | 0 | 11.984 | 4.760 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.470 | | 8 | 1.006 | 0.400 |
| 18:1 | g | 5.120 | | 8 | 10.957 | 4.352 |
| 20:1 | g | 0.010 | | 8 | 0.021 | 0.009 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.380 | | 0 | 0.813 | 0.323 |
| 18:2 | g | 0.320 | | 8 | 0.685 | 0.272 |
| 18:3 | g | 0.030 | | 8 | 0.064 | 0.026 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.040 | | 8 | 0.086 | 0.034 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 81 | 2.403 | 8 | 173 | 69 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.308 | | 0 | 0.659 | 0.262 |
| Threonine | g | 1.203 | | 0 | 2.574 | 1.023 |
| Isoleucine | g | 1.238 | | 0 | 2.649 | 1.052 |
| Leucine | g | 2.176 | | 0 | 4.657 | 1.850 |
| Lysine | g | 2.291 | | 0 | 4.903 | 1.947 |
| Methionine | g | 0.705 | | 0 | 1.509 | 0.599 |
| Cystine | g | 0.308 | | 0 | 0.659 | 0.262 |
| Phenylalanine | g | 1.075 | | 0 | 2.301 | 0.914 |
| Tyrosine | g | 0.925 | | 0 | 1.980 | 0.786 |
| Valine | g | 1.339 | | 0 | 2.865 | 1.138 |
| Arginine | g | 1.740 | | 0 | 3.724 | 1.479 |
| Histidine | g | 0.943 | | 0 | 2.018 | 0.802 |
| Alanine | g | 1.661 | | 0 | 3.555 | 1.412 |
| Aspartic acid | g | 2.515 | | 0 | 5.382 | 2.138 |
| Glutamic acid | g | 4.136 | | 0 | 8.851 | 3.516 |
| Glycine | g | 1.502 | | 0 | 3.214 | 1.277 |
| Proline | g | 1.216 | | 0 | 2.602 | 1.034 |
| Serine | g | 1.053 | | 0 | 2.253 | 0.895 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13389 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted

**Refuse:** 4% 16% bone, 24% separable fat

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 207g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 56.80 | | 0 | 117.58 | 48.28 | |
| Energy | kcal | 253 | | 0 | 524 | 215 | |
| Energy | kj | 1059 | | 0 | 2192 | 900 | |
| Protein (N x 5.95) | g | 27.53 | | 0 | 56.99 | 23.40 | |
| Total lipid (fat) | g | 15.00 | | 0 | 31.05 | 12.75 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.08 | | 0 | 2.24 | 0.92 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 17 | 7 | |
| Iron | mg | 2.82 | | 0 | 5.84 | 2.40 | |
| Magnesium | mg | 25 | | 0 | 52 | 21 | |
| Phosphorus | mg | 209 | | 0 | 433 | 178 | |
| Potassium | mg | 357 | | 0 | 739 | 303 | |
| Sodium | mg | 73 | | 0 | 151 | 62 | |
| Zinc | mg | 7.46 | | 0 | 15.44 | 6.34 | |
| Copper | mg | 0.105 | | 0 | 0.217 | 0.089 | |
| Manganese | mg | 0.016 | | 0 | 0.033 | 0.014 | |
| Selenium | :g | 22.8 | | 0 | 47.2 | 19.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.186 | 0.077 | |
| Riboflavin | mg | 0.220 | | 0 | 0.455 | 0.187 | |
| Niacin | mg | 4.450 | | 0 | 9.212 | 3.783 | |
| Pantothenic acid | mg | 0.450 | | 0 | 0.932 | 0.383 | |
| Vitamin B-6 | mg | 0.260 | | 0 | 0.538 | 0.221 | |
| Folate | :g | 9 | | 0 | 19 | 8 | |
| Vitamin B-12 | :g | 2.61 | | 0 | 5.40 | 2.22 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 5.990 | | 0 | 12.399 | 5.091 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 0 | 0.021 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.021 | 0.009 | |
| 14:0 | g | 0.460 | | 0 | 0.952 | 0.391 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 3.520 | | 0 | 7.286 | 2.992 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.990 | | 0 | 4.119 | 1.692 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 6.270 | 0 | 12.979 | 5.329 |
| 14:1 | g | | | | |
| 16:1 | g | 0.530 | 0 | 1.097 | 0.451 |
| 18:1 | g | 5.730 | 0 | 11.861 | 4.870 |
| 20:1 | g | 0.010 | 0 | 0.021 | 0.009 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.430 | 0 | 0.890 | 0.366 |
| 18:2 | g | 0.350 | 0 | 0.724 | 0.298 |
| 18:3 | g | 0.030 | 0 | 0.062 | 0.026 |
| 18:4 | g | | | | |
| 20:4 | g | 0.040 | 0 | 0.083 | 0.034 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 81 | 0 | 168 | 69 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.308 | 0 | 0.638 | 0.262 |
| Threonine | g | 1.203 | 0 | 2.490 | 1.023 |
| Isoleucine | g | 1.238 | 0 | 2.563 | 1.052 |
| Leucine | g | 2.176 | 0 | 4.504 | 1.850 |
| Lysine | g | 2.291 | 0 | 4.742 | 1.947 |
| Methionine | g | 0.705 | 0 | 1.459 | 0.599 |
| Cystine | g | 0.308 | 0 | 0.638 | 0.262 |
| Phenylalanine | g | 1.075 | 0 | 2.225 | 0.914 |
| Tyrosine | g | 0.925 | 0 | 1.915 | 0.786 |
| Valine | g | 1.339 | 0 | 2.772 | 1.138 |
| Arginine | g | 1.740 | 0 | 3.602 | 1.479 |
| Histidine | g | 0.943 | 0 | 1.952 | 0.802 |
| Alanine | g | 1.661 | 0 | 3.438 | 1.412 |
| Aspartic acid | g | 2.515 | 0 | 5.206 | 2.138 |
| Glutamic acid | g | 4.136 | 0 | 8.562 | 3.516 |
| Glycine | g | 1.502 | 0 | 3.109 | 1.277 |
| Proline | g | 1.216 | 0 | 2.517 | 1.034 |
| Serine | g | 1.053 | 0 | 2.180 | 0.895 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13390 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted

**Refuse:** 37% 17% bone, 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 | Samples | Measure 1* 217g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.30 | | 0 | 128.68 | 50.41 | |
| Energy | kcal | 220 | | 0 | 477 | 187 | |
| Energy | kj | 920 | | 0 | 1996 | 782 | |
| Protein (N x 5.95) | g | 27.53 | | 0 | 59.74 | 23.40 | |
| Total lipid (fat) | g | 11.40 | | 0 | 24.74 | 9.69 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.08 | | 0 | 2.34 | 0.92 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 8 | | 0 | 17 | 7 | |
| Iron | mg | 2.82 | | 0 | 6.12 | 2.40 | |
| Magnesium | mg | 25 | | 0 | 54 | 21 | |
| Phosphorus | mg | 209 | | 0 | 454 | 178 | |
| Potassium | mg | 357 | | 0 | 775 | 303 | |
| Sodium | mg | 73 | | 0 | 158 | 62 | |
| Zinc | mg | 7.46 | | 0 | 16.19 | 6.34 | |
| Copper | mg | 0.105 | | 0 | 0.228 | 0.089 | |
| Manganese | mg | 0.016 | | 0 | 0.035 | 0.014 | |
| Selenium | :g | 22.8 | | 0 | 49.5 | 19.4 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.195 | 0.077 | |
| Riboflavin | mg | 0.220 | | 0 | 0.477 | 0.187 | |
| Niacin | mg | 4.450 | | 0 | 9.657 | 3.783 | |
| Pantothenic acid | mg | 0.450 | | 0 | 0.977 | 0.383 | |
| Vitamin B-6 | mg | 0.260 | | 0 | 0.564 | 0.221 | |
| Folate | :g | 9 | | 0 | 20 | 8 | |
| Vitamin B-12 | :g | 2.61 | | 0 | 5.66 | 2.22 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.550 | | 0 | 9.874 | 3.868 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.010 | | 0 | 0.022 | 0.009 | |
| 12:0 | g | 0.010 | | 0 | 0.022 | 0.009 | |
| 14:0 | g | 0.350 | | 0 | 0.759 | 0.298 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.680 | | 0 | 5.816 | 2.278 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.510 | | 0 | 3.277 | 1.283 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.770 | 0 | 10.351 | 4.054 |
| 14:1 | g | | | | |
| 16:1 | g | 0.400 | 0 | 0.868 | 0.340 |
| 18:1 | g | 4.360 | 0 | 9.461 | 3.706 |
| 20:1 | g | 0.010 | 0 | 0.022 | 0.009 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.330 | 0 | 0.716 | 0.281 |
| 18:2 | g | 0.270 | 0 | 0.586 | 0.230 |
| 18:3 | g | 0.020 | 0 | 0.043 | 0.017 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.065 | 0.026 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 81 | 0 | 176 | 69 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.308 | 0 | 0.668 | 0.262 |
| Threonine | g | 1.203 | 0 | 2.611 | 1.023 |
| Isoleucine | g | 1.238 | 0 | 2.686 | 1.052 |
| Leucine | g | 2.176 | 0 | 4.722 | 1.850 |
| Lysine | g | 2.291 | 0 | 4.971 | 1.947 |
| Methionine | g | 0.705 | 0 | 1.530 | 0.599 |
| Cystine | g | 0.308 | 0 | 0.668 | 0.262 |
| Phenylalanine | g | 1.075 | 0 | 2.333 | 0.914 |
| Tyrosine | g | 0.925 | 0 | 2.007 | 0.786 |
| Valine | g | 1.339 | 0 | 2.906 | 1.138 |
| Arginine | g | 1.740 | 0 | 3.776 | 1.479 |
| Histidine | g | 0.943 | 0 | 2.046 | 0.802 |
| Alanine | g | 1.661 | 0 | 3.604 | 1.412 |
| Aspartic acid | g | 2.515 | 0 | 5.458 | 2.138 |
| Glutamic acid | g | 4.136 | 0 | 8.975 | 3.516 |
| Glycine | g | 1.502 | 0 | 3.259 | 1.277 |
| Proline | g | 1.216 | 0 | 2.639 | 1.034 |
| Serine | g | 1.053 | 0 | 2.285 | 0.895 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## 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

| Nutrients and units | | Amount in 100 grams of edible portion | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Samples | Measure 1* 269g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 52.05 | | 0 | 140.01 | 44.24 | |
| Energy | kcal | 297 | | 0 | 799 | 252 | |
| Energy | kj | 1243 | | 0 | 3344 | 1057 | |
| Protein (N x 5.95) | g | 24.91 | | 0 | 67.01 | 21.17 | |
| Total lipid (fat) | g | 21.11 | | 0 | 56.79 | 17.94 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.09 | | 0 | 2.93 | 0.93 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 35 | 11 | |
| Iron | mg | 2.30 | | 0 | 6.19 | 1.95 | |
| Magnesium | mg | 23 | | 0 | 62 | 20 | |
| Phosphorus | mg | 184 | | 0 | 495 | 156 | |
| Potassium | mg | 344 | | 0 | 925 | 292 | |
| Sodium | mg | 64 | | 0 | 172 | 54 | |
| Zinc | mg | 5.98 | | 0 | 16.09 | 5.08 | |
| Copper | mg | 0.090 | | 0 | 0.242 | 0.077 | |
| Manganese | mg | 0.014 | | 0 | 0.038 | 0.012 | |
| Selenium | :g | 21.1 | | 0 | 56.8 | 17.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.242 | 0.077 | |
| Riboflavin | mg | 0.190 | | 0 | 0.511 | 0.161 | |
| Niacin | mg | 4.220 | | 0 | 11.352 | 3.587 | |
| Pantothenic acid | mg | 0.310 | | 0 | 0.834 | 0.264 | |
| Vitamin B-6 | mg | 0.350 | | 0 | 0.941 | 0.298 | |
| Folate | :g | 7 | | 0 | 19 | 6 | |
| Vitamin B-12 | :g | 3.01 | | 0 | 8.10 | 2.56 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.200 | | 0 | 0.538 | 0.170 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 8.540 | | 0 | 22.973 | 7.259 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.060 | | 0 | 0.161 | 0.051 | |
| 12:0 | g | 0.050 | | 0 | 0.135 | 0.043 | |
| 14:0 | g | 0.690 | | 0 | 1.856 | 0.587 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.220 | | 0 | 14.042 | 4.437 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.530 | | 0 | 6.806 | 2.150 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.040 | 0 | 24.318 | 7.684 |
| 14:1 | g | | | | |
| 16:1 | g | 0.850 | 0 | 2.287 | 0.723 |
| 18:1 | g | 8.160 | 0 | 21.950 | 6.936 |
| 20:1 | g | 0.030 | 0 | 0.081 | 0.026 |
| 22.1 | g | 0.000 | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.720 | 0 | 1.937 | 0.612 |
| 18:2 | g | 0.490 | 0 | 1.318 | 0.417 |
| 18:3 | g | 0.200 | 0 | 0.538 | 0.170 |
| 18:4 | g | 0.000 | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.020 | 0 | 0.054 | 0.017 |
| 20:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 83 | 0 | 223 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.279 | 0 | 0.751 | 0.237 |
| Threonine | g | 1.088 | 0 | 2.927 | 0.925 |
| Isoleucine | g | 1.120 | 0 | 3.013 | 0.952 |
| Leucine | g | 1.969 | 0 | 5.297 | 1.674 |
| Lysine | g | 2.072 | 0 | 5.574 | 1.761 |
| Methionine | g | 0.638 | 0 | 1.716 | 0.542 |
| Cystine | g | 0.279 | 0 | 0.751 | 0.237 |
| Phenylalanine | g | 0.972 | 0 | 2.615 | 0.826 |
| Tyrosine | g | 0.837 | 0 | 2.252 | 0.711 |
| Valine | g | 1.212 | 0 | 3.260 | 1.030 |
| Arginine | g | 1.574 | 0 | 4.234 | 1.338 |
| Histidine | g | 0.853 | 0 | 2.295 | 0.725 |
| Alanine | g | 1.502 | 0 | 4.040 | 1.277 |
| Aspartic acid | g | 2.276 | 0 | 6.122 | 1.935 |
| Glutamic acid | g | 3.742 | 0 | 10.066 | 3.181 |
| Glycine | g | 1.359 | 0 | 3.656 | 1.155 |
| Proline | g | 1.100 | 0 | 2.959 | 0.935 |
| Serine | g | 0.952 | 0 | 2.561 | 0.809 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## 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 | Samples | Measure 1* 272g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 51.08 | | 0 | 138.94 | 43.42 | |
| Energy | kcal | 312 | | 0 | 849 | 265 | |
| Energy | kj | 1305 | | 0 | 3550 | 1109 | |
| Protein (N x 5.95) | g | 24.73 | | 0 | 67.27 | 21.02 | |
| Total lipid (fat) | g | 22.84 | | 0 | 62.12 | 19.41 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.08 | | 0 | 2.94 | 0.92 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 35 | 11 | |
| Iron | mg | 2.28 | | 0 | 6.20 | 1.94 | |
| Magnesium | mg | 23 | | 0 | 63 | 20 | |
| Phosphorus | mg | 183 | | 0 | 498 | 156 | |
| Potassium | mg | 342 | | 0 | 930 | 291 | |
| Sodium | mg | 64 | | 0 | 174 | 54 | |
| Zinc | mg | 5.93 | | 0 | 16.13 | 5.04 | |
| Copper | mg | 0.090 | | 0 | 0.245 | 0.077 | |
| Manganese | mg | 0.014 | | 0 | 0.038 | 0.012 | |
| Selenium | :g | 21.0 | | 0 | 57.1 | 17.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.245 | 0.077 | |
| Riboflavin | mg | 0.190 | | 0 | 0.517 | 0.161 | |
| Niacin | mg | 4.180 | | 0 | 11.370 | 3.553 | |
| Pantothenic acid | mg | 0.300 | | 0 | 0.816 | 0.255 | |
| Vitamin B-6 | mg | 0.350 | | 0 | 0.952 | 0.298 | |
| Folate | :g | 7 | | 0 | 19 | 6 | |
| Vitamin B-12 | :g | 3.00 | | 0 | 8.16 | 2.55 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 9.240 | | 0 | 25.133 | 7.854 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.060 | | 0 | 0.163 | 0.051 | |
| 12:0 | g | 0.060 | | 0 | 0.163 | 0.051 | |
| 14:0 | g | 0.740 | | 0 | 2.013 | 0.629 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 5.640 | | 0 | 15.341 | 4.794 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.740 | | 0 | 7.453 | 2.329 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 9.780 | 0 | 26.602 | 8.313 |
| 14:1 | g | | | | |
| 16:1 | g | 0.920 | 0 | 2.502 | 0.782 |
| 18:1 | g | 8.830 | 0 | 24.018 | 7.505 |
| 20:1 | g | 0.030 | 0 | 0.082 | 0.026 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.780 | 0 | 2.122 | 0.663 |
| 18:2 | g | 0.540 | 0 | 1.469 | 0.459 |
| 18:3 | g | 0.210 | 0 | 0.571 | 0.179 |
| 18:4 | g | | | | |
| 20:4 | g | 0.030 | 0 | 0.082 | 0.026 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 83 | 0 | 226 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.277 | 0 | 0.753 | 0.235 |
| Threonine | g | 1.080 | 0 | 2.938 | 0.918 |
| Isoleucine | g | 1.112 | 0 | 3.025 | 0.945 |
| Leucine | g | 1.955 | 0 | 5.318 | 1.662 |
| Lysine | g | 2.058 | 0 | 5.598 | 1.749 |
| Methionine | g | 0.633 | 0 | 1.722 | 0.538 |
| Cystine | g | 0.277 | 0 | 0.753 | 0.235 |
| Phenylalanine | g | 0.966 | 0 | 2.628 | 0.821 |
| Tyrosine | g | 0.831 | 0 | 2.260 | 0.706 |
| Valine | g | 1.203 | 0 | 3.272 | 1.023 |
| Arginine | g | 1.563 | 0 | 4.251 | 1.329 |
| Histidine | g | 0.847 | 0 | 2.304 | 0.720 |
| Alanine | g | 1.492 | 0 | 4.058 | 1.268 |
| Aspartic acid | g | 2.260 | 0 | 6.147 | 1.921 |
| Glutamic acid | g | 3.716 | 0 | 10.108 | 3.159 |
| Glycine | g | 1.349 | 0 | 3.669 | 1.147 |
| Proline | g | 1.092 | 0 | 2.970 | 0.928 |
| Serine | g | 0.946 | 0 | 2.573 | 0.804 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## 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 | Samples | Measure 1* 265g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 52.79 | | 0 | 139.89 | 44.87 | |
| Energy | kcal | 285 | | 0 | 755 | 242 | |
| Energy | kj | 1192 | | 0 | 3159 | 1013 | |
| Protein (N x 5.95) | g | 24.91 | | 0 | 66.01 | 21.17 | |
| Total lipid (fat) | g | 19.79 | | 0 | 52.44 | 16.82 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.09 | | 0 | 2.89 | 0.93 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | | 0 | 34 | 11 | |
| Iron | mg | 2.30 | | 0 | 6.09 | 1.95 | |
| Magnesium | mg | 23 | | 0 | 61 | 20 | |
| Phosphorus | mg | 184 | | 0 | 488 | 156 | |
| Potassium | mg | 344 | | 0 | 912 | 292 | |
| Sodium | mg | 64 | | 0 | 170 | 54 | |
| Zinc | mg | 5.98 | | 0 | 15.85 | 5.08 | |
| Copper | mg | 0.090 | | 0 | 0.239 | 0.077 | |
| Manganese | mg | 0.014 | | 0 | 0.037 | 0.012 | |
| Selenium | :g | 21.1 | | 0 | 55.9 | 17.9 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | 0.239 | 0.077 | |
| Riboflavin | mg | 0.190 | | 0 | 0.504 | 0.161 | |
| Niacin | mg | 4.220 | | 0 | 11.183 | 3.587 | |
| Pantothenic acid | mg | 0.310 | | 0 | 0.822 | 0.264 | |
| Vitamin B-6 | mg | 0.350 | | 0 | 0.928 | 0.298 | |
| Folate | :g | 7 | | 0 | 19 | 6 | |
| Vitamin B-12 | :g | 3.01 | | 0 | 7.98 | 2.56 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | | | | | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 8.010 | | 0 | 21.227 | 6.809 | |
| 4:0 | g | | | | | | |
| 6.0 | g | | | | | | |
| 8:0 | g | | | | | | |
| 10:0 | g | 0.050 | | 0 | 0.133 | 0.043 | |
| 12:0 | g | 0.050 | | 0 | 0.133 | 0.043 | |
| 14:0 | g | 0.650 | | 0 | 1.722 | 0.553 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 4.900 | | 0 | 12.985 | 4.165 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 2.360 | | 0 | 6.254 | 2.006 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Monounsaturated, total | g | 8.490 | 0 | 22.498 | 7.216 |
| 14:1 | g | | | | |
| 16:1 | g | 0.810 | 0 | 2.147 | 0.689 |
| 18:1 | g | 7.650 | 0 | 20.273 | 6.503 |
| 20:1 | g | 0.030 | 0 | 0.079 | 0.026 |
| 22.1 | g | | | | |
| Polyunsaturated, total | g | 0.680 | 0 | 1.802 | 0.578 |
| 18:2 | g | 0.460 | 0 | 1.219 | 0.391 |
| 18:3 | g | 0.200 | 0 | 0.530 | 0.170 |
| 18:4 | g | | | | |
| 20:4 | g | 0.020 | 0 | 0.053 | 0.017 |
| 20:5 | g | | | | |
| 22:5 | g | | | | |
| 22:6 | g | | | | |
| Cholesterol | mg | 83 | 0 | 220 | 71 |
| Phytosterols | mg | | | | |
| **Amino acids:** | | | | | |
| Tryptophan | g | 0.279 | 0 | 0.739 | 0.237 |
| Threonine | g | 1.088 | 0 | 2.883 | 0.925 |
| Isoleucine | g | 1.120 | 0 | 2.968 | 0.952 |
| Leucine | g | 1.969 | 0 | 5.218 | 1.674 |
| Lysine | g | 2.072 | 0 | 5.491 | 1.761 |
| Methionine | g | 0.638 | 0 | 1.691 | 0.542 |
| Cystine | g | 0.279 | 0 | 0.739 | 0.237 |
| Phenylalanine | g | 0.972 | 0 | 2.576 | 0.826 |
| Tyrosine | g | 0.837 | 0 | 2.218 | 0.711 |
| Valine | g | 1.212 | 0 | 3.212 | 1.030 |
| Arginine | g | 1.574 | 0 | 4.171 | 1.338 |
| Histidine | g | 0.853 | 0 | 2.260 | 0.725 |
| Alanine | g | 1.502 | 0 | 3.980 | 1.277 |
| Aspartic acid | g | 2.276 | 0 | 6.031 | 1.935 |
| Glutamic acid | g | 3.742 | 0 | 9.916 | 3.181 |
| Glycine | g | 1.359 | 0 | 3.601 | 1.155 |
| Proline | g | 1.100 | 0 | 2.915 | 0.935 |
| Serine | g | 0.952 | 0 | 2.523 | 0.809 |
| **Other:** | | | | | |
| Caffeine | mg | | | | |
| Theobromine | mg | | | | |
| Alcohol | g | | | | |

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

## NDB No. 13394 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled

**Refuse:** 37% 23% 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 | Samples | Measure 1* 220g | Measure 2* 85g | Measure 3* |
| **Proximates:** | | | | | | | |
| Water | g | 59.40 | | 1 | 130.68 | 50.49 | |
| Energy | kcal | 213 | | 0 | 469 | 181 | |
| Energy | kj | 891 | | 0 | 1960 | 757 | |
| Protein (N x 5.95) | g | 28.04 | 0.520 | 10 | 61.69 | 23.83 | |
| Total lipid (fat) | g | 10.30 | | 1 | 22.66 | 8.76 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | 0.0 | 0.0 | |
| Ash | g | 1.23 | 0.036 | 9 | 2.71 | 1.05 | |
| Sugars, total | g | | | | | | |
| **Minerals:** | | | | | | | |
| Calcium | mg | 13 | 1.314 | 9 | 29 | 11 | |
| Iron | mg | 2.57 | 0.142 | 9 | 5.65 | 2.18 | |
| Magnesium | mg | 27 | 0.821 | 9 | 59 | 23 | |
| Phosphorus | mg | 208 | | 1 | 458 | 177 | |
| Potassium | mg | 394 | 10.256 | 9 | 867 | 335 | |
| Sodium | mg | 69 | 4.965 | 9 | 152 | 59 | |
| Zinc | mg | 6.99 | 0.696 | 8 | 15.38 | 5.94 | |
| Copper | mg | 0.100 | 0.006 | 8 | 0.220 | 0.085 | |
| Manganese | mg | 0.016 | | 1 | 0.035 | 0.014 | |
| Selenium | :g | 21.9 | | 0 | 48.2 | 18.6 | |
| **Vitamins:** | | | | | | | |
| Ascorbic acid | mg | 0.0 | | 0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | 0.010 | 10 | 0.220 | 0.085 | |
| Riboflavin | mg | 0.220 | 0.007 | 9 | 0.484 | 0.187 | |
| Niacin | mg | 4.800 | 0.140 | 10 | 10.560 | 4.080 | |
| Pantothenic acid | mg | 0.340 | | 1 | 0.748 | 0.289 | |
| Vitamin B-6 | mg | 0.400 | | 1 | 0.880 | 0.340 | |
| Folate | :g | 8 | 0.733 | 10 | 18 | 7 | |
| Vitamin B-12 | :g | 3.32 | 0.570 | 10 | 7.30 | 2.82 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.140 | | 0 | 0.308 | 0.119 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 4.160 | | 0 | 9.152 | 3.536 | |
| 4:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 6.0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 7 | 0.022 | 0.009 | |
| 12:0 | g | 0.010 | | 7 | 0.022 | 0.009 | |
| 14:0 | g | 0.320 | | 7 | 0.704 | 0.272 | |
| 15.0 | g | | | | | | |
| 16:0 | g | 2.460 | | 7 | 5.412 | 2.091 | |
| 17:0 | g | | | | | | |
| 18:0 | g | 1.360 | | 7 | 2.992 | 1.156 | |
| 20:0 | g | | | | | | |
| 22.0 | g | | | | | | |
| 24:0 | g | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Monounsaturated, total | g | 4.340 | | 0 | 9.548 | 3.689 |
| 14:1 | g | | | | | |
| 16:1 | g | 0.350 | | 7 | 0.770 | 0.298 |
| 18:1 | g | 4.000 | | 7 | 8.800 | 3.400 |
| 20:1 | g | 0.000 | | 7 | 0.000 | 0.000 |
| 22.1 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Polyunsaturated, total | g | 0.290 | | 0 | 0.638 | 0.247 |
| 18:2 | g | 0.250 | | 7 | 0.550 | 0.213 |
| 18:3 | g | 0.020 | | 7 | 0.044 | 0.017 |
| 18:4 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 20:4 | g | 0.030 | | 7 | 0.066 | 0.026 |
| 20:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:5 | g | 0.000 | | 0 | 0.000 | 0.000 |
| 22:6 | g | 0.000 | | 0 | 0.000 | 0.000 |
| Cholesterol | mg | 80 | 1.472 | 7 | 176 | 68 |
| Phytosterols | mg | | | | | |
| **Amino acids:** | | | | | | |
| Tryptophan | g | 0.314 | | 0 | 0.691 | 0.267 |
| Threonine | g | 1.225 | | 0 | 2.695 | 1.041 |
| Isoleucine | g | 1.261 | | 0 | 2.774 | 1.072 |
| Leucine | g | 2.216 | | 0 | 4.875 | 1.884 |
| Lysine | g | 2.333 | | 0 | 5.133 | 1.983 |
| Methionine | g | 0.718 | | 0 | 1.580 | 0.610 |
| Cystine | g | 0.314 | | 0 | 0.691 | 0.267 |
| Phenylalanine | g | 1.095 | | 0 | 2.409 | 0.931 |
| Tyrosine | g | 0.942 | | 0 | 2.072 | 0.801 |
| Valine | g | 1.364 | | 0 | 3.001 | 1.159 |
| Arginine | g | 1.772 | | 0 | 3.898 | 1.506 |
| Histidine | g | 0.960 | | 0 | 2.112 | 0.816 |
| Alanine | g | 1.691 | | 0 | 3.720 | 1.437 |
| Aspartic acid | g | 2.562 | | 0 | 5.636 | 2.178 |
| Glutamic acid | g | 4.212 | | 0 | 9.266 | 3.580 |
| Glycine | g | 1.530 | | 0 | 3.366 | 1.301 |
| Proline | g | 1.238 | | 0 | 2.724 | 1.052 |
| Serine | g | 1.072 | | 0 | 2.358 | 0.911 |
| **Other:** | | | | | | |
| Caffeine | mg | | | | | |
| Theobromine | mg | | | | | |
| Alcohol | g | | | | | |

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Measure 2: 3 oz