NDB No. 13395 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled

Refuse: 37% 22% 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* 220g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.70		0	129.14	49.90	
Energy	kcal	225		0	495	191	
Energy	kj	941		0	2070	800	
Protein (N x 5.95)	g	28.04		0	61.69	23.83	
Total lipid (fat)	g	11.70		0	25.74	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	2.71	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	29	11	
Iron	mg	2.57		0	5.65	2.18	
Magnesium	mg	27		0	59	23	
Phosphorus	mg	208		0	458	177	
Potassium	mg	394		0	867	335	
Sodium	mg	69		0	152	59	
Zinc	mg	6.99		0	15.38	5.94	
Copper	mg	0.100		0	0.220	0.085	
Manganese	mg	0.016		0	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	0.220	0.085	
Riboflavin	mg	0.220		0	0.484	0.187	
Niacin	mg	4.800		0	10.560	4.080	
Pantothenic acid	mg	0.340		0	0.748	0.289	
Vitamin B-6	mg	0.400		0	0.880	0.340	
Folate	:g	8		0	18	7	
Vitamin B-12	:g	3.32		0	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						
Lipids:							
Saturated, total	g	4.730		0	10.406	4.021	
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	0.370		0	0.814	0.315	
15.0	g						
16:0	g	2.800		0	6.160	2.380	
17:0	g						
18:0	g	1.540		0	3.388	1.309	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.940	0	10.868	4.199
14:1	g				
16:1	g	0.400	0	0.880	0.340
18:1	g	4.540	0	9.988	3.859
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.330	0	0.726	0.281
18:2	g	0.280	0	0.616	0.238
18:3	g	0.020	0	0.044	0.017
18:4	g				
20:4	g	0.030	0	0.066	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	80	0	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				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13396 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled

Refuse: 37% 24% 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* 220g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.30		0	132.66	51.26	
Energy	kcal	198		0	436	168	
Energy	kj	828		0	1822	704	
Protein (N x 5.95)	g	28.04		0	61.69	23.83	
Total lipid (fat)	g	8.70		0	19.14	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	1.23		0	2.71	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	29	11	
Iron	mg	2.57		0	5.65	2.18	
Magnesium	mg	27		0	59	23	
Phosphorus	mg	208		0	458	177	
Potassium	mg	394		0	867	335	
Sodium	mg	69		0	152	59	
Zinc	mg	6.99		0	15.38	5.94	
Copper	mg	0.100		0	0.220	0.085	
Manganese	mg	0.016		0	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	0.220	0.085	
Riboflavin	mg	0.220		0	0.484	0.187	
Niacin	mg	4.800		0	10.560	4.080	
Pantothenic acid	mg	0.340		0	0.748	0.289	
Vitamin B-6	mg	0.400		0	0.880	0.340	
Folate	:g	8		0	18	7	
Vitamin B-12	:g	3.32		0	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						
Lipids:							
Saturated, total	g	3.510		0	7.722	2.983	
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	0.270		0	0.594	0.230	
15.0	g						
16:0	g	2.080		0	4.576	1.768	
17:0	g						
18:0	g	1.150		0	2.530	0.977	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.670	0	8.074	3.119
14:1	g				
16:1	g	0.290	0	0.638	0.247
18:1	g	3.380	0	7.436	2.873
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.250	0	0.550	0.213
18:2	g	0.210	0	0.462	0.179
18:3	g	0.020	0	0.044	0.017
18:4	g				
20:4	g	0.020	0	0.044	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	80	0	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				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13397 Beef, round, bottom 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* 338g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.49		0	187.56	47.17	
Energy	kcal	248		0	838	211	
Energy	kj	1038		0	3508	882	
Protein (N x 5.95)	g	26.60		0	89.91	22.61	
Total lipid (fat)	g	14.92		0	50.43	12.68	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.25		0	4.22	1.06	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	20	5	
Iron	mg	2.88		0	9.73	2.45	
Magnesium	mg	25		0	85	21	
Phosphorus	mg	220		0	744	187	
Potassium	mg	358		0	1210	304	
Sodium	mg	63		0	213	54	
Zinc	mg	4.23		0	14.30	3.60	
Copper	mg	0.102		0	0.345	0.087	
Manganese	mg	0.015		0	0.051	0.013	
Selenium	:g	26.1		0	88.2	22.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.270	0.068	
Riboflavin	mg	0.230		0	0.777	0.196	
Niacin	mg	3.770		0	12.743	3.204	
Pantothenic acid	mg	0.330		0	1.115	0.281	
Vitamin B-6	mg	0.350		0	1.183	0.298	
Folate	:g	11		0	37	9	
Vitamin B-12	:g	2.57		0	8.69	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	5.630		0	19.029	4.785	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.101	0.026	
12:0	g	0.030		0	0.101	0.026	
14:0	g	0.440		0	1.487	0.374	
15.0	g						
16:0	g	3.580		0	12.100	3.043	
17:0	g						
18:0	g	1.540		0	5.205	1.309	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.590	0	22.274	5.601
14:1	g				
16:1	g	0.710	0	2.400	0.603
18:1	g	5.850	0	19.773	4.972
20:1	g	0.030	0	0.101	0.026
22.1	g				
Polyunsaturated, total	g	0.570	0	1.927	0.484
18:2	g	0.390	0	1.318	0.331
18:3	g	0.140	0	0.473	0.119
18:4	g				
20:4	g	0.040	0	0.135	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	80	0	270	68
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.298	0	1.007	0.253
Threonine	g	1.162	0	3.928	0.988
Isoleucine	g	1.196	0	4.042	1.017
Leucine	g	2.102	0	7.105	1.787
Lysine	g	2.213	0	7.480	1.881
Methionine	g	0.681	0	2.302	0.579
Cystine	g	0.298	0	1.007	0.253
Phenylalanine	g	1.038	0	3.508	0.882
Tyrosine	g	0.894	0	3.022	0.760
Valine	g	1.294	0	4.374	1.100
Arginine	g	1.681	0	5.682	1.429
Histidine	g	0.911	0	3.079	0.774
Alanine	g	1.604	0	5.422	1.363
Aspartic acid	g	2.430	0	8.213	2.066
Glutamic acid	g	3.996	0	13.506	3.397
Glycine	g	1.451	0	4.904	1.233
Proline	g	1.175	0	3.972	0.999
Serine	g	1.017	0	3.437	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. 13398 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, 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* 276g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.21		0	157.90	48.63	
Energy	kcal	213		0	588	181	
Energy	kj	891		0	2459	757	
Protein (N x 5.95)	g	31.17		0	86.03	26.49	
Total lipid (fat)	g	8.85		0	24.43	7.52	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.13		0	3.12	0.96	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	14	4	
Iron	mg	3.41		0	9.41	2.90	
Magnesium	mg	25		0	69	21	
Phosphorus	mg	268		0	740	228	
Potassium	mg	304		0	839	258	
Sodium	mg	51		0	141	43	
Zinc	mg	5.40		0	14.90	4.59	
Copper	mg	0.132		0	0.364	0.112	
Manganese	mg	0.018		0	0.050	0.015	
Selenium	:g	27.9		0	77.0	23.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.193	0.060	
Riboflavin	mg	0.260		0	0.718	0.221	
Niacin	mg	4.030		0	11.123	3.426	
Pantothenic acid	mg	0.420		0	1.159	0.357	
Vitamin B-6	mg	0.360		0	0.994	0.306	
Folate	:g	11		0	30	9	
Vitamin B-12	:g	2.45		0	6.76	2.08	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.150		0	0.414	0.128	
Lipids:							
Saturated, total	g	3.080		0	8.501	2.618	
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	0.028	0.009	
12:0	g	0.010		0	0.028	0.009	
14:0	g	0.240		0	0.662	0.204	
15.0	g						
16:0	g	1.940		0	5.354	1.649	
17:0	g						
18:0	g	0.890		0	2.456	0.757	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.870	0	10.681	3.289
14:1	g				
16:1	g	0.390	0	1.076	0.331
18:1	g	3.470	0	9.577	2.950
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	0.938	0.289
18:2	g	0.250	0	0.690	0.213
18:3	g	0.040	0	0.110	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.138	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	265	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.349	0	0.963	0.297
Threonine	g	1.361	0	3.756	1.157
Isoleucine	g	1.401	0	3.867	1.191
Leucine	g	2.464	0	6.801	2.094
Lysine	g	2.593	0	7.157	2.204
Methionine	g	0.798	0	2.202	0.678
Cystine	g	0.349	0	0.963	0.297
Phenylalanine	g	1.217	0	3.359	1.034
Tyrosine	g	1.047	0	2.890	0.890
Valine	g	1.516	0	4.184	1.289
Arginine	g	1.970	0	5.437	1.674
Histidine	g	1.067	0	2.945	0.907
Alanine	g	1.880	0	5.189	1.598
Aspartic acid	g	2.848	0	7.860	2.421
Glutamic acid	g	4.683	0	12.925	3.981
Glycine	g	1.701	0	4.695	1.446
Proline	g	1.376	0	3.798	1.170
Serine	g	1.192	0	3.290	1.013
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13399 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

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* 341g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.76		0	207.19	51.65	
Energy	kcal	188		0	641	160	
Energy	kj	787		0	2684	669	
Protein (N x 5.95)	g	28.59		0	97.49	24.30	
Total lipid (fat)	g	7.35		0	25.06	6.25	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.35		0	4.60	1.15	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	17	4	
Iron	mg	3.11		0	10.61	2.64	
Magnesium	mg	28		0	95	24	
Phosphorus	mg	238		0	812	202	
Potassium	mg	388		0	1323	330	
Sodium	mg	66		0	225	56	
Zinc	mg	4.59		0	15.65	3.90	
Copper	mg	0.109		0	0.372	0.093	
Manganese	mg	0.016		0	0.055	0.014	
Selenium	:g	27.2		0	92.8	23.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.273	0.068	
Riboflavin	mg	0.240		0	0.818	0.204	
Niacin	mg	4.050		0	13.810	3.442	
Pantothenic acid	mg	0.350		0	1.194	0.298	
Vitamin B-6	mg	0.370		0	1.262	0.315	
Folate	:g	12		0	41	10	
Vitamin B-12	:g	2.69		0	9.17	2.29	
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	2.500		0	8.525	2.125	
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	0.614	0.153	
15.0	g						
16:0	g	1.650		0	5.627	1.403	
17:0	g						
18:0	g	0.670		0	2.285	0.570	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.320	0	11.321	2.822
14:1	g				
16:1	g	0.370	0	1.262	0.315
18:1	g	2.940	0	10.025	2.499
20:1	g	0.010	0	0.034	0.009
22.1	g				
Polyunsaturated, total	g	0.290	0	0.989	0.247
18:2	g	0.230	0	0.784	0.196
18:3	g	0.010	0	0.034	0.009
18:4	g				
20:4	g	0.050	0	0.171	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	78	0	266	66
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.320	0	1.091	0.272
Threonine	g	1.249	0	4.259	1.062
Isoleucine	g	1.286	0	4.385	1.093
Leucine	g	2.260	0	7.707	1.921
Lysine	g	2.379	0	8.112	2.022
Methionine	g	0.732	0	2.496	0.622
Cystine	g	0.320	0	1.091	0.272
Phenylalanine	g	1.116	0	3.806	0.949
Tyrosine	g	0.961	0	3.277	0.817
Valine	g	1.391	0	4.743	1.182
Arginine	g	1.807	0	6.162	1.536
Histidine	g	0.979	0	3.338	0.832
Alanine	g	1.725	0	5.882	1.466
Aspartic acid	g	2.612	0	8.907	2.220
Glutamic acid	g	4.296	0	14.649	3.652
Glycine	g	1.560	0	5.320	1.326
Proline	g	1.263	0	4.307	1.074
Serine	g	1.093	0	3.727	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 with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13400 Beef, round, bottom 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* 338g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.73		0	184.99	46.52	
Energy	kcal	260		0	879	221	
Energy	kj	1088		0	3677	925	
Protein (N x 5.95)	g	26.42		0	89.30	22.46	
Total lipid (fat)	g	16.35		0	55.26	13.90	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.24		0	4.19	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	20	5	
Iron	mg	2.86		0	9.67	2.43	
Magnesium	mg	25		0	85	21	
Phosphorus	mg	218		0	737	185	
Potassium	mg	355		0	1200	302	
Sodium	mg	63		0	213	54	
Zinc	mg	4.20		0	14.20	3.57	
Copper	mg	0.101		0	0.341	0.086	
Manganese	mg	0.015		0	0.051	0.013	
Selenium	:g	26.0		0	87.9	22.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.270	0.068	
Riboflavin	mg	0.220		0	0.744	0.187	
Niacin	mg	3.750		0	12.675	3.188	
Pantothenic acid	mg	0.320		0	1.082	0.272	
Vitamin B-6	mg	0.340		0	1.149	0.289	
Folate	:g	11		0	37	9	
Vitamin B-12	:g	2.56		0	8.65	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	6.160		0	20.821	5.236	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.135	0.034	
12:0	g	0.030		0	0.101	0.026	
14:0	g	0.480		0	1.622	0.408	
15.0	g						
16:0	g	3.930		0	13.283	3.341	
17:0	g						
18:0	g	1.690		0	5.712	1.437	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.220	0	24.404	6.137
14:1	g				
16:1	g	0.780	0	2.636	0.663
18:1	g	6.410	0	21.666	5.449
20:1	g	0.030	0	0.101	0.026
22.1	g				
Polyunsaturated, total	g	0.630	0	2.129	0.536
18:2	g	0.430	0	1.453	0.366
18:3	g	0.150	0	0.507	0.128
18:4	g				
20:4	g	0.050	0	0.169	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	80	0	270	68
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.296	0	1.000	0.252
Threonine	g	1.154	0	3.901	0.981
Isoleucine	g	1.188	0	4.015	1.010
Leucine	g	2.088	0	7.057	1.775
Lysine	g	2.198	0	7.429	1.868
Methionine	g	0.676	0	2.285	0.575
Cystine	g	0.296	0	1.000	0.252
Phenylalanine	g	1.031	0	3.485	0.876
Tyrosine	g	0.888	0	3.001	0.755
Valine	g	1.285	0	4.343	1.092
Arginine	g	1.670	0	5.645	1.420
Histidine	g	0.905	0	3.059	0.769
Alanine	g	1.594	0	5.388	1.355
Aspartic acid	g	2.414	0	8.159	2.052
Glutamic acid	g	3.969	0	13.415	3.374
Glycine	g	1.441	0	4.871	1.225
Proline	g	1.167	0	3.944	0.992
Serine	g	1.010	0	3.414	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. 13401 Beef, round, bottom round, 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* 276g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.04		0	154.67	47.63	
Energy	kcal	227		0	627	193	
Energy	kj	950		0	2622	808	
Protein (N x 5.95)	g	30.96		0	85.45	26.32	
Total lipid (fat)	g	10.55		0	29.12	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	1.12		0	3.09	0.95	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	14	4	
Iron	mg	3.39		0	9.36	2.88	
Magnesium	mg	24		0	66	20	
Phosphorus	mg	266		0	734	226	
Potassium	mg	302		0	834	257	
Sodium	mg	51		0	141	43	
Zinc	mg	5.36		0	14.79	4.56	
Copper	mg	0.131		0	0.362	0.111	
Manganese	mg	0.018		0	0.050	0.015	
Selenium	:g	27.8		0	76.7	23.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.193	0.060	
Riboflavin	mg	0.250		0	0.690	0.213	
Niacin	mg	4.010		0	11.068	3.408	
Pantothenic acid	mg	0.410		0	1.132	0.349	
Vitamin B-6	mg	0.350		0	0.966	0.298	
Folate	:g	11		0	30	9	
Vitamin B-12	:g	2.44		0	6.73	2.07	
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	3.700		0	10.212	3.145	
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	0.290		0	0.800	0.247	
15.0	g						
16:0	g	2.330		0	6.431	1.981	
17:0	g						
18:0	g	1.070		0	2.953	0.910	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.610	0	12.724	3.919
14:1	g				
16:1	g	0.470	0	1.297	0.400
18:1	g	4.140	0	11.426	3.519
20:1	g	0.010	0	0.028	0.009
22.1	g				
Polyunsaturated, total	g	0.400	0	1.104	0.340
18:2	g	0.290	0	0.800	0.247
18:3	g	0.060	0	0.166	0.051
18:4	g				
20:4	g	0.050	0	0.138	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	96	0	265	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.347	0	0.958	0.295
Threonine	g	1.352	0	3.732	1.149
Isoleucine	g	1.392	0	3.842	1.183
Leucine	g	2.447	0	6.754	2.080
Lysine	g	2.576	0	7.110	2.190
Methionine	g	0.793	0	2.189	0.674
Cystine	g	0.347	0	0.958	0.295
Phenylalanine	g	1.209	0	3.337	1.028
Tyrosine	g	1.040	0	2.870	0.884
Valine	g	1.506	0	4.157	1.280
Arginine	g	1.957	0	5.401	1.663
Histidine	g	1.060	0	2.926	0.901
Alanine	g	1.867	0	5.153	1.587
Aspartic acid	g	2.828	0	7.805	2.404
Glutamic acid	g	4.651	0	12.837	3.953
Glycine	g	1.689	0	4.662	1.436
Proline	g	1.367	0	3.773	1.162
Serine	g	1.184	0	3.268	1.006
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13402 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

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* 341g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.82		0	203.99	50.85	
Energy	kcal	203		0	692	173	
Energy	kj	849		0	2895	722	
Protein (N x 5.95)	g	28.41		0	96.88	24.15	
Total lipid (fat)	g	9.01		0	30.72	7.66	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.34		0	4.57	1.14	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	17	4	
Iron	mg	3.09		0	10.54	2.63	
Magnesium	mg	28		0	95	24	
Phosphorus	mg	236		0	805	201	
Potassium	mg	385		0	1313	327	
Sodium	mg	65		0	222	55	
Zinc	mg	4.55		0	15.52	3.87	
Copper	mg	0.108		0	0.368	0.092	
Manganese	mg	0.015		0	0.051	0.013	
Selenium	:g	27.2		0	92.8	23.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.273	0.068	
Riboflavin	mg	0.240		0	0.818	0.204	
Niacin	mg	4.020		0	13.708	3.417	
Pantothenic acid	mg	0.350		0	1.194	0.298	
Vitamin B-6	mg	0.370		0	1.262	0.315	
Folate	:g	12		0	41	10	
Vitamin B-12	:g	2.68		0	9.14	2.28	
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	3.120		0	10.639	2.652	
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	0.230		0	0.784	0.196	
15.0	g						
16:0	g	2.050		0	6.991	1.742	
17:0	g						
18:0	g	0.840		0	2.864	0.714	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.060	0	13.845	3.451
14:1	g				
16:1	g	0.460	0	1.569	0.391
18:1	g	3.590	0	12.242	3.051
20:1	g	0.020	0	0.068	0.017
22.1	g				
Polyunsaturated, total	g	0.350	0	1.194	0.298
18:2	g	0.270	0	0.921	0.230
18:3	g	0.030	0	0.102	0.026
18:4	g				
20:4	g	0.050	0	0.171	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	78	0	266	66
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.318	0	1.084	0.270
Threonine	g	1.241	0	4.232	1.055
Isoleucine	g	1.277	0	4.355	1.085
Leucine	g	2.246	0	7.659	1.909
Lysine	g	2.364	0	8.061	2.009
Methionine	g	0.727	0	2.479	0.618
Cystine	g	0.318	0	1.084	0.270
Phenylalanine	g	1.109	0	3.782	0.943
Tyrosine	g	0.955	0	3.257	0.812
Valine	g	1.382	0	4.713	1.175
Arginine	g	1.796	0	6.124	1.527
Histidine	g	0.973	0	3.318	0.827
Alanine	g	1.714	0	5.845	1.457
Aspartic acid	g	2.596	0	8.852	2.207
Glutamic acid	g	4.269	0	14.557	3.629
Glycine	g	1.550	0	5.286	1.317
Proline	g	1.255	0	4.280	1.067
Serine	g	1.086	0	3.703	0.923
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13403 Beef, round, bottom round, 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* 333g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.43		0	191.24	48.82	
Energy	kcal	234		0	779	199	
Energy	kj	979		0	3260	832	
Protein (N x 5.95)	g	26.78		0	89.18	22.76	
Total lipid (fat)	g	13.24		0	44.09	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	1.26		0	4.20	1.07	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	20	5	
Iron	mg	2.90		0	9.66	2.46	
Magnesium	mg	26		0	87	22	
Phosphorus	mg	221		0	736	188	
Potassium	mg	361		0	1202	307	
Sodium	mg	63		0	210	54	
Zinc	mg	4.26		0	14.19	3.62	
Copper	mg	0.102		0	0.340	0.087	
Manganese	mg	0.015		0	0.050	0.013	
Selenium	:g	26.2		0	87.2	22.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.266	0.068	
Riboflavin	mg	0.230		0	0.766	0.196	
Niacin	mg	3.800		0	12.654	3.230	
Pantothenic acid	mg	0.330		0	1.099	0.281	
Vitamin B-6	mg	0.350		0	1.165	0.298	
Folate	:g	11		0	37	9	
Vitamin B-12	:g	2.58		0	8.59	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	5.010		0	16.683	4.258	
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	0.390		0	1.299	0.331	
15.0	g						
16:0	g	3.190		0	10.623	2.711	
17:0	g						
18:0	g	1.370		0	4.562	1.165	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.840	0	19.447	4.964
14:1	g				
16:1	g	0.630	0	2.098	0.536
18:1	g	5.180	0	17.249	4.403
20:1	g	0.030	0	0.100	0.026
22.1	g				
Polyunsaturated, total	g	0.510	0	1.698	0.434
18:2	g	0.350	0	1.165	0.298
18:3	g	0.120	0	0.400	0.102
18:4	g				
20:4	g	0.040	0	0.133	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	80	0	266	68
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	2.228	0	7.419	1.894
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	1.615	0	5.378	1.373
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. 13404 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, 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* 276g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.09		0	160.33	49.38	
Energy	kcal	201		0	555	171	
Energy	kj	841		0	2321	715	
Protein (N x 5.95)	g	31.17		0	86.03	26.49	
Total lipid (fat)	g	7.58		0	20.92	6.44	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.13		0	3.12	0.96	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	14	4	
Iron	mg	3.41		0	9.41	2.90	
Magnesium	mg	25		0	69	21	
Phosphorus	mg	268		0	740	228	
Potassium	mg	304		0	839	258	
Sodium	mg	51		0	141	43	
Zinc	mg	5.40		0	14.90	4.59	
Copper	mg	0.132		0	0.364	0.112	
Manganese	mg	0.018		0	0.050	0.015	
Selenium	:g	27.9		0	77.0	23.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.193	0.060	
Riboflavin	mg	0.260		0	0.718	0.221	
Niacin	mg	4.030		0	11.123	3.426	
Pantothenic acid	mg	0.420		0	1.159	0.357	
Vitamin B-6	mg	0.360		0	0.994	0.306	
Folate	:g	11		0	30	9	
Vitamin B-12	:g	2.45		0	6.76	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	2.650		0	7.314	2.252	
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	0.210		0	0.580	0.179	
15.0	g						
16:0	g	1.670		0	4.609	1.420	
17:0	g						
18:0	g	0.760		0	2.098	0.646	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.310	0	9.136	2.814
14:1	g				
16:1	g	0.340	0	0.938	0.289
18:1	g	2.970	0	8.197	2.525
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.290	0	0.800	0.247
18:2	g	0.210	0	0.580	0.179
18:3	g	0.040	0	0.110	0.034
18:4	g				
20:4	g	0.040	0	0.110	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	96	0	265	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.349	0	0.963	0.297
Threonine	g	1.361	0	3.756	1.157
Isoleucine	g	1.401	0	3.867	1.191
Leucine	g	2.464	0	6.801	2.094
Lysine	g	2.593	0	7.157	2.204
Methionine	g	0.798	0	2.202	0.678
Cystine	g	0.349	0	0.963	0.297
Phenylalanine	g	1.217	0	3.359	1.034
Tyrosine	g	1.047	0	2.890	0.890
Valine	g	1.516	0	4.184	1.289
Arginine	g	1.970	0	5.437	1.674
Histidine	g	1.067	0	2.945	0.907
Alanine	g	1.880	0	5.189	1.598
Aspartic acid	g	2.848	0	7.860	2.421
Glutamic acid	g	4.683	0	12.925	3.981
Glycine	g	1.701	0	4.695	1.446
Proline	g	1.376	0	3.798	1.170
Serine	g	1.192	0	3.290	1.013
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13405 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

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* 341g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.58		0	213.40	53.19	
Energy	kcal	177		0	604	150	
Energy	kj	741		0	2527	630	
Protein (N x 5.95)	g	28.59		0	97.49	24.30	
Total lipid (fat)	g	6.04		0	20.60	5.13	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.35		0	4.60	1.15	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	17	4	
Iron	mg	3.11		0	10.61	2.64	
Magnesium	mg	28		0	95	24	
Phosphorus	mg	238		0	812	202	
Potassium	mg	388		0	1323	330	
Sodium	mg	66		0	225	56	
Zinc	mg	4.59		0	15.65	3.90	
Copper	mg	0.109		0	0.372	0.093	
Manganese	mg	0.016		0	0.055	0.014	
Selenium	:g	27.3		0	93.1	23.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.273	0.068	
Riboflavin	mg	0.240		0	0.818	0.204	
Niacin	mg	4.050		0	13.810	3.442	
Pantothenic acid	mg	0.350		0	1.194	0.298	
Vitamin B-6	mg	0.370		0	1.262	0.315	
Folate	:g	12		0	41	10	
Vitamin B-12	:g	2.69		0	9.17	2.29	
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	2.050		0	6.991	1.742	
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	0.150		0	0.511	0.128	
15.0	g						
16:0	g	1.350		0	4.604	1.148	
17:0	g						
18:0	g	0.550		0	1.876	0.468	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.740	0	9.343	2.329
14:1	g				
16:1	g	0.310	0	1.057	0.264
18:1	g	2.420	0	8.252	2.057
20:1	g	0.010	0	0.034	0.009
22.1	g				
Polyunsaturated, total	g	0.240	0	0.818	0.204
18:2	g	0.190	0	0.648	0.161
18:3	g	0.010	0	0.034	0.009
18:4	g				
20:4	g	0.040	0	0.136	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	78	0	266	66
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.320	0	1.091	0.272
Threonine	g	1.249	0	4.259	1.062
Isoleucine	g	1.286	0	4.385	1.093
Leucine	g	2.260	0	7.707	1.921
Lysine	g	2.379	0	8.112	2.022
Methionine	g	0.732	0	2.496	0.622
Cystine	g	0.320	0	1.091	0.272
Phenylalanine	g	1.116	0	3.806	0.949
Tyrosine	g	0.961	0	3.277	0.817
Valine	g	1.391	0	4.743	1.182
Arginine	g	1.807	0	6.162	1.536
Histidine	g	0.979	0	3.338	0.832
Alanine	g	1.725	0	5.882	1.466
Aspartic acid	g	2.612	0	8.907	2.220
Glutamic acid	g	4.296	0	14.649	3.652
Glycine	g	1.560	0	5.320	1.326
Proline	g	1.263	0	4.307	1.074
Serine	g	1.093	0	3.727	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 with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13406 Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Refuse: 13% 11% separable fat, 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* 297g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.53		0	179.77	51.45	
Energy	kcal	189		0	561	161	
Energy	kj	791		0	2349	672	
Protein (N x 5.95)	g	28.77		0	85.45	24.45	
Total lipid (fat)	g	7.37		0	21.89	6.26	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.36		0	4.04	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	15	4	
Iron	mg	3.13		0	9.30	2.66	
Magnesium	mg	28		0	83	24	
Phosphorus	mg	239		0	710	203	
Potassium	mg	391		0	1161	332	
Sodium	mg	66		0	196	56	
Zinc	mg	4.62		0	13.72	3.93	
Copper	mg	0.109		0	0.324	0.093	
Manganese	mg	0.016		0	0.048	0.014	
Selenium	:g	27.4		0	81.4	23.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.238	0.068	
Riboflavin	mg	0.240		0	0.713	0.204	
Niacin	mg	4.070		0	12.088	3.460	
Pantothenic acid	mg	0.350		0	1.039	0.298	
Vitamin B-6	mg	0.370		0	1.099	0.315	
Folate	:g	12		0	36	10	
Vitamin B-12	:g	2.70		0	8.02	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	2.510		0	7.455	2.133	
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	0.535	0.153	
15.0	g						
16:0	g	1.650		0	4.900	1.403	
17:0	g						
18:0	g	0.680		0	2.020	0.578	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.340	0	9.920	2.839
14:1	g				
16:1	g	0.380	0	1.129	0.323
18:1	g	2.940	0	8.732	2.499
20:1	g	0.010	0	0.030	0.009
22.1	g				
Polyunsaturated, total	g	0.290	0	0.861	0.247
18:2	g	0.230	0	0.683	0.196
18:3	g	0.010	0	0.030	0.009
18:4	g				
20:4	g	0.050	0	0.149	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	78	0	232	66
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.322	0	0.956	0.274
Threonine	g	1.257	0	3.733	1.068
Isoleucine	g	1.294	0	3.843	1.100
Leucine	g	2.274	0	6.754	1.933
Lysine	g	2.394	0	7.110	2.035
Methionine	g	0.737	0	2.189	0.626
Cystine	g	0.322	0	0.956	0.274
Phenylalanine	g	1.123	0	3.335	0.955
Tyrosine	g	0.967	0	2.872	0.822
Valine	g	1.400	0	4.158	1.190
Arginine	g	1.819	0	5.402	1.546
Histidine	g	0.985	0	2.925	0.837
Alanine	g	1.736	0	5.156	1.476
Aspartic acid	g	2.629	0	7.808	2.235
Glutamic acid	g	4.323	0	12.839	3.675
Glycine	g	1.570	0	4.663	1.335
Proline	g	1.271	0	3.775	1.080
Serine	g	1.100	0	3.267	0.935
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 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13407 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, braised

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

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 267g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.00		1	154.86	49.30	
Energy	kcal	203		0	542	173	
Energy	kj	849		0	2267	722	
Protein (N x 5.95)	g	31.59	0.766	15	84.35	26.85	
Total lipid (fat)	g	7.60		1	20.29	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	1.14	0.081	15	3.04	0.97	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.336	11	13	4	
Iron	mg	3.46	0.191	11	9.24	2.94	
Magnesium	mg	25	0.433	11	67	21	
Phosphorus	mg	272		1	726	231	
Potassium	mg	308	10.395	11	822	262	
Sodium	mg	51	5.005	11	136	43	
Zinc	mg	5.48	0.396	8	14.63	4.66	
Copper	mg	0.134	0.008	8	0.358	0.114	
Manganese	mg	0.018		1	0.048	0.015	
Selenium	:g	28.1		0	75.0	23.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070	0.005	15	0.187	0.060	
Riboflavin	mg	0.260	0.012	12	0.694	0.221	
Niacin	mg	4.080	0.163	15	10.894	3.468	
Pantothenic acid	mg	0.420	0.038	4	1.121	0.357	
Vitamin B-6	mg	0.360	0.021	4	0.961	0.306	
Folate	:g	11	2.252	15	29	9	
Vitamin B-12	:g	2.47	0.337	15	6.59	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	0.374	0.119	
Lipids:							
Saturated, total	g	2.570		0	6.862	2.184	
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		7	0.000	0.000	
12:0	g	0.000		7	0.000	0.000	
14:0	g	0.200		8	0.534	0.170	
15.0	g						
16:0	g	1.620		8	4.325	1.377	
17:0	g						
18:0	g	0.750		8	2.002	0.637	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.330		0	8.891	2.831
14:1	g					
16:1	g	0.340		8	0.908	0.289
18:1	g	2.990		8	7.983	2.542
20:1	g	0.000		8	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.290		0	0.774	0.247
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	0.050		8	0.134	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	256	82
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.354		0	0.945	0.301
Threonine	g	1.380		0	3.685	1.173
Isoleucine	g	1.420		0	3.791	1.207
Leucine	g	2.497		0	6.667	2.122
Lysine	g	2.628		0	7.017	2.234
Methionine	g	0.809		0	2.160	0.688
Cystine	g	0.354		0	0.945	0.301
Phenylalanine	g	1.233		0	3.292	1.048
Tyrosine	g	1.061		0	2.833	0.902
Valine	g	1.536		0	4.101	1.306
Arginine	g	1.996		0	5.329	1.697
Histidine	g	1.082		0	2.889	0.920
Alanine	g	1.905		0	5.086	1.619
Aspartic acid	g	2.886		0	7.706	2.453
Glutamic acid	g	4.746		0	12.672	4.034
Glycine	g	1.723		0	4.600	1.465
Proline	g	1.395		0	3.725	1.186
Serine	g	1.208		0	3.225	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. 13408 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Refuse: 3% 2% separable fat, 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* 334g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.18		0	204.34	52.00	
Energy	kcal	183		0	611	156	
Energy	kj	766		0	2558	651	
Protein (N x 5.95)	g	28.77		0	96.09	24.45	
Total lipid (fat)	g	6.71		0	22.41	5.70	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.36		0	4.54	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	17	4	
Iron	mg	3.13		0	10.45	2.66	
Magnesium	mg	28		0	94	24	
Phosphorus	mg	239		0	798	203	
Potassium	mg	391		0	1306	332	
Sodium	mg	66		0	220	56	
Zinc	mg	4.62		0	15.43	3.93	
Copper	mg	0.109		0	0.364	0.093	
Manganese	mg	0.016		0	0.053	0.014	
Selenium	:g	27.4		0	91.5	23.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.267	0.068	
Riboflavin	mg	0.240		0	0.802	0.204	
Niacin	mg	4.070		0	13.594	3.460	
Pantothenic acid	mg	0.350		0	1.169	0.298	
Vitamin B-6	mg	0.370		0	1.236	0.315	
Folate	:g	12		0	40	10	
Vitamin B-12	:g	2.70		0	9.02	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	2.240		0	7.482	1.904	
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	0.160		0	0.534	0.136	
15.0	g						
16:0	g	1.490		0	4.977	1.266	
17:0	g						
18:0	g	0.600		0	2.004	0.510	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.050	0	10.187	2.592
14:1	g				
16:1	g	0.350	0	1.169	0.298
18:1	g	2.690	0	8.985	2.287
20:1	g	0.010	0	0.033	0.009
22.1	g				
Polyunsaturated, total	g	0.260	0	0.868	0.221
18:2	g	0.210	0	0.701	0.179
18:3	g	0.010	0	0.033	0.009
18:4	g				
20:4	g	0.050	0	0.167	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	78	0	261	66
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.322	0	1.075	0.274
Threonine	g	1.257	0	4.198	1.068
Isoleucine	g	1.294	0	4.322	1.100
Leucine	g	2.274	0	7.595	1.933
Lysine	g	2.394	0	7.996	2.035
Methionine	g	0.737	0	2.462	0.626
Cystine	g	0.322	0	1.075	0.274
Phenylalanine	g	1.123	0	3.751	0.955
Tyrosine	g	0.967	0	3.230	0.822
Valine	g	1.400	0	4.676	1.190
Arginine	g	1.819	0	6.075	1.546
Histidine	g	0.985	0	3.290	0.837
Alanine	g	1.736	0	5.798	1.476
Aspartic acid	g	2.629	0	8.781	2.235
Glutamic acid	g	4.323	0	14.439	3.675
Glycine	g	1.570	0	5.244	1.335
Proline	g	1.271	0	4.245	1.080
Serine	g	1.100	0	3.674	0.935
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 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13409 Beef, round, bottom 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	60.13		0	176.18	51.11	
Energy	kcal	198		0	580	168	
Energy	kj	828		0	2426	704	
Protein (N x 5.95)	g	28.77		0	84.30	24.45	
Total lipid (fat)	g	8.29		0	24.29	7.05	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.36		0	3.98	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	15	4	
Iron	mg	3.13		0	9.17	2.66	
Magnesium	mg	28		0	82	24	
Phosphorus	mg	239		0	700	203	
Potassium	mg	391		0	1146	332	
Sodium	mg	66		0	193	56	
Zinc	mg	4.62		0	13.54	3.93	
Copper	mg	0.109		0	0.319	0.093	
Manganese	mg	0.016		0	0.047	0.014	
Selenium	:g	27.4		0	80.3	23.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.234	0.068	
Riboflavin	mg	0.240		0	0.703	0.204	
Niacin	mg	4.070		0	11.925	3.460	
Pantothenic acid	mg	0.350		0	1.026	0.298	
Vitamin B-6	mg	0.370		0	1.084	0.315	
Folate	:g	12		0	35	10	
Vitamin B-12	:g	2.70		0	7.91	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	2.830		0	8.292	2.406	
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	0.200		0	0.586	0.170	
15.0	g						
16:0	g	1.860		0	5.450	1.581	
17:0	g						
18:0	g	0.770		0	2.256	0.655	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.750	0	10.988	3.188
14:1	g				
16:1	g	0.430	0	1.260	0.366
18:1	g	3.310	0	9.698	2.814
20:1	g	0.010	0	0.029	0.009
22.1	g				
Polyunsaturated, total	g	0.320	0	0.938	0.272
18:2	g	0.260	0	0.762	0.221
18:3	g	0.010	0	0.029	0.009
18:4	g				
20:4	g	0.050	0	0.147	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	78	0	229	66
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.322	0	0.943	0.274
Threonine	g	1.257	0	3.683	1.068
Isoleucine	g	1.294	0	3.791	1.100
Leucine	g	2.274	0	6.663	1.933
Lysine	g	2.394	0	7.014	2.035
Methionine	g	0.737	0	2.159	0.626
Cystine	g	0.322	0	0.943	0.274
Phenylalanine	g	1.123	0	3.290	0.955
Tyrosine	g	0.967	0	2.833	0.822
Valine	g	1.400	0	4.102	1.190
Arginine	g	1.819	0	5.330	1.546
Histidine	g	0.985	0	2.886	0.837
Alanine	g	1.736	0	5.086	1.476
Aspartic acid	g	2.629	0	7.703	2.235
Glutamic acid	g	4.323	0	12.666	3.675
Glycine	g	1.570	0	4.600	1.335
Proline	g	1.271	0	3.724	1.080
Serine	g	1.100	0	3.223	0.935
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 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13410 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, braised

Refuse: 5% 2% 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* 267g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.20		0	152.72	48.62	
Energy	kcal	213		0	569	181	
Energy	kj	891		0	2379	757	
Protein (N x 5.95)	g	31.59		0	84.35	26.85	
Total lipid (fat)	g	8.70		0	23.23	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	1.14		0	3.04	0.97	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	13	4	
Iron	mg	3.46		0	9.24	2.94	
Magnesium	mg	25		0	67	21	
Phosphorus	mg	272		0	726	231	
Potassium	mg	308		0	822	262	
Sodium	mg	51		0	136	43	
Zinc	mg	5.48		0	14.63	4.66	
Copper	mg	0.134		0	0.358	0.114	
Manganese	mg	0.018		0	0.048	0.015	
Selenium	:g	28.1		0	75.0	23.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.187	0.060	
Riboflavin	mg	0.260		0	0.694	0.221	
Niacin	mg	4.080		0	10.894	3.468	
Pantothenic acid	mg	0.420		0	1.121	0.357	
Vitamin B-6	mg	0.360		0	0.961	0.306	
Folate	:g	11		0	29	9	
Vitamin B-12	:g	2.47		0	6.59	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	2.940		0	7.850	2.499	
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	0.230		0	0.614	0.196	
15.0	g						
16:0	g	1.860		0	4.966	1.581	
17:0	g						
18:0	g	0.860		0	2.296	0.731	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.810	0	10.173	3.239
14:1	g				
16:1	g	0.390	0	1.041	0.331
18:1	g	3.420	0	9.131	2.907
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.330	0	0.881	0.281
18:2	g	0.250	0	0.668	0.213
18:3	g	0.030	0	0.080	0.026
18:4	g				
20:4	g	0.050	0	0.134	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	96	0	256	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.354	0	0.945	0.301
Threonine	g	1.380	0	3.685	1.173
Isoleucine	g	1.420	0	3.791	1.207
Leucine	g	2.497	0	6.667	2.122
Lysine	g	2.628	0	7.017	2.234
Methionine	g	0.809	0	2.160	0.688
Cystine	g	0.354	0	0.945	0.301
Phenylalanine	g	1.233	0	3.292	1.048
Tyrosine	g	1.061	0	2.833	0.902
Valine	g	1.536	0	4.101	1.306
Arginine	g	1.996	0	5.329	1.697
Histidine	g	1.082	0	2.889	0.920
Alanine	g	1.905	0	5.086	1.619
Aspartic acid	g	2.886	0	7.706	2.453
Glutamic acid	g	4.746	0	12.672	4.034
Glycine	g	1.723	0	4.600	1.465
Proline	g	1.395	0	3.725	1.186
Serine	g	1.208	0	3.225	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. 13411 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Refuse: 3% 1% connective tissue, 2% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 334g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.66		0	202.60	51.56	
Energy	kcal	193		0	645	164	
Energy	kj	808		0	2699	687	
Protein (N x 5.95)	g	28.77		0	96.09	24.45	
Total lipid (fat)	g	7.76		0	25.92	6.60	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.36		0	4.54	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	17	4	
Iron	mg	3.13		0	10.45	2.66	
Magnesium	mg	28		0	94	24	
Phosphorus	mg	239		0	798	203	
Potassium	mg	391		0	1306	332	
Sodium	mg	66		0	220	56	
Zinc	mg	4.62		0	15.43	3.93	
Copper	mg	0.109		0	0.364	0.093	
Manganese	mg	0.016		0	0.053	0.014	
Selenium	:g	27.4		0	91.5	23.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.267	0.068	
Riboflavin	mg	0.240		0	0.802	0.204	
Niacin	mg	4.070		0	13.594	3.460	
Pantothenic acid	mg	0.350		0	1.169	0.298	
Vitamin B-6	mg	0.370		0	1.236	0.315	
Folate	:g	12		0	40	10	
Vitamin B-12	:g	2.70		0	9.02	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	2.610		0	8.717	2.219	
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	0.601	0.153	
15.0	g						
16:0	g	1.730		0	5.778	1.471	
17:0	g						
18:0	g	0.700		0	2.338	0.595	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.520	0	11.757	2.992
14:1	g				
16:1	g	0.400	0	1.336	0.340
18:1	g	3.110	0	10.387	2.643
20:1	g	0.010	0	0.033	0.009
22.1	g				
Polyunsaturated, total	g	0.300	0	1.002	0.255
18:2	g	0.240	0	0.802	0.204
18:3	g	0.010	0	0.033	0.009
18:4	g				
20:4	g	0.050	0	0.167	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	78	0	261	66
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.322	0	1.075	0.274
Threonine	g	1.257	0	4.198	1.068
Isoleucine	g	1.294	0	4.322	1.100
Leucine	g	2.274	0	7.595	1.933
Lysine	g	2.394	0	7.996	2.035
Methionine	g	0.737	0	2.462	0.626
Cystine	g	0.322	0	1.075	0.274
Phenylalanine	g	1.123	0	3.751	0.955
Tyrosine	g	0.967	0	3.230	0.822
Valine	g	1.400	0	4.676	1.190
Arginine	g	1.819	0	6.075	1.546
Histidine	g	0.985	0	3.290	0.837
Alanine	g	1.736	0	5.798	1.476
Aspartic acid	g	2.629	0	8.781	2.235
Glutamic acid	g	4.323	0	14.439	3.675
Glycine	g	1.570	0	5.244	1.335
Proline	g	1.271	0	4.245	1.080
Serine	g	1.100	0	3.674	0.935
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 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13412 Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, select, cooked, roasted

Refuse: 13% 2% 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* 299g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.24		0	186.10	52.90	
Energy	kcal	179		0	535	152	
Energy	kj	749		0	2240	637	
Protein (N x 5.95)	g	28.77		0	86.02	24.45	
Total lipid (fat)	g	6.18		0	18.48	5.25	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.36		0	4.07	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	15	4	
Iron	mg	3.13		0	9.36	2.66	
Magnesium	mg	28		0	84	24	
Phosphorus	mg	239		0	715	203	
Potassium	mg	391		0	1169	332	
Sodium	mg	66		0	197	56	
Zinc	mg	4.62		0	13.81	3.93	
Copper	mg	0.109		0	0.326	0.093	
Manganese	mg	0.016		0	0.048	0.014	
Selenium	:g	27.4		0	81.9	23.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.239	0.068	
Riboflavin	mg	0.240		0	0.718	0.204	
Niacin	mg	4.070		0	12.169	3.460	
Pantothenic acid	mg	0.350		0	1.046	0.298	
Vitamin B-6	mg	0.370		0	1.106	0.315	
Folate	:g	12		0	36	10	
Vitamin B-12	:g	2.70		0	8.07	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	2.110		0	6.309	1.793	
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	0.150		0	0.449	0.128	
15.0	g						
16:0	g	1.390		0	4.156	1.182	
17:0	g						
18:0	g	0.570		0	1.704	0.484	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.800	0	8.372	2.380
14:1	g				
16:1	g	0.320	0	0.957	0.272
18:1	g	2.470	0	7.385	2.100
20:1	g	0.010	0	0.030	0.009
22.1	g				
Polyunsaturated, total	g	0.240	0	0.718	0.204
18:2	g	0.190	0	0.568	0.161
18:3	g	0.010	0	0.030	0.009
18:4	g				
20:4	g	0.040	0	0.120	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	78	0	233	66
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.322	0	0.963	0.274
Threonine	g	1.257	0	3.758	1.068
Isoleucine	g	1.294	0	3.869	1.100
Leucine	g	2.274	0	6.799	1.933
Lysine	g	2.394	0	7.158	2.035
Methionine	g	0.737	0	2.204	0.626
Cystine	g	0.322	0	0.963	0.274
Phenylalanine	g	1.123	0	3.358	0.955
Tyrosine	g	0.967	0	2.891	0.822
Valine	g	1.400	0	4.186	1.190
Arginine	g	1.819	0	5.439	1.546
Histidine	g	0.985	0	2.945	0.837
Alanine	g	1.736	0	5.191	1.476
Aspartic acid	g	2.629	0	7.861	2.235
Glutamic acid	g	4.323	0	12.926	3.675
Glycine	g	1.570	0	4.694	1.335
Proline	g	1.271	0	3.800	1.080
Serine	g	1.100	0	3.289	0.935
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 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13413 Beef, round, bottom round, separable lean only, trimmed to 0" fat, select, cooked, braised

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

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 270g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.90		0	159.03	50.06	
Energy	kcal	192		0	518	163	
Energy	kj	803		0	2168	683	
Protein (N x 5.95)	g	31.59		0	85.29	26.85	
Total lipid (fat)	g	6.30		0	17.01	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	1.14		0	3.08	0.97	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	14	4	
Iron	mg	3.46		0	9.34	2.94	
Magnesium	mg	25		0	68	21	
Phosphorus	mg	272		0	734	231	
Potassium	mg	308		0	832	262	
Sodium	mg	51		0	138	43	
Zinc	mg	5.48		0	14.80	4.66	
Copper	mg	0.134		0	0.362	0.114	
Manganese	mg	0.018		0	0.049	0.015	
Selenium	:g	28.1		0	75.9	23.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.189	0.060	
Riboflavin	mg	0.260		0	0.702	0.221	
Niacin	mg	4.080		0	11.016	3.468	
Pantothenic acid	mg	0.420		0	1.134	0.357	
Vitamin B-6	mg	0.360		0	0.972	0.306	
Folate	:g	11		0	30	9	
Vitamin B-12	:g	2.47		0	6.67	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	2.130		0	5.751	1.810	
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	0.160		0	0.432	0.136	
15.0	g						
16:0	g	1.340		0	3.618	1.139	
17:0	g						
18:0	g	0.620		0	1.674	0.527	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.760	0	7.452	2.346
14:1	g				
16:1	g	0.280	0	0.756	0.238
18:1	g	2.480	0	6.696	2.108
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.240	0	0.648	0.204
18:2	g	0.180	0	0.486	0.153
18:3	g	0.020	0	0.054	0.017
18:4	g				
20:4	g	0.040	0	0.108	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	96	0	259	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.354	0	0.956	0.301
Threonine	g	1.380	0	3.726	1.173
Isoleucine	g	1.420	0	3.834	1.207
Leucine	g	2.497	0	6.742	2.122
Lysine	g	2.628	0	7.096	2.234
Methionine	g	0.809	0	2.184	0.688
Cystine	g	0.354	0	0.956	0.301
Phenylalanine	g	1.233	0	3.329	1.048
Tyrosine	g	1.061	0	2.865	0.902
Valine	g	1.536	0	4.147	1.306
Arginine	g	1.996	0	5.389	1.697
Histidine	g	1.082	0	2.921	0.920
Alanine	g	1.905	0	5.144	1.619
Aspartic acid	g	2.886	0	7.792	2.453
Glutamic acid	g	4.746	0	12.814	4.034
Glycine	g	1.723	0	4.652	1.465
Proline	g	1.395	0	3.766	1.186
Serine	g	1.208	0	3.262	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. 13414 Beef, round, bottom round, separable lean only, trimmed to 0" fat, select, cooked, roasted

Refuse: 2% 1% connective tissue, 1% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 338g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	63.03		0	213.04	53.58	
Energy	kcal	171		0	578	145	
Energy	kj	715		0	2417	608	
Protein (N x 5.95)	g	28.77		0	97.24	24.45	
Total lipid (fat)	g	5.39		0	18.22	4.58	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.36		0	4.60	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	17	4	
Iron	mg	3.13		0	10.58	2.66	
Magnesium	mg	28		0	95	24	
Phosphorus	mg	239		0	808	203	
Potassium	mg	391		0	1322	332	
Sodium	mg	66		0	223	56	
Zinc	mg	4.62		0	15.62	3.93	
Copper	mg	0.109		0	0.368	0.093	
Manganese	mg	0.016		0	0.054	0.014	
Selenium	:g	27.4		0	92.6	23.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.270	0.068	
Riboflavin	mg	0.240		0	0.811	0.204	
Niacin	mg	4.070		0	13.757	3.460	
Pantothenic acid	mg	0.350		0	1.183	0.298	
Vitamin B-6	mg	0.370		0	1.251	0.315	
Folate	:g	12		0	41	10	
Vitamin B-12	:g	2.70		0	9.13	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	1.780		0	6.016	1.513	
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	0.120		0	0.406	0.102	
15.0	g						
16:0	g	1.190		0	4.022	1.011	
17:0	g						
18:0	g	0.470		0	1.589	0.400	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.460	0	8.315	2.091
14:1	g				
16:1	g	0.280	0	0.946	0.238
18:1	g	2.170	0	7.335	1.844
20:1	g	0.010	0	0.034	0.009
22.1	g				
Polyunsaturated, total	g	0.210	0	0.710	0.179
18:2	g	0.170	0	0.575	0.145
18:3	g	0.010	0	0.034	0.009
18:4	g				
20:4	g	0.040	0	0.135	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	78	0	264	66
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.322	0	1.088	0.274
Threonine	g	1.257	0	4.249	1.068
Isoleucine	g	1.294	0	4.374	1.100
Leucine	g	2.274	0	7.686	1.933
Lysine	g	2.394	0	8.092	2.035
Methionine	g	0.737	0	2.491	0.626
Cystine	g	0.322	0	1.088	0.274
Phenylalanine	g	1.123	0	3.796	0.955
Tyrosine	g	0.967	0	3.268	0.822
Valine	g	1.400	0	4.732	1.190
Arginine	g	1.819	0	6.148	1.546
Histidine	g	0.985	0	3.329	0.837
Alanine	g	1.736	0	5.868	1.476
Aspartic acid	g	2.629	0	8.886	2.235
Glutamic acid	g	4.323	0	14.612	3.675
Glycine	g	1.570	0	5.307	1.335
Proline	g	1.271	0	4.296	1.080
Serine	g	1.100	0	3.718	0.935
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 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13415 Beef, round, eye of round, separable lean and fat, trimmed to 0" 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	64.14		0	213.59	54.52	
Energy	kcal	171		0	569	145	
Energy	kj	715		0	2381	608	
Protein (N x 5.95)	g	28.80		0	95.90	24.48	
Total lipid (fat)	g	5.36		0	17.85	4.56	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.20		0	4.00	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	17	4	
Iron	mg	1.94		0	6.46	1.65	
Magnesium	mg	27		0	90	23	
Phosphorus	mg	224		0	746	190	
Potassium	mg	392		0	1305	333	
Sodium	mg	62		0	206	53	
Zinc	mg	4.71		0	15.68	4.00	
Copper	mg	0.099		0	0.330	0.084	
Manganese	mg	0.016		0	0.053	0.014	
Selenium	:g	26.6		0	88.6	22.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.300	0.077	
Riboflavin	mg	0.170		0	0.566	0.145	
Niacin	mg	3.730		0	12.421	3.171	
Pantothenic acid	mg	0.450		0	1.498	0.383	
Vitamin B-6	mg	0.380		0	1.265	0.323	
Folate	:g	7		0	23	6	
Vitamin B-12	:g	2.16		0	7.19	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	0.466	0.119	
Lipids:							
Saturated, total	g	1.970		0	6.560	1.674	
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	0.466	0.119	
15.0	g						
16:0	g	1.240		0	4.129	1.054	
17:0	g						
18:0	g	0.590		0	1.965	0.501	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.280	0	7.592	1.938
14:1	g				
16:1	g	0.200	0	0.666	0.170
18:1	g	2.070	0	6.893	1.759
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.180	0	0.599	0.153
18:2	g	0.140	0	0.466	0.119
18:3	g	0.020	0	0.067	0.017
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	69	0	230	59
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.323	0	1.076	0.275
Threonine	g	1.258	0	4.189	1.069
Isoleucine	g	1.295	0	4.312	1.101
Leucine	g	2.277	0	7.582	1.935
Lysine	g	2.396	0	7.979	2.037
Methionine	g	0.737	0	2.454	0.626
Cystine	g	0.323	0	1.076	0.275
Phenylalanine	g	1.125	0	3.746	0.956
Tyrosine	g	0.968	0	3.223	0.823
Valine	g	1.401	0	4.665	1.191
Arginine	g	1.820	0	6.061	1.547
Histidine	g	0.986	0	3.283	0.838
Alanine	g	1.737	0	5.784	1.476
Aspartic acid	g	2.632	0	8.765	2.237
Glutamic acid	g	4.328	0	14.412	3.679
Glycine	g	1.572	0	5.235	1.336
Proline	g	1.272	0	4.236	1.081
Serine	g	1.101	0	3.666	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 with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13416 Beef, round, eye of round, separable lean and fat, trimmed to 0" 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	63.74		0	212.25	54.18	
Energy	kcal	180		0	599	153	
Energy	kj	753		0	2507	640	
Protein (N x 5.95)	g	28.80		0	95.90	24.48	
Total lipid (fat)	g	6.35		0	21.15	5.40	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.20		0	4.00	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	17	4	
Iron	mg	1.94		0	6.46	1.65	
Magnesium	mg	27		0	90	23	
Phosphorus	mg	224		0	746	190	
Potassium	mg	392		0	1305	333	
Sodium	mg	62		0	206	53	
Zinc	mg	4.71		0	15.68	4.00	
Copper	mg	0.099		0	0.330	0.084	
Manganese	mg	0.016		0	0.053	0.014	
Selenium	:g	26.6		0	88.6	22.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.300	0.077	
Riboflavin	mg	0.170		0	0.566	0.145	
Niacin	mg	3.730		0	12.421	3.171	
Pantothenic acid	mg	0.450		0	1.498	0.383	
Vitamin B-6	mg	0.380		0	1.265	0.323	
Folate	:g	7		0	23	6	
Vitamin B-12	:g	2.16		0	7.19	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	2.330		0	7.759	1.981	
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	0.160		0	0.533	0.136	
15.0	g						
16:0	g	1.460		0	4.862	1.241	
17:0	g						
18:0	g	0.700		0	2.331	0.595	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.700	0	8.991	2.295
14:1	g				
16:1	g	0.240	0	0.799	0.204
18:1	g	2.450	0	8.159	2.083
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.210	0	0.699	0.179
18:2	g	0.160	0	0.533	0.136
18:3	g	0.020	0	0.067	0.017
18:4	g				
20:4	g	0.030	0	0.100	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	69	0	230	59
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.323	0	1.076	0.275
Threonine	g	1.258	0	4.189	1.069
Isoleucine	g	1.295	0	4.312	1.101
Leucine	g	2.277	0	7.582	1.935
Lysine	g	2.396	0	7.979	2.037
Methionine	g	0.737	0	2.454	0.626
Cystine	g	0.323	0	1.076	0.275
Phenylalanine	g	1.125	0	3.746	0.956
Tyrosine	g	0.968	0	3.223	0.823
Valine	g	1.401	0	4.665	1.191
Arginine	g	1.820	0	6.061	1.547
Histidine	g	0.986	0	3.283	0.838
Alanine	g	1.737	0	5.784	1.476
Aspartic acid	g	2.632	0	8.765	2.237
Glutamic acid	g	4.328	0	14.412	3.679
Glycine	g	1.572	0	5.235	1.336
Proline	g	1.272	0	4.236	1.081
Serine	g	1.101	0	3.666	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 with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13417 Beef, round, eye of round, separable lean and fat, trimmed to 0" 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* 333g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	64.63		0	215.22	54.94	
Energy	kcal	161		0	536	137	
Energy	kj	674		0	2244	573	
Protein (N x 5.95)	g	28.80		0	95.90	24.48	
Total lipid (fat)	g	4.17		0	13.89	3.54	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.20		0	4.00	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	17	4	
Iron	mg	1.94		0	6.46	1.65	
Magnesium	mg	27		0	90	23	
Phosphorus	mg	224		0	746	190	
Potassium	mg	392		0	1305	333	
Sodium	mg	62		0	206	53	
Zinc	mg	4.71		0	15.68	4.00	
Copper	mg	0.099		0	0.330	0.084	
Manganese	mg	0.016		0	0.053	0.014	
Selenium	:g	26.6		0	88.6	22.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.300	0.077	
Riboflavin	mg	0.170		0	0.566	0.145	
Niacin	mg	3.730		0	12.421	3.171	
Pantothenic acid	mg	0.450		0	1.498	0.383	
Vitamin B-6	mg	0.380		0	1.265	0.323	
Folate	:g	7		0	23	6	
Vitamin B-12	:g	2.16		0	7.19	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	1.540		0	5.128	1.309	
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	0.110		0	0.366	0.094	
15.0	g						
16:0	g	0.970		0	3.230	0.825	
17:0	g						
18:0	g	0.460		0	1.532	0.391	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.770	0	5.894	1.504
14:1	g				
16:1	g	0.160	0	0.533	0.136
18:1	g	1.610	0	5.361	1.369
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.140	0	0.466	0.119
18:2	g	0.110	0	0.366	0.094
18:3	g	0.020	0	0.067	0.017
18:4	g				
20:4	g	0.020	0	0.067	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	69	0	230	59
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.323	0	1.076	0.275
Threonine	g	1.258	0	4.189	1.069
Isoleucine	g	1.295	0	4.312	1.101
Leucine	g	2.277	0	7.582	1.935
Lysine	g	2.396	0	7.979	2.037
Methionine	g	0.737	0	2.454	0.626
Cystine	g	0.323	0	1.076	0.275
Phenylalanine	g	1.125	0	3.746	0.956
Tyrosine	g	0.968	0	3.223	0.823
Valine	g	1.401	0	4.665	1.191
Arginine	g	1.820	0	6.061	1.547
Histidine	g	0.986	0	3.283	0.838
Alanine	g	1.737	0	5.784	1.476
Aspartic acid	g	2.632	0	8.765	2.237
Glutamic acid	g	4.328	0	14.412	3.679
Glycine	g	1.572	0	5.235	1.336
Proline	g	1.272	0	4.236	1.081
Serine	g	1.101	0	3.666	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 with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13418 Beef, round, eye of round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Refuse: 3% 2% connective tissue, 1% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 330g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	64.60		1	213.18	54.91	
Energy	kcal	166		0	548	141	
Energy	kj	695		0	2294	591	
Protein (N x 5.95)	g	28.99	0.267	14	95.67	24.64	
Total lipid (fat)	g	4.70		1	15.51	4.00	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.21	0.025	15	3.99	1.03	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.224	11	17	4	
Iron	mg	1.95	0.109	11	6.43	1.66	
Magnesium	mg	27	0.926	11	89	23	
Phosphorus	mg	226		1	746	192	
Potassium	mg	395	13.181	11	1304	336	
Sodium	mg	62	5.970	11	205	53	
Zinc	mg	4.74	0.310	8	15.64	4.03	
Copper	mg	0.100	0.010	8	0.330	0.085	
Manganese	mg	0.016		1	0.053	0.014	
Selenium	:g	26.7		0	88.1	22.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090	0.006	11	0.297	0.077	
Riboflavin	mg	0.170	0.015	7	0.561	0.145	
Niacin	mg	3.750	0.227	10	12.375	3.188	
Pantothenic acid	mg	0.460		1	1.518	0.391	
Vitamin B-6	mg	0.380		1	1.254	0.323	
Folate	:g	7	1.516	11	23	6	
Vitamin B-12	:g	2.17	0.272	11	7.16	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	0.462	0.119	
Lipids:							
Saturated, total	g	1.700		0	5.610	1.445	
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	0.396	0.102	
15.0	g						
16:0	g	1.070		8	3.531	0.910	
17:0	g						
18:0	g	0.520		8	1.716	0.442	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.990		0	6.567	1.692
14:1	g					
16:1	g	0.170		8	0.561	0.145
18:1	g	1.820		8	6.006	1.547
20:1	g	0.000		8	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.150		0	0.495	0.128
18:2	g	0.120		8	0.396	0.102
18:3	g	0.010		8	0.033	0.009
18:4	g	0.000		0	0.000	0.000
20:4	g	0.020		8	0.066	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	228	59
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.325		0	1.073	0.276
Threonine	g	1.266		0	4.178	1.076
Isoleucine	g	1.303		0	4.300	1.108
Leucine	g	2.291		0	7.560	1.947
Lysine	g	2.412		0	7.960	2.050
Methionine	g	0.742		0	2.449	0.631
Cystine	g	0.325		0	1.073	0.276
Phenylalanine	g	1.132		0	3.736	0.962
Tyrosine	g	0.974		0	3.214	0.828
Valine	g	1.410		0	4.653	1.198
Arginine	g	1.832		0	6.046	1.557
Histidine	g	0.993		0	3.277	0.844
Alanine	g	1.749		0	5.772	1.487
Aspartic acid	g	2.648		0	8.738	2.251
Glutamic acid	g	4.355		0	14.372	3.702
Glycine	g	1.582		0	5.221	1.345
Proline	g	1.280		0	4.224	1.088
Serine	g	1.108		0	3.656	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. 13419 Beef, round, eye of round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Refuse: 3% 2% connective tissue, 1% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 331g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	64.20		0	212.50	54.57	
Energy	kcal	175		0	579	149	
Energy	kj	732		0	2423	622	
Protein (N x 5.95)	g	28.99		0	95.96	24.64	
Total lipid (fat)	g	5.70		0	18.87	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	4.01	1.03	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	17	4	
Iron	mg	1.95		0	6.45	1.66	
Magnesium	mg	27		0	89	23	
Phosphorus	mg	226		0	748	192	
Potassium	mg	395		0	1307	336	
Sodium	mg	62		0	205	53	
Zinc	mg	4.74		0	15.69	4.03	
Copper	mg	0.100		0	0.331	0.085	
Manganese	mg	0.016		0	0.053	0.014	
Selenium	:g	26.7		0	88.4	22.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.298	0.077	
Riboflavin	mg	0.170		0	0.563	0.145	
Niacin	mg	3.750		0	12.412	3.188	
Pantothenic acid	mg	0.460		0	1.523	0.391	
Vitamin B-6	mg	0.380		0	1.258	0.323	
Folate	:g	7		0	23	6	
Vitamin B-12	:g	2.17		0	7.18	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	6.852	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	0.463	0.119	
15.0	g						
16:0	g	1.300		0	4.303	1.105	
17:0	g						
18:0	g	0.630		0	2.085	0.536	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.420	0	8.010	2.057
14:1	g				
16:1	g	0.210	0	0.695	0.179
18:1	g	2.210	0	7.315	1.878
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.180	0	0.596	0.153
18:2	g	0.150	0	0.497	0.128
18:3	g	0.010	0	0.033	0.009
18:4	g				
20:4	g	0.030	0	0.099	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	69	0	228	59
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.325	0	1.076	0.276
Threonine	g	1.266	0	4.190	1.076
Isoleucine	g	1.303	0	4.313	1.108
Leucine	g	2.291	0	7.583	1.947
Lysine	g	2.412	0	7.984	2.050
Methionine	g	0.742	0	2.456	0.631
Cystine	g	0.325	0	1.076	0.276
Phenylalanine	g	1.132	0	3.747	0.962
Tyrosine	g	0.974	0	3.224	0.828
Valine	g	1.410	0	4.667	1.198
Arginine	g	1.832	0	6.064	1.557
Histidine	g	0.993	0	3.287	0.844
Alanine	g	1.749	0	5.789	1.487
Aspartic acid	g	2.648	0	8.765	2.251
Glutamic acid	g	4.355	0	14.415	3.702
Glycine	g	1.582	0	5.236	1.345
Proline	g	1.280	0	4.237	1.088
Serine	g	1.108	0	3.667	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. 13420 Beef, round, eye of round, separable lean only, trimmed to 0" fat, select, cooked, roasted

Refuse: 3% 2% connective tissue, 1% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 296g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	65.10		0	192.70	55.33	
Energy	kcal	155		0	459	132	
Energy	kj	649		0	1921	552	
Protein (N x 5.95)	g	28.99		0	85.81	24.64	
Total lipid (fat)	g	3.50		0	10.36	2.98	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.21		0	3.58	1.03	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	15	4	
Iron	mg	1.95		0	5.77	1.66	
Magnesium	mg	27		0	80	23	
Phosphorus	mg	226		0	669	192	
Potassium	mg	395		0	1169	336	
Sodium	mg	62		0	184	53	
Zinc	mg	4.74		0	14.03	4.03	
Copper	mg	0.100		0	0.296	0.085	
Manganese	mg	0.016		0	0.047	0.014	
Selenium	:g	26.7		0	79.0	22.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.266	0.077	
Riboflavin	mg	0.170		0	0.503	0.145	
Niacin	mg	3.750		0	11.100	3.188	
Pantothenic acid	mg	0.460		0	1.362	0.391	
Vitamin B-6	mg	0.380		0	1.125	0.323	
Folate	:g	7		0	21	6	
Vitamin B-12	:g	2.17		0	6.42	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	1.270		0	3.759	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	0.266	0.077	
15.0	g						
16:0	g	0.800		0	2.368	0.680	
17:0	g						
18:0	g	0.390		0	1.154	0.331	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.480	0	4.381	1.258
14:1	g				
16:1	g	0.130	0	0.385	0.111
18:1	g	1.350	0	3.996	1.148
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.110	0	0.326	0.094
18:2	g	0.090	0	0.266	0.077
18:3	g	0.010	0	0.030	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	204	59
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.325	0	0.962	0.276
Threonine	g	1.266	0	3.747	1.076
Isoleucine	g	1.303	0	3.857	1.108
Leucine	g	2.291	0	6.781	1.947
Lysine	g	2.412	0	7.140	2.050
Methionine	g	0.742	0	2.196	0.631
Cystine	g	0.325	0	0.962	0.276
Phenylalanine	g	1.132	0	3.351	0.962
Tyrosine	g	0.974	0	2.883	0.828
Valine	g	1.410	0	4.174	1.198
Arginine	g	1.832	0	5.423	1.557
Histidine	g	0.993	0	2.939	0.844
Alanine	g	1.749	0	5.177	1.487
Aspartic acid	g	2.648	0	7.838	2.251
Glutamic acid	g	4.355	0	12.891	3.702
Glycine	g	1.582	0	4.683	1.345
Proline	g	1.280	0	3.789	1.088
Serine	g	1.108	0	3.280	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. 13421 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, 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* 330g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	63.90		0	210.87	54.31	
Energy	kcal	191		0	630	162	
Energy	kj	799		0	2637	679	
Protein (N x 5.95)	g	28.17		0	92.96	23.94	
Total lipid (fat)	g	7.83		0	25.84	6.66	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.16		0	3.83	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	17	4	
Iron	mg	2.88		0	9.50	2.45	
Magnesium	mg	26		0	86	22	
Phosphorus	mg	237		0	782	201	
Potassium	mg	378		0	1247	321	
Sodium	mg	64		0	211	54	
Zinc	mg	6.90		0	22.77	5.87	
Copper	mg	0.123		0	0.406	0.105	
Manganese	mg	0.017		0	0.056	0.014	
Selenium	:g	27.3		0	90.1	23.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.330	0.085	
Riboflavin	mg	0.260		0	0.858	0.221	
Niacin	mg	3.670		0	12.111	3.119	
Pantothenic acid	mg	0.460		0	1.518	0.391	
Vitamin B-6	mg	0.390		0	1.287	0.331	
Folate	:g	8		0	26	7	
Vitamin B-12	:g	2.85		0	9.40	2.42	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.150		0	0.495	0.128	
Lipids:							
Saturated, total	g	2.860		0	9.438	2.431	
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	0.220		0	0.726	0.187	
15.0	g						
16:0	g	1.730		0	5.709	1.471	
17:0	g						
18:0	g	0.890		0	2.937	0.757	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.190	0	10.527	2.711
14:1	g				
16:1	g	0.290	0	0.957	0.247
18:1	g	2.900	0	9.570	2.465
20:1	g	0.010	0	0.033	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.310	0	1.023	0.264
18:2	g	0.230	0	0.759	0.196
18:3	g	0.050	0	0.165	0.043
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	81	0	267	69
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.316	0	1.043	0.269
Threonine	g	1.230	0	4.059	1.045
Isoleucine	g	1.267	0	4.181	1.077
Leucine	g	2.227	0	7.349	1.893
Lysine	g	2.344	0	7.735	1.992
Methionine	g	0.721	0	2.379	0.613
Cystine	g	0.316	0	1.043	0.269
Phenylalanine	g	1.100	0	3.630	0.935
Tyrosine	g	0.947	0	3.125	0.805
Valine	g	1.370	0	4.521	1.165
Arginine	g	1.780	0	5.874	1.513
Histidine	g	0.965	0	3.184	0.820
Alanine	g	1.699	0	5.607	1.444
Aspartic acid	g	2.574	0	8.494	2.188
Glutamic acid	g	4.232	0	13.966	3.597
Glycine	g	1.537	0	5.072	1.306
Proline	g	1.244	0	4.105	1.057
Serine	g	1.077	0	3.554	0.915
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13422 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, 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* 330g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	63.24		0	208.69	53.75	
Energy	kcal	200		0	660	170	
Energy	kj	837		0	2762	711	
Protein (N x 5.95)	g	27.99		0	92.37	23.79	
Total lipid (fat)	g	8.96		0	29.57	7.62	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.15		0	3.79	0.98	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	17	4	
Iron	mg	2.86		0	9.44	2.43	
Magnesium	mg	26		0	86	22	
Phosphorus	mg	235		0	776	200	
Potassium	mg	375		0	1238	319	
Sodium	mg	64		0	211	54	
Zinc	mg	6.84		0	22.57	5.81	
Copper	mg	0.122		0	0.403	0.104	
Manganese	mg	0.017		0	0.056	0.014	
Selenium	:g	27.3		0	90.1	23.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.330	0.085	
Riboflavin	mg	0.260		0	0.858	0.221	
Niacin	mg	3.650		0	12.045	3.103	
Pantothenic acid	mg	0.460		0	1.518	0.391	
Vitamin B-6	mg	0.390		0	1.287	0.331	
Folate	:g	8		0	26	7	
Vitamin B-12	:g	2.84		0	9.37	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	3.290		0	10.857	2.797	
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	0.250		0	0.825	0.213	
15.0	g						
16:0	g	2.000		0	6.600	1.700	
17:0	g						
18:0	g	1.020		0	3.366	0.867	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.660	0	12.078	3.111
14:1	g				
16:1	g	0.330	0	1.089	0.281
18:1	g	3.320	0	10.956	2.822
20:1	g	0.010	0	0.033	0.009
22.1	g				
Polyunsaturated, total	g	0.350	0	1.155	0.298
18:2	g	0.260	0	0.858	0.221
18:3	g	0.060	0	0.198	0.051
18:4	g				
20:4	g	0.030	0	0.099	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	82	0	271	70
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.313	0	1.033	0.266
Threonine	g	1.223	0	4.036	1.040
Isoleucine	g	1.258	0	4.151	1.069
Leucine	g	2.212	0	7.300	1.880
Lysine	g	2.329	0	7.686	1.980
Methionine	g	0.717	0	2.366	0.609
Cystine	g	0.313	0	1.033	0.266
Phenylalanine	g	1.093	0	3.607	0.929
Tyrosine	g	0.940	0	3.102	0.799
Valine	g	1.361	0	4.491	1.157
Arginine	g	1.769	0	5.838	1.504
Histidine	g	0.958	0	3.161	0.814
Alanine	g	1.688	0	5.570	1.435
Aspartic acid	g	2.557	0	8.438	2.173
Glutamic acid	g	4.205	0	13.877	3.574
Glycine	g	1.527	0	5.039	1.298
Proline	g	1.236	0	4.079	1.051
Serine	g	1.070	0	3.531	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. 13423 Beef, round, tip round, separable lean and fat, trimmed to 0" 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* 330g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	64.09		0	211.50	54.48	
Energy	kcal	186		0	614	158	
Energy	kj	778		0	2567	661	
Protein (N x 5.95)	g	28.17		0	92.96	23.94	
Total lipid (fat)	g	7.25		0	23.93	6.16	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.16		0	3.83	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	17	4	
Iron	mg	2.88		0	9.50	2.45	
Magnesium	mg	26		0	86	22	
Phosphorus	mg	237		0	782	201	
Potassium	mg	378		0	1247	321	
Sodium	mg	64		0	211	54	
Zinc	mg	6.90		0	22.77	5.87	
Copper	mg	0.123		0	0.406	0.105	
Manganese	mg	0.017		0	0.056	0.014	
Selenium	:g	27.3		0	90.1	23.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.330	0.085	
Riboflavin	mg	0.260		0	0.858	0.221	
Niacin	mg	3.670		0	12.111	3.119	
Pantothenic acid	mg	0.460		0	1.518	0.391	
Vitamin B-6	mg	0.390		0	1.287	0.331	
Folate	:g	8		0	26	7	
Vitamin B-12	:g	2.85		0	9.40	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	2.650		0	8.745	2.252	
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	0.200		0	0.660	0.170	
15.0	g						
16:0	g	1.610		0	5.313	1.369	
17:0	g						
18:0	g	0.830		0	2.739	0.706	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.960	0	9.768	2.516
14:1	g				
16:1	g	0.270	0	0.891	0.230
18:1	g	2.690	0	8.877	2.287
20:1	g	0.010	0	0.033	0.009
22.1	g				
Polyunsaturated, total	g	0.290	0	0.957	0.247
18:2	g	0.210	0	0.693	0.179
18:3	g	0.040	0	0.132	0.034
18:4	g				
20:4	g	0.030	0	0.099	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	81	0	267	69
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.316	0	1.043	0.269
Threonine	g	1.230	0	4.059	1.045
Isoleucine	g	1.267	0	4.181	1.077
Leucine	g	2.227	0	7.349	1.893
Lysine	g	2.344	0	7.735	1.992
Methionine	g	0.721	0	2.379	0.613
Cystine	g	0.316	0	1.043	0.269
Phenylalanine	g	1.100	0	3.630	0.935
Tyrosine	g	0.947	0	3.125	0.805
Valine	g	1.370	0	4.521	1.165
Arginine	g	1.780	0	5.874	1.513
Histidine	g	0.965	0	3.184	0.820
Alanine	g	1.699	0	5.607	1.444
Aspartic acid	g	2.574	0	8.494	2.188
Glutamic acid	g	4.232	0	13.966	3.597
Glycine	g	1.537	0	5.072	1.306
Proline	g	1.244	0	4.105	1.057
Serine	g	1.077	0	3.554	0.915
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13424 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Refuse: 6% 3% 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* 320g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	65.30		1	208.96	55.51	
Energy	kcal	176		0	563	150	
Energy	kj	736		0	2355	626	
Protein (N x 5.95)	g	28.71	0.569	11	91.87	24.40	
Total lipid (fat)	g	5.90		1	18.88	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	1.18	0.026	11	3.78	1.00	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.246	11	16	4	
Iron	mg	2.94	0.104	11	9.41	2.50	
Magnesium	mg	27	0.814	11	86	23	
Phosphorus	mg	242		1	774	206	
Potassium	mg	386	12.161	11	1235	328	
Sodium	mg	65	4.672	11	208	55	
Zinc	mg	7.07	0.267	8	22.62	6.01	
Copper	mg	0.125	0.004	8	0.400	0.106	
Manganese	mg	0.017		1	0.054	0.014	
Selenium	:g	27.6		0	88.3	23.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100	0.005	11	0.320	0.085	
Riboflavin	mg	0.270	0.010	11	0.864	0.230	
Niacin	mg	3.740	0.166	11	11.968	3.179	
Pantothenic acid	mg	0.470		1	1.504	0.400	
Vitamin B-6	mg	0.400		1	1.280	0.340	
Folate	:g	8	0.896	11	26	7	
Vitamin B-12	:g	2.89	0.649	11	9.25	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	0.448	0.119	
Lipids:							
Saturated, total	g	2.060		0	6.592	1.751	
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	0.150		8	0.480	0.128	
15.0	g						
16:0	g	1.240		8	3.968	1.054	
17:0	g						
18:0	g	0.680		8	2.176	0.578	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.350		0	7.520	1.998
14:1	g					
16:1	g	0.200		8	0.640	0.170
18:1	g	2.150		8	6.880	1.827
20:1	g	0.000		8	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.240		0	0.768	0.204
18:2	g	0.190		8	0.608	0.161
18:3	g	0.020		8	0.064	0.017
18:4	g	0.000		0	0.000	0.000
20:4	g	0.030		8	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	81	2.500	8	259	69
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.322		0	1.030	0.274
Threonine	g	1.254		0	4.013	1.066
Isoleucine	g	1.291		0	4.131	1.097
Leucine	g	2.269		0	7.261	1.929
Lysine	g	2.389		0	7.645	2.031
Methionine	g	0.735		0	2.352	0.625
Cystine	g	0.322		0	1.030	0.274
Phenylalanine	g	1.121		0	3.587	0.953
Tyrosine	g	0.965		0	3.088	0.820
Valine	g	1.397		0	4.470	1.187
Arginine	g	1.815		0	5.808	1.543
Histidine	g	0.983		0	3.146	0.836
Alanine	g	1.732		0	5.542	1.472
Aspartic acid	g	2.623		0	8.394	2.230
Glutamic acid	g	4.314		0	13.805	3.667
Glycine	g	1.567		0	5.014	1.332
Proline	g	1.268		0	4.058	1.078
Serine	g	1.098		0	3.514	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. 13425 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Refuse: 6% 3% 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* 320g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	65.10		0	208.32	55.33	
Energy	kcal	180		0	576	153	
Energy	kj	753		0	2410	640	
Protein (N x 5.95)	g	28.71		0	91.87	24.40	
Total lipid (fat)	g	6.40		0	20.48	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	3.78	1.00	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	16	4	
Iron	mg	2.94		0	9.41	2.50	
Magnesium	mg	27		0	86	23	
Phosphorus	mg	242		0	774	206	
Potassium	mg	386		0	1235	328	
Sodium	mg	65		0	208	55	
Zinc	mg	7.07		0	22.62	6.01	
Copper	mg	0.125		0	0.400	0.106	
Manganese	mg	0.017		0	0.054	0.014	
Selenium	:g	27.6		0	88.3	23.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.320	0.085	
Riboflavin	mg	0.270		0	0.864	0.230	
Niacin	mg	3.740		0	11.968	3.179	
Pantothenic acid	mg	0.470		0	1.504	0.400	
Vitamin B-6	mg	0.400		0	1.280	0.340	
Folate	:g	8		0	26	7	
Vitamin B-12	:g	2.89		0	9.25	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	2.240		0	7.168	1.904	
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	0.160		0	0.512	0.136	
15.0	g						
16:0	g	1.340		0	4.288	1.139	
17:0	g						
18:0	g	0.730		0	2.336	0.620	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.540	0	8.128	2.159
14:1	g				
16:1	g	0.210	0	0.672	0.179
18:1	g	2.330	0	7.456	1.981
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.260	0	0.832	0.221
18:2	g	0.200	0	0.640	0.170
18:3	g	0.020	0	0.064	0.017
18:4	g				
20:4	g	0.030	0	0.096	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	81	0	259	69
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.322	0	1.030	0.274
Threonine	g	1.254	0	4.013	1.066
Isoleucine	g	1.291	0	4.131	1.097
Leucine	g	2.269	0	7.261	1.929
Lysine	g	2.389	0	7.645	2.031
Methionine	g	0.735	0	2.352	0.625
Cystine	g	0.322	0	1.030	0.274
Phenylalanine	g	1.121	0	3.587	0.953
Tyrosine	g	0.965	0	3.088	0.820
Valine	g	1.397	0	4.470	1.187
Arginine	g	1.815	0	5.808	1.543
Histidine	g	0.983	0	3.146	0.836
Alanine	g	1.732	0	5.542	1.472
Aspartic acid	g	2.623	0	8.394	2.230
Glutamic acid	g	4.314	0	13.805	3.667
Glycine	g	1.567	0	5.014	1.332
Proline	g	1.268	0	4.058	1.078
Serine	g	1.098	0	3.514	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. 13426 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, cooked, roasted

Refuse: 6% 3% 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* 320g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	65.50		0	209.60	55.67	
Energy	kcal	170		0	544	145	
Energy	kj	711		0	2275	604	
Protein (N x 5.95)	g	28.71		0	91.87	24.40	
Total lipid (fat)	g	5.30		0	16.96	4.50	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.18		0	3.78	1.00	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	16	4	
Iron	mg	2.94		0	9.41	2.50	
Magnesium	mg	27		0	86	23	
Phosphorus	mg	242		0	774	206	
Potassium	mg	386		0	1235	328	
Sodium	mg	65		0	208	55	
Zinc	mg	7.07		0	22.62	6.01	
Copper	mg	0.125		0	0.400	0.106	
Manganese	mg	0.017		0	0.054	0.014	
Selenium	:g	27.6		0	88.3	23.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.320	0.085	
Riboflavin	mg	0.270		0	0.864	0.230	
Niacin	mg	3.740		0	11.968	3.179	
Pantothenic acid	mg	0.470		0	1.504	0.400	
Vitamin B-6	mg	0.400		0	1.280	0.340	
Folate	:g	8		0	26	7	
Vitamin B-12	:g	2.89		0	9.25	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	1.850		0	5.920	1.573	
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	0.416	0.111	
15.0	g						
16:0	g	1.110		0	3.552	0.944	
17:0	g						
18:0	g	0.610		0	1.952	0.518	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.110	0	6.752	1.793
14:1	g				
16:1	g	0.180	0	0.576	0.153
18:1	g	1.930	0	6.176	1.640
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.210	0	0.672	0.179
18:2	g	0.170	0	0.544	0.145
18:3	g	0.010	0	0.032	0.009
18:4	g				
20:4	g	0.030	0	0.096	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	81	0	259	69
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.322	0	1.030	0.274
Threonine	g	1.254	0	4.013	1.066
Isoleucine	g	1.291	0	4.131	1.097
Leucine	g	2.269	0	7.261	1.929
Lysine	g	2.389	0	7.645	2.031
Methionine	g	0.735	0	2.352	0.625
Cystine	g	0.322	0	1.030	0.274
Phenylalanine	g	1.121	0	3.587	0.953
Tyrosine	g	0.965	0	3.088	0.820
Valine	g	1.397	0	4.470	1.187
Arginine	g	1.815	0	5.808	1.543
Histidine	g	0.983	0	3.146	0.836
Alanine	g	1.732	0	5.542	1.472
Aspartic acid	g	2.623	0	8.394	2.230
Glutamic acid	g	4.314	0	13.805	3.667
Glycine	g	1.567	0	5.014	1.332
Proline	g	1.268	0	4.058	1.078
Serine	g	1.098	0	3.514	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. 13427 Beef, round, top 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* 286g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.91		0	154.18	45.82	
Energy	kcal	248		0	709	211	
Energy	kj	1038		0	2969	882	
Protein (N x 5.95)	g	33.83		0	96.75	28.76	
Total lipid (fat)	g	11.43		0	32.69	9.72	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.63		0	4.66	1.39	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	14	4	
Iron	mg	3.12		0	8.92	2.65	
Magnesium	mg	24		0	69	20	
Phosphorus	mg	212		0	606	180	
Potassium	mg	315		0	901	268	
Sodium	mg	45		0	129	38	
Zinc	mg	4.28		0	12.24	3.64	
Copper	mg	0.117		0	0.335	0.099	
Manganese	mg	0.017		0	0.049	0.014	
Selenium	:g	32.2		0	92.1	27.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.200	0.060	
Riboflavin	mg	0.240		0	0.686	0.204	
Niacin	mg	3.610		0	10.325	3.068	
Pantothenic acid	mg	0.350		0	1.001	0.298	
Vitamin B-6	mg	0.270		0	0.772	0.230	
Folate	:g	9		0	26	8	
Vitamin B-12	:g	2.60		0	7.44	2.21	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.170		0	0.486	0.145	
Lipids:							
Saturated, total	g	4.320		0	12.355	3.672	
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	0.330		0	0.944	0.281	
15.0	g						
16:0	g	2.670		0	7.636	2.269	
17:0	g						
18:0	g	1.270		0	3.632	1.080	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.720	0	13.499	4.012
14:1	g				
16:1	g	0.440	0	1.258	0.374
18:1	g	4.260	0	12.184	3.621
20:1	g	0.020	0	0.057	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.470	0	1.344	0.400
18:2	g	0.320	0	0.915	0.272
18:3	g	0.110	0	0.315	0.094
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	90	0	257	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.379	0	1.084	0.322
Threonine	g	1.478	0	4.227	1.256
Isoleucine	g	1.521	0	4.350	1.293
Leucine	g	2.674	0	7.648	2.273
Lysine	g	2.815	0	8.051	2.393
Methionine	g	0.866	0	2.477	0.736
Cystine	g	0.379	0	1.084	0.322
Phenylalanine	g	1.321	0	3.778	1.123
Tyrosine	g	1.137	0	3.252	0.966
Valine	g	1.646	0	4.708	1.399
Arginine	g	2.138	0	6.115	1.817
Histidine	g	1.158	0	3.312	0.984
Alanine	g	2.041	0	5.837	1.735
Aspartic acid	g	3.091	0	8.840	2.627
Glutamic acid	g	5.083	0	14.537	4.321
Glycine	g	1.846	0	5.280	1.569
Proline	g	1.494	0	4.273	1.270
Serine	g	1.294	0	3.701	1.100
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13428 Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, 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* 267g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.90		0	154.59	49.22	
Energy	kcal	209		0	558	178	
Energy	kj	874		0	2334	743	
Protein (N x 5.95)	g	35.62		0	95.11	30.28	
Total lipid (fat)	g	6.31		0	16.85	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	1.72		0	4.59	1.46	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	11	3	
Iron	mg	3.27		0	8.73	2.78	
Magnesium	mg	25		0	67	21	
Phosphorus	mg	223		0	595	190	
Potassium	mg	330		0	881	281	
Sodium	mg	45		0	120	38	
Zinc	mg	4.50		0	12.02	3.83	
Copper	mg	0.122		0	0.326	0.104	
Manganese	mg	0.018		0	0.048	0.015	
Selenium	:g	32.7		0	87.3	27.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.187	0.060	
Riboflavin	mg	0.250		0	0.668	0.213	
Niacin	mg	3.760		0	10.039	3.196	
Pantothenic acid	mg	0.370		0	0.988	0.315	
Vitamin B-6	mg	0.280		0	0.748	0.238	
Folate	:g	9		0	24	8	
Vitamin B-12	:g	2.68		0	7.16	2.28	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.150		0	0.401	0.128	
Lipids:							
Saturated, total	g	2.250		0	6.008	1.913	
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	0.027	0.009	
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	1.380		0	3.685	1.173	
17:0	g						
18:0	g	0.700		0	1.869	0.595	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.510	0	6.702	2.133
14:1	g				
16:1	g	0.220	0	0.587	0.187
18:1	g	2.290	0	6.114	1.947
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.270	0	0.721	0.230
18:2	g	0.200	0	0.534	0.170
18:3	g	0.040	0	0.107	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.080	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	240	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.399	0	1.065	0.339
Threonine	g	1.556	0	4.155	1.323
Isoleucine	g	1.601	0	4.275	1.361
Leucine	g	2.815	0	7.516	2.393
Lysine	g	2.963	0	7.911	2.519
Methionine	g	0.912	0	2.435	0.775
Cystine	g	0.399	0	1.065	0.339
Phenylalanine	g	1.390	0	3.711	1.182
Tyrosine	g	1.197	0	3.196	1.017
Valine	g	1.732	0	4.624	1.472
Arginine	g	2.251	0	6.010	1.913
Histidine	g	1.219	0	3.255	1.036
Alanine	g	2.148	0	5.735	1.826
Aspartic acid	g	3.254	0	8.688	2.766
Glutamic acid	g	5.351	0	14.287	4.548
Glycine	g	1.943	0	5.188	1.652
Proline	g	1.573	0	4.200	1.337
Serine	g	1.362	0	3.637	1.158
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13429 Beef, round, top round, separable lean and fat, trimmed to 1/4" 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* 289g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.07		0	153.37	45.11	
Energy	kcal	260		0	751	221	
Energy	kj	1088		0	3144	925	
Protein (N x 5.95)	g	33.58		0	97.05	28.54	
Total lipid (fat)	g	12.88		0	37.22	10.95	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.62		0	4.68	1.38	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	14	4	
Iron	mg	3.09		0	8.93	2.63	
Magnesium	mg	24		0	69	20	
Phosphorus	mg	211		0	610	179	
Potassium	mg	312		0	902	265	
Sodium	mg	45		0	130	38	
Zinc	mg	4.24		0	12.25	3.60	
Copper	mg	0.116		0	0.335	0.099	
Manganese	mg	0.017		0	0.049	0.014	
Selenium	:g	32.2		0	93.1	27.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.202	0.060	
Riboflavin	mg	0.240		0	0.694	0.204	
Niacin	mg	3.580		0	10.346	3.043	
Pantothenic acid	mg	0.350		0	1.011	0.298	
Vitamin B-6	mg	0.270		0	0.780	0.230	
Folate	:g	9		0	26	8	
Vitamin B-12	:g	2.59		0	7.49	2.20	
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	4.860		0	14.045	4.131	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.087	0.026	
12:0	g	0.030		0	0.087	0.026	
14:0	g	0.370		0	1.069	0.315	
15.0	g						
16:0	g	3.000		0	8.670	2.550	
17:0	g						
18:0	g	1.440		0	4.162	1.224	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.320	0	15.375	4.522
14:1	g				
16:1	g	0.500	0	1.445	0.425
18:1	g	4.800	0	13.872	4.080
20:1	g	0.020	0	0.058	0.017
22.1	g				
Polyunsaturated, total	g	0.530	0	1.532	0.451
18:2	g	0.370	0	1.069	0.315
18:3	g	0.120	0	0.347	0.102
18:4	g				
20:4	g	0.040	0	0.116	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	90	0	260	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.376	0	1.087	0.320
Threonine	g	1.467	0	4.240	1.247
Isoleucine	g	1.510	0	4.364	1.283
Leucine	g	2.654	0	7.670	2.256
Lysine	g	2.794	0	8.075	2.375
Methionine	g	0.860	0	2.485	0.731
Cystine	g	0.376	0	1.087	0.320
Phenylalanine	g	1.311	0	3.789	1.114
Tyrosine	g	1.128	0	3.260	0.959
Valine	g	1.633	0	4.719	1.388
Arginine	g	2.122	0	6.133	1.804
Histidine	g	1.150	0	3.323	0.977
Alanine	g	2.025	0	5.852	1.721
Aspartic acid	g	3.068	0	8.867	2.608
Glutamic acid	g	5.045	0	14.580	4.288
Glycine	g	1.832	0	5.294	1.557
Proline	g	1.483	0	4.286	1.261
Serine	g	1.284	0	3.711	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. 13430 Beef, round, top round, 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* 267g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.31		0	153.02	48.71	
Energy	kcal	216		0	577	184	
Energy	kj	904		0	2414	768	
Protein (N x 5.95)	g	35.62		0	95.11	30.28	
Total lipid (fat)	g	7.09		0	18.93	6.03	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.72		0	4.59	1.46	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	11	3	
Iron	mg	3.27		0	8.73	2.78	
Magnesium	mg	25		0	67	21	
Phosphorus	mg	223		0	595	190	
Potassium	mg	330		0	881	281	
Sodium	mg	45		0	120	38	
Zinc	mg	4.50		0	12.02	3.83	
Copper	mg	0.122		0	0.326	0.104	
Manganese	mg	0.018		0	0.048	0.015	
Selenium	:g	32.7		0	87.3	27.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.187	0.060	
Riboflavin	mg	0.250		0	0.668	0.213	
Niacin	mg	3.760		0	10.039	3.196	
Pantothenic acid	mg	0.370		0	0.988	0.315	
Vitamin B-6	mg	0.280		0	0.748	0.238	
Folate	:g	9		0	24	8	
Vitamin B-12	:g	2.68		0	7.16	2.28	
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	2.520		0	6.728	2.142	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.027	0.009	
12:0	g	0.010		0	0.027	0.009	
14:0	g	0.180		0	0.481	0.153	
15.0	g						
16:0	g	1.540		0	4.112	1.309	
17:0	g						
18:0	g	0.790		0	2.109	0.672	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.820	0	7.529	2.397
14:1	g				
16:1	g	0.240	0	0.641	0.204
18:1	g	2.570	0	6.862	2.184
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.310	0	0.828	0.264
18:2	g	0.230	0	0.614	0.196
18:3	g	0.040	0	0.107	0.034
18:4	g				
20:4	g	0.040	0	0.107	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	90	0	240	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.399	0	1.065	0.339
Threonine	g	1.556	0	4.155	1.323
Isoleucine	g	1.601	0	4.275	1.361
Leucine	g	2.815	0	7.516	2.393
Lysine	g	2.963	0	7.911	2.519
Methionine	g	0.912	0	2.435	0.775
Cystine	g	0.399	0	1.065	0.339
Phenylalanine	g	1.390	0	3.711	1.182
Tyrosine	g	1.197	0	3.196	1.017
Valine	g	1.732	0	4.624	1.472
Arginine	g	2.251	0	6.010	1.913
Histidine	g	1.219	0	3.255	1.036
Alanine	g	2.148	0	5.735	1.826
Aspartic acid	g	3.254	0	8.688	2.766
Glutamic acid	g	5.351	0	14.287	4.548
Glycine	g	1.943	0	5.188	1.652
Proline	g	1.573	0	4.200	1.337
Serine	g	1.362	0	3.637	1.158
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13431 Beef, round, top 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* 286g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.85		0	156.87	46.62	
Energy	kcal	234		0	669	199	
Energy	kj	979		0	2800	832	
Protein (N x 5.95)	g	34.09		0	97.50	28.98	
Total lipid (fat)	g	9.86		0	28.20	8.38	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.65		0	4.72	1.40	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	14	4	
Iron	mg	3.14		0	8.98	2.67	
Magnesium	mg	24		0	69	20	
Phosphorus	mg	214		0	612	182	
Potassium	mg	317		0	907	269	
Sodium	mg	45		0	129	38	
Zinc	mg	4.31		0	12.33	3.66	
Copper	mg	0.118		0	0.337	0.100	
Manganese	mg	0.017		0	0.049	0.014	
Selenium	:g	32.2		0	92.1	27.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.200	0.060	
Riboflavin	mg	0.240		0	0.686	0.204	
Niacin	mg	3.630		0	10.382	3.086	
Pantothenic acid	mg	0.350		0	1.001	0.298	
Vitamin B-6	mg	0.270		0	0.772	0.230	
Folate	:g	9		0	26	8	
Vitamin B-12	:g	2.61		0	7.46	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	3.730		0	10.668	3.171	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.057	0.017	
12:0	g	0.020		0	0.057	0.017	
14:0	g	0.290		0	0.829	0.247	
15.0	g						
16:0	g	2.310		0	6.607	1.964	
17:0	g						
18:0	g	1.100		0	3.146	0.935	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.080	0	11.669	3.468
14:1	g				
16:1	g	0.380	0	1.087	0.323
18:1	g	3.680	0	10.525	3.128
20:1	g	0.010	0	0.029	0.009
22.1	g				
Polyunsaturated, total	g	0.400	0	1.144	0.340
18:2	g	0.280	0	0.801	0.238
18:3	g	0.100	0	0.286	0.085
18:4	g				
20:4	g	0.030	0	0.086	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	90	0	257	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.382	0	1.093	0.325
Threonine	g	1.489	0	4.259	1.266
Isoleucine	g	1.533	0	4.384	1.303
Leucine	g	2.694	0	7.705	2.290
Lysine	g	2.836	0	8.111	2.411
Methionine	g	0.873	0	2.497	0.742
Cystine	g	0.382	0	1.093	0.325
Phenylalanine	g	1.331	0	3.807	1.131
Tyrosine	g	1.145	0	3.275	0.973
Valine	g	1.658	0	4.742	1.409
Arginine	g	2.154	0	6.160	1.831
Histidine	g	1.167	0	3.338	0.992
Alanine	g	2.056	0	5.880	1.748
Aspartic acid	g	3.114	0	8.906	2.647
Glutamic acid	g	5.121	0	14.646	4.353
Glycine	g	1.860	0	5.320	1.581
Proline	g	1.505	0	4.304	1.279
Serine	g	1.303	0	3.727	1.108
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13432 Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, 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* 267g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.49		0	156.17	49.72	
Energy	kcal	200		0	534	170	
Energy	kj	837		0	2235	711	
Protein (N x 5.95)	g	35.62		0	95.11	30.28	
Total lipid (fat)	g	5.33		0	14.23	4.53	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.72		0	4.59	1.46	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	11	3	
Iron	mg	3.27		0	8.73	2.78	
Magnesium	mg	25		0	67	21	
Phosphorus	mg	223		0	595	190	
Potassium	mg	330		0	881	281	
Sodium	mg	45		0	120	38	
Zinc	mg	4.50		0	12.02	3.83	
Copper	mg	0.122		0	0.326	0.104	
Manganese	mg	0.018		0	0.048	0.015	
Selenium	:g	32.7		0	87.3	27.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.187	0.060	
Riboflavin	mg	0.250		0	0.668	0.213	
Niacin	mg	3.760		0	10.039	3.196	
Pantothenic acid	mg	0.370		0	0.988	0.315	
Vitamin B-6	mg	0.280		0	0.748	0.238	
Folate	:g	9		0	24	8	
Vitamin B-12	:g	2.68		0	7.16	2.28	
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	1.920		0	5.126	1.632	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.027	0.009	
12:0	g	0.010		0	0.027	0.009	
14:0	g	0.140		0	0.374	0.119	
15.0	g						
16:0	g	1.180		0	3.151	1.003	
17:0	g						
18:0	g	0.590		0	1.575	0.501	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.130	0	5.687	1.810
14:1	g				
16:1	g	0.190	0	0.507	0.161
18:1	g	1.940	0	5.180	1.649
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.230	0	0.614	0.196
18:2	g	0.170	0	0.454	0.145
18:3	g	0.030	0	0.080	0.026
18:4	g				
20:4	g	0.030	0	0.080	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	90	0	240	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.399	0	1.065	0.339
Threonine	g	1.556	0	4.155	1.323
Isoleucine	g	1.601	0	4.275	1.361
Leucine	g	2.815	0	7.516	2.393
Lysine	g	2.963	0	7.911	2.519
Methionine	g	0.912	0	2.435	0.775
Cystine	g	0.399	0	1.065	0.339
Phenylalanine	g	1.390	0	3.711	1.182
Tyrosine	g	1.197	0	3.196	1.017
Valine	g	1.732	0	4.624	1.472
Arginine	g	2.251	0	6.010	1.913
Histidine	g	1.219	0	3.255	1.036
Alanine	g	2.148	0	5.735	1.826
Aspartic acid	g	3.254	0	8.688	2.766
Glutamic acid	g	5.351	0	14.287	4.548
Glycine	g	1.943	0	5.188	1.652
Proline	g	1.573	0	4.200	1.337
Serine	g	1.362	0	3.637	1.158
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13433 Beef, round, top round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Refuse: 12% 3% 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* 259g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.40		0	148.67	48.79	
Energy	kcal	205		0	531	174	
Energy	kj	858		0	2222	729	
Protein (N x 5.95)	g	36.12		0	93.55	30.70	
Total lipid (fat)	g	5.60		0	14.50	4.76	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.75		0	4.53	1.49	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	10	3	
Iron	mg	3.32		0	8.60	2.82	
Magnesium	mg	26		0	67	22	
Phosphorus	mg	226		0	585	192	
Potassium	mg	334		0	865	284	
Sodium	mg	45		0	117	38	
Zinc	mg	4.56		0	11.81	3.88	
Copper	mg	0.124		0	0.321	0.105	
Manganese	mg	0.018		0	0.047	0.015	
Selenium	:g	33.0		0	85.5	28.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.181	0.060	
Riboflavin	mg	0.250		0	0.648	0.213	
Niacin	mg	3.810		0	9.868	3.239	
Pantothenic acid	mg	0.370		0	0.958	0.315	
Vitamin B-6	mg	0.280		0	0.725	0.238	
Folate	:g	9		0	23	8	
Vitamin B-12	:g	2.70		0	6.99	2.30	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.140		0	0.363	0.119	
Lipids:							
Saturated, total	g	1.920		0	4.973	1.632	
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	0.337	0.111	
15.0	g						
16:0	g	1.170		0	3.030	0.995	
17:0	g						
18:0	g	0.620		0	1.606	0.527	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.180	0	5.646	1.853
14:1	g				
16:1	g	0.180	0	0.466	0.153
18:1	g	2.000	0	5.180	1.700
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.250	0	0.648	0.213
18:2	g	0.200	0	0.518	0.170
18:3	g	0.020	0	0.052	0.017
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.104	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	233	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.405	0	1.049	0.344
Threonine	g	1.578	0	4.087	1.341
Isoleucine	g	1.624	0	4.206	1.380
Leucine	g	2.855	0	7.394	2.427
Lysine	g	3.006	0	7.786	2.555
Methionine	g	0.925	0	2.396	0.786
Cystine	g	0.405	0	1.049	0.344
Phenylalanine	g	1.410	0	3.652	1.198
Tyrosine	g	1.214	0	3.144	1.032
Valine	g	1.757	0	4.551	1.493
Arginine	g	2.283	0	5.913	1.941
Histidine	g	1.237	0	3.204	1.051
Alanine	g	2.179	0	5.644	1.852
Aspartic acid	g	3.300	0	8.547	2.805
Glutamic acid	g	5.427	0	14.056	4.613
Glycine	g	1.971	0	5.105	1.675
Proline	g	1.595	0	4.131	1.356
Serine	g	1.381	0	3.577	1.174
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13434 Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, braised

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

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 261g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.70		0	153.21	49.90	
Energy	kcal	199		0	519	169	
Energy	kj	833		0	2174	708	
Protein (N x 5.95)	g	36.12		0	94.27	30.70	
Total lipid (fat)	g	5.00		0	13.05	4.25	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.75		0	4.57	1.49	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	10	3	
Iron	mg	3.32		0	8.67	2.82	
Magnesium	mg	26		0	68	22	
Phosphorus	mg	226		0	590	192	
Potassium	mg	334		0	872	284	
Sodium	mg	45		0	117	38	
Zinc	mg	4.56		0	11.90	3.88	
Copper	mg	0.124		0	0.324	0.105	
Manganese	mg	0.018		0	0.047	0.015	
Selenium	:g	33.0		0	86.1	28.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.183	0.060	
Riboflavin	mg	0.250		0	0.653	0.213	
Niacin	mg	3.810		0	9.944	3.239	
Pantothenic acid	mg	0.370		0	0.966	0.315	
Vitamin B-6	mg	0.280		0	0.731	0.238	
Folate	:g	9		0	23	8	
Vitamin B-12	:g	2.70		0	7.05	2.30	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.140		0	0.365	0.119	
Lipids:							
Saturated, total	g	1.720		0	4.489	1.462	
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	0.120		0	0.313	0.102	
15.0	g						
16:0	g	1.050		0	2.741	0.893	
17:0	g						
18:0	g	0.560		0	1.462	0.476	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.940	0	5.063	1.649
14:1	g				
16:1	g	0.160	0	0.418	0.136
18:1	g	1.780	0	4.646	1.513
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	0.574	0.187
18:2	g	0.170	0	0.444	0.145
18:3	g	0.020	0	0.052	0.017
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.078	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	235	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.405	0	1.057	0.344
Threonine	g	1.578	0	4.119	1.341
Isoleucine	g	1.624	0	4.239	1.380
Leucine	g	2.855	0	7.452	2.427
Lysine	g	3.006	0	7.846	2.555
Methionine	g	0.925	0	2.414	0.786
Cystine	g	0.405	0	1.057	0.344
Phenylalanine	g	1.410	0	3.680	1.198
Tyrosine	g	1.214	0	3.169	1.032
Valine	g	1.757	0	4.586	1.493
Arginine	g	2.283	0	5.959	1.941
Histidine	g	1.237	0	3.229	1.051
Alanine	g	2.179	0	5.687	1.852
Aspartic acid	g	3.300	0	8.613	2.805
Glutamic acid	g	5.427	0	14.164	4.613
Glycine	g	1.971	0	5.144	1.675
Proline	g	1.595	0	4.163	1.356
Serine	g	1.381	0	3.604	1.174
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13435 Beef, round, top round, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Refuse: 12% 2% 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* 260g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.90		0	147.94	48.37	
Energy	kcal	213		0	554	181	
Energy	kj	891		0	2317	757	
Protein (N x 5.95)	g	36.12		0	93.91	30.70	
Total lipid (fat)	g	6.50		0	16.90	5.53	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.75		0	4.55	1.49	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	10	3	
Iron	mg	3.32		0	8.63	2.82	
Magnesium	mg	26		0	68	22	
Phosphorus	mg	226		0	588	192	
Potassium	mg	334		0	868	284	
Sodium	mg	45		0	117	38	
Zinc	mg	4.56		0	11.86	3.88	
Copper	mg	0.124		0	0.322	0.105	
Manganese	mg	0.018		0	0.047	0.015	
Selenium	:g	33.0		0	85.8	28.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.182	0.060	
Riboflavin	mg	0.250		0	0.650	0.213	
Niacin	mg	3.810		0	9.906	3.239	
Pantothenic acid	mg	0.370		0	0.962	0.315	
Vitamin B-6	mg	0.280		0	0.728	0.238	
Folate	:g	9		0	23	8	
Vitamin B-12	:g	2.70		0	7.02	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	2.230		0	5.798	1.896	
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	0.150		0	0.390	0.128	
15.0	g						
16:0	g	1.360		0	3.536	1.156	
17:0	g						
18:0	g	0.720		0	1.872	0.612	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.520	0	6.552	2.142
14:1	g				
16:1	g	0.210	0	0.546	0.179
18:1	g	2.320	0	6.032	1.972
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.290	0	0.754	0.247
18:2	g	0.230	0	0.598	0.196
18:3	g	0.020	0	0.052	0.017
18:4	g				
20:4	g	0.040	0	0.104	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	90	0	234	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.405	0	1.053	0.344
Threonine	g	1.578	0	4.103	1.341
Isoleucine	g	1.624	0	4.222	1.380
Leucine	g	2.855	0	7.423	2.427
Lysine	g	3.006	0	7.816	2.555
Methionine	g	0.925	0	2.405	0.786
Cystine	g	0.405	0	1.053	0.344
Phenylalanine	g	1.410	0	3.666	1.198
Tyrosine	g	1.214	0	3.156	1.032
Valine	g	1.757	0	4.568	1.493
Arginine	g	2.283	0	5.936	1.941
Histidine	g	1.237	0	3.216	1.051
Alanine	g	2.179	0	5.665	1.852
Aspartic acid	g	3.300	0	8.580	2.805
Glutamic acid	g	5.427	0	14.110	4.613
Glycine	g	1.971	0	5.125	1.675
Proline	g	1.595	0	4.147	1.356
Serine	g	1.381	0	3.591	1.174
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13436 Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised

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

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 261g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.10		0	151.64	49.38	
Energy	kcal	207		0	540	176	
Energy	kj	866		0	2260	736	
Protein (N x 5.95)	g	36.12		0	94.27	30.70	
Total lipid (fat)	g	5.80		0	15.14	4.93	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.75		0	4.57	1.49	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	10	3	
Iron	mg	3.32		0	8.67	2.82	
Magnesium	mg	26		0	68	22	
Phosphorus	mg	226		0	590	192	
Potassium	mg	334		0	872	284	
Sodium	mg	45		0	117	38	
Zinc	mg	4.56		0	11.90	3.88	
Copper	mg	0.124		0	0.324	0.105	
Manganese	mg	0.018		0	0.047	0.015	
Selenium	:g	33.0		0	86.1	28.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.183	0.060	
Riboflavin	mg	0.250		0	0.653	0.213	
Niacin	mg	3.810		0	9.944	3.239	
Pantothenic acid	mg	0.370		0	0.966	0.315	
Vitamin B-6	mg	0.280		0	0.731	0.238	
Folate	:g	9		0	23	8	
Vitamin B-12	:g	2.70		0	7.05	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	1.990		0	5.194	1.692	
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	0.339	0.111	
15.0	g						
16:0	g	1.210		0	3.158	1.028	
17:0	g						
18:0	g	0.650		0	1.697	0.553	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.250	0	5.872	1.913
14:1	g				
16:1	g	0.180	0	0.470	0.153
18:1	g	2.070	0	5.403	1.759
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.260	0	0.679	0.221
18:2	g	0.200	0	0.522	0.170
18:3	g	0.020	0	0.052	0.017
18:4	g				
20:4	g	0.040	0	0.104	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	90	0	235	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.405	0	1.057	0.344
Threonine	g	1.578	0	4.119	1.341
Isoleucine	g	1.624	0	4.239	1.380
Leucine	g	2.855	0	7.452	2.427
Lysine	g	3.006	0	7.846	2.555
Methionine	g	0.925	0	2.414	0.786
Cystine	g	0.405	0	1.057	0.344
Phenylalanine	g	1.410	0	3.680	1.198
Tyrosine	g	1.214	0	3.169	1.032
Valine	g	1.757	0	4.586	1.493
Arginine	g	2.283	0	5.959	1.941
Histidine	g	1.237	0	3.229	1.051
Alanine	g	2.179	0	5.687	1.852
Aspartic acid	g	3.300	0	8.613	2.805
Glutamic acid	g	5.427	0	14.164	4.613
Glycine	g	1.971	0	5.144	1.675
Proline	g	1.595	0	4.163	1.356
Serine	g	1.381	0	3.604	1.174
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13437 Beef, round, top round, separable lean only, trimmed to 1/4" fat, select, cooked, braised

Refuse: 11% 3% connective tissue, 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* 262g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.00		0	151.96	49.30	
Energy	kcal	196		0	514	167	
Energy	kj	820		0	2148	697	
Protein (N x 5.95)	g	36.12		0	94.63	30.70	
Total lipid (fat)	g	4.60		0	12.05	3.91	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.75		0	4.59	1.49	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	10	3	
Iron	mg	3.32		0	8.70	2.82	
Magnesium	mg	26		0	68	22	
Phosphorus	mg	226		0	592	192	
Potassium	mg	334		0	875	284	
Sodium	mg	45		0	118	38	
Zinc	mg	4.56		0	11.95	3.88	
Copper	mg	0.124		0	0.325	0.105	
Manganese	mg	0.018		0	0.047	0.015	
Selenium	:g	33.0		0	86.5	28.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.183	0.060	
Riboflavin	mg	0.250		0	0.655	0.213	
Niacin	mg	3.810		0	9.982	3.239	
Pantothenic acid	mg	0.370		0	0.969	0.315	
Vitamin B-6	mg	0.280		0	0.734	0.238	
Folate	:g	9		0	24	8	
Vitamin B-12	:g	2.70		0	7.07	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	1.580		0	4.140	1.343	
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	0.110		0	0.288	0.094	
15.0	g						
16:0	g	0.960		0	2.515	0.816	
17:0	g						
18:0	g	0.510		0	1.336	0.434	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.790	0	4.690	1.522
14:1	g				
16:1	g	0.150	0	0.393	0.128
18:1	g	1.640	0	4.297	1.394
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.210	0	0.550	0.179
18:2	g	0.160	0	0.419	0.136
18:3	g	0.020	0	0.052	0.017
18:4	g				
20:4	g	0.030	0	0.079	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	90	0	236	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.405	0	1.061	0.344
Threonine	g	1.578	0	4.134	1.341
Isoleucine	g	1.624	0	4.255	1.380
Leucine	g	2.855	0	7.480	2.427
Lysine	g	3.006	0	7.876	2.555
Methionine	g	0.925	0	2.424	0.786
Cystine	g	0.405	0	1.061	0.344
Phenylalanine	g	1.410	0	3.694	1.198
Tyrosine	g	1.214	0	3.181	1.032
Valine	g	1.757	0	4.603	1.493
Arginine	g	2.283	0	5.981	1.941
Histidine	g	1.237	0	3.241	1.051
Alanine	g	2.179	0	5.709	1.852
Aspartic acid	g	3.300	0	8.646	2.805
Glutamic acid	g	5.427	0	14.219	4.613
Glycine	g	1.971	0	5.164	1.675
Proline	g	1.595	0	4.179	1.356
Serine	g	1.381	0	3.618	1.174
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13438 Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised

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

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 261g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.30		0	154.77	50.41	
Energy	kcal	190		0	496	162	
Energy	kj	795		0	2075	676	
Protein (N x 5.95)	g	36.12		0	94.27	30.70	
Total lipid (fat)	g	4.00		0	10.44	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	1.75		0	4.57	1.49	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	10	3	
Iron	mg	3.32		0	8.67	2.82	
Magnesium	mg	26		0	68	22	
Phosphorus	mg	226		0	590	192	
Potassium	mg	334		0	872	284	
Sodium	mg	45		0	117	38	
Zinc	mg	4.56		0	11.90	3.88	
Copper	mg	0.124		0	0.324	0.105	
Manganese	mg	0.018		0	0.047	0.015	
Selenium	:g	33.0		0	86.1	28.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.183	0.060	
Riboflavin	mg	0.250		0	0.653	0.213	
Niacin	mg	3.810		0	9.944	3.239	
Pantothenic acid	mg	0.370		0	0.966	0.315	
Vitamin B-6	mg	0.280		0	0.731	0.238	
Folate	:g	9		0	23	8	
Vitamin B-12	:g	2.70		0	7.05	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	1.370		0	3.576	1.165	
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	0.235	0.077	
15.0	g						
16:0	g	0.840		0	2.192	0.714	
17:0	g						
18:0	g	0.440		0	1.148	0.374	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.550	0	4.046	1.317
14:1	g				
16:1	g	0.130	0	0.339	0.111
18:1	g	1.430	0	3.732	1.216
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.180	0	0.470	0.153
18:2	g	0.140	0	0.365	0.119
18:3	g	0.010	0	0.026	0.009
18:4	g				
20:4	g	0.030	0	0.078	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	90	0	235	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.405	0	1.057	0.344
Threonine	g	1.578	0	4.119	1.341
Isoleucine	g	1.624	0	4.239	1.380
Leucine	g	2.855	0	7.452	2.427
Lysine	g	3.006	0	7.846	2.555
Methionine	g	0.925	0	2.414	0.786
Cystine	g	0.405	0	1.057	0.344
Phenylalanine	g	1.410	0	3.680	1.198
Tyrosine	g	1.214	0	3.169	1.032
Valine	g	1.757	0	4.586	1.493
Arginine	g	2.283	0	5.959	1.941
Histidine	g	1.237	0	3.229	1.051
Alanine	g	2.179	0	5.687	1.852
Aspartic acid	g	3.300	0	8.613	2.805
Glutamic acid	g	5.427	0	14.164	4.613
Glycine	g	1.971	0	5.144	1.675
Proline	g	1.595	0	4.163	1.356
Serine	g	1.381	0	3.604	1.174
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13439 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, all grades, 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* 85g	Measure 2* 93g	Measure 3*
Proximates:							
Water	g	57.51		0	48.88	53.48	
Energy	kcal	235		0	200	219	
Energy	kj	983		0	836	914	
Protein (N x 5.95)	g	27.19		0	23.11	25.29	
Total lipid (fat)	g	13.15		0	11.18	12.23	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.25		0	1.06	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	6	7	
Iron	mg	3.43		0	2.92	3.19	
Magnesium	mg	29		0	25	27	
Phosphorus	mg	228		0	194	212	
Potassium	mg	401		0	341	373	
Sodium	mg	62		0	53	58	
Zinc	mg	5.34		0	4.54	4.97	
Copper	mg	0.171		0	0.145	0.159	
Manganese	mg	0.016		0	0.014	0.015	
Selenium	:g	24.0		0	20.4	22.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.102	0.112	
Riboflavin	mg	0.290		0	0.247	0.270	
Niacin	mg	3.780		0	3.213	3.515	
Pantothenic acid	mg	0.360		0	0.306	0.335	
Vitamin B-6	mg	0.420		0	0.357	0.391	
Folate	:g	7		0	6	7	
Vitamin B-12	:g	2.51		0	2.13	2.33	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.160		0	0.136	0.149	
Lipids:							
Saturated, total	g	5.050		0	4.293	4.696	
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	0.030		0	0.026	0.028	
12:0	g	0.020		0	0.017	0.019	
14:0	g	0.370		0	0.315	0.344	
15.0	g						
16:0	g	2.980		0	2.533	2.771	
17:0	g						
18:0	g	1.650		0	1.403	1.535	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.190	0	4.412	4.827
14:1	g				
16:1	g	0.430	0	0.366	0.400
18:1	g	4.760	0	4.046	4.427
20:1	g	0.010	0	0.009	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.500	0	0.425	0.465
18:2	g	0.370	0	0.315	0.344
18:3	g	0.090	0	0.077	0.084
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.034	0.037
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	72	79
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.305	0	0.259	0.284
Threonine	g	1.188	0	1.010	1.105
Isoleucine	g	1.223	0	1.040	1.137
Leucine	g	2.149	0	1.827	1.999
Lysine	g	2.263	0	1.924	2.105
Methionine	g	0.696	0	0.592	0.647
Cystine	g	0.305	0	0.259	0.284
Phenylalanine	g	1.062	0	0.903	0.988
Tyrosine	g	0.914	0	0.777	0.850
Valine	g	1.323	0	1.125	1.230
Arginine	g	1.719	0	1.461	1.599
Histidine	g	0.931	0	0.791	0.866
Alanine	g	1.640	0	1.394	1.525
Aspartic acid	g	2.484	0	2.111	2.310
Glutamic acid	g	4.086	0	3.473	3.800
Glycine	g	1.484	0	1.261	1.380
Proline	g	1.201	0	1.021	1.117
Serine	g	1.040	0	0.884	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: 3 oz

Measure 2: 1 raw steak with refuse, 135 g; yields excluding refuse

NDB No. 13440 Beef, tenderloin, separable lean and fat, trimmed to 0" 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* 85g	Measure 2* 92g	Measure 3*
Proximates:							
Water	g	56.91		0	48.37	52.36	
Energy	kcal	244		0	207	224	
Energy	kj	1021		0	868	939	
Protein (N x 5.95)	g	27.02		0	22.97	24.86	
Total lipid (fat)	g	14.32		0	12.17	13.17	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.24		0	1.05	1.14	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	6	6	
Iron	mg	3.40		0	2.89	3.13	
Magnesium	mg	28		0	24	26	
Phosphorus	mg	227		0	193	209	
Potassium	mg	398		0	338	366	
Sodium	mg	61		0	52	56	
Zinc	mg	5.30		0	4.50	4.88	
Copper	mg	0.170		0	0.145	0.156	
Manganese	mg	0.016		0	0.014	0.015	
Selenium	:g	23.9		0	20.3	22.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.102	0.110	
Riboflavin	mg	0.280		0	0.238	0.258	
Niacin	mg	3.760		0	3.196	3.459	
Pantothenic acid	mg	0.360		0	0.306	0.331	
Vitamin B-6	mg	0.420		0	0.357	0.386	
Folate	:g	7		0	6	6	
Vitamin B-12	:g	2.50		0	2.13	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	5.510		0	4.683	5.069	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.026	0.028	
12:0	g	0.030		0	0.026	0.028	
14:0	g	0.410		0	0.349	0.377	
15.0	g						
16:0	g	3.260		0	2.771	2.999	
17:0	g						
18:0	g	1.780		0	1.513	1.638	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.670	0	4.819	5.216
14:1	g				
16:1	g	0.470	0	0.400	0.432
18:1	g	5.190	0	4.412	4.775
20:1	g	0.010	0	0.009	0.009
22.1	g				
Polyunsaturated, total	g	0.540	0	0.459	0.497
18:2	g	0.400	0	0.340	0.368
18:3	g	0.100	0	0.085	0.092
18:4	g				
20:4	g	0.040	0	0.034	0.037
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	85	0	72	78
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.303	0	0.258	0.279
Threonine	g	1.180	0	1.003	1.086
Isoleucine	g	1.215	0	1.033	1.118
Leucine	g	2.135	0	1.815	1.964
Lysine	g	2.248	0	1.911	2.068
Methionine	g	0.692	0	0.588	0.637
Cystine	g	0.303	0	0.258	0.279
Phenylalanine	g	1.055	0	0.897	0.971
Tyrosine	g	0.908	0	0.772	0.835
Valine	g	1.314	0	1.117	1.209
Arginine	g	1.708	0	1.452	1.571
Histidine	g	0.925	0	0.786	0.851
Alanine	g	1.630	0	1.385	1.500
Aspartic acid	g	2.468	0	2.098	2.271
Glutamic acid	g	4.059	0	3.450	3.734
Glycine	g	1.474	0	1.253	1.356
Proline	g	1.193	0	1.014	1.098
Serine	g	1.033	0	0.878	0.950
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of 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. 13441 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, select, 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* 85g	Measure 2* 93g	Measure 3*
Proximates:							
Water	g	57.89		0	49.21	53.84	
Energy	kcal	229		0	195	213	
Energy	kj	958		0	814	891	
Protein (N x 5.95)	g	27.19		0	23.11	25.29	
Total lipid (fat)	g	12.49		0	10.62	11.62	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.25		0	1.06	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	6	7	
Iron	mg	3.43		0	2.92	3.19	
Magnesium	mg	29		0	25	27	
Phosphorus	mg	228		0	194	212	
Potassium	mg	401		0	341	373	
Sodium	mg	62		0	53	58	
Zinc	mg	5.34		0	4.54	4.97	
Copper	mg	0.171		0	0.145	0.159	
Manganese	mg	0.016		0	0.014	0.015	
Selenium	:g	24.0		0	20.4	22.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.102	0.112	
Riboflavin	mg	0.290		0	0.247	0.270	
Niacin	mg	3.780		0	3.213	3.515	
Pantothenic acid	mg	0.360		0	0.306	0.335	
Vitamin B-6	mg	0.420		0	0.357	0.391	
Folate	:g	7		0	6	7	
Vitamin B-12	:g	2.51		0	2.13	2.33	
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	4.800		0	4.080	4.464	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.026	0.028	
12:0	g	0.020		0	0.017	0.019	
14:0	g	0.350		0	0.298	0.325	
15.0	g						
16:0	g	2.840		0	2.414	2.641	
17:0	g						
18:0	g	1.560		0	1.326	1.451	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.950	0	4.207	4.604
14:1	g				
16:1	g	0.410	0	0.349	0.381
18:1	g	4.520	0	3.842	4.204
20:1	g	0.010	0	0.009	0.009
22.1	g				
Polyunsaturated, total	g	0.470	0	0.400	0.437
18:2	g	0.350	0	0.298	0.325
18:3	g	0.090	0	0.077	0.084
18:4	g				
20:4	g	0.040	0	0.034	0.037
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	85	0	72	79
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.305	0	0.259	0.284
Threonine	g	1.188	0	1.010	1.105
Isoleucine	g	1.223	0	1.040	1.137
Leucine	g	2.149	0	1.827	1.999
Lysine	g	2.263	0	1.924	2.105
Methionine	g	0.696	0	0.592	0.647
Cystine	g	0.305	0	0.259	0.284
Phenylalanine	g	1.062	0	0.903	0.988
Tyrosine	g	0.914	0	0.777	0.850
Valine	g	1.323	0	1.125	1.230
Arginine	g	1.719	0	1.461	1.599
Histidine	g	0.931	0	0.791	0.866
Alanine	g	1.640	0	1.394	1.525
Aspartic acid	g	2.484	0	2.111	2.310
Glutamic acid	g	4.086	0	3.473	3.800
Glycine	g	1.484	0	1.261	1.380
Proline	g	1.201	0	1.021	1.117
Serine	g	1.040	0	0.884	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: 3 oz

Measure 2: 1 raw steak with refuse, 135 g; yields excluding refuse

NDB No. 13442 Beef, tenderloin, separable lean only, trimmed to 0" fat, all grades, 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* 85g	Measure 2* 87g	Measure 3*
Proximates:							
Water	g	60.00		1	51.00	52.20	
Energy	kcal	206		0	175	179	
Energy	kj	862		0	733	750	
Protein (N x 5.95)	g	28.25	0.494	10	24.01	24.58	
Total lipid (fat)	g	9.50		1	8.07	8.27	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30	0.028	10	1.10	1.13	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.845	9	6	6	
Iron	mg	3.58	0.241	9	3.04	3.11	
Magnesium	mg	30	0.509	9	26	26	
Phosphorus	mg	238		1	202	207	
Potassium	mg	419	5.553	9	356	365	
Sodium	mg	63	5.260	9	54	55	
Zinc	mg	5.59	0.218	8	4.75	4.86	
Copper	mg	0.179	0.009	8	0.152	0.156	
Manganese	mg	0.017		1	0.014	0.015	
Selenium	:g	24.4		0	20.7	21.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130	0.009	10	0.111	0.113	
Riboflavin	mg	0.300	0.011	9	0.255	0.261	
Niacin	mg	3.920	0.181	10	3.332	3.410	
Pantothenic acid	mg	0.380		1	0.323	0.331	
Vitamin B-6	mg	0.440		1	0.374	0.383	
Folate	:g	7	1.671	10	6	6	
Vitamin B-12	:g	2.57	0.385	10	2.18	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	0.119	0.122	
Lipids:							
Saturated, total	g	3.550		0	3.018	3.088	
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	0.009	
12:0	g	0.010		7	0.009	0.009	
14:0	g	0.250		7	0.213	0.218	
15.0	g						
16:0	g	2.040		7	1.734	1.775	
17:0	g						
18:0	g	1.250		7	1.063	1.087	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.580		0	3.043	3.115
14:1	g					
16:1	g	0.260		7	0.221	0.226
18:1	g	3.330		7	2.831	2.897
20:1	g	0.000		7	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.360		0	0.306	0.313
18:2	g	0.290		7	0.247	0.252
18:3	g	0.030		7	0.026	0.026
18:4	g	0.000		0	0.000	0.000
20:4	g	0.040		7	0.034	0.035
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	73
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.316		0	0.269	0.275
Threonine	g	1.234		0	1.049	1.074
Isoleucine	g	1.270		0	1.080	1.105
Leucine	g	2.233		0	1.898	1.943
Lysine	g	2.350		0	1.998	2.045
Methionine	g	0.723		0	0.615	0.629
Cystine	g	0.316		0	0.269	0.275
Phenylalanine	g	1.103		0	0.938	0.960
Tyrosine	g	0.949		0	0.807	0.826
Valine	g	1.374		0	1.168	1.195
Arginine	g	1.785		0	1.517	1.553
Histidine	g	0.967		0	0.822	0.841
Alanine	g	1.704		0	1.448	1.482
Aspartic acid	g	2.581		0	2.194	2.245
Glutamic acid	g	4.244		0	3.607	3.692
Glycine	g	1.541		0	1.310	1.341
Proline	g	1.248		0	1.061	1.086
Serine	g	1.080		0	0.918	0.940
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of 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. 13443 Beef, tenderloin, separable lean only, trimmed to 0" fat, choice, 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* 85g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.80		0	50.83	50.83	
Energy	kcal	212		0	180	180	
Energy	kj	887		0	754	754	
Protein (N x 5.95)	g	28.25		0	24.01	24.01	
Total lipid (fat)	g	10.10		0	8.59	8.59	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30		0	1.10	1.10	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	6	6	
Iron	mg	3.58		0	3.04	3.04	
Magnesium	mg	30		0	26	26	
Phosphorus	mg	238		0	202	202	
Potassium	mg	419		0	356	356	
Sodium	mg	63		0	54	54	
Zinc	mg	5.59		0	4.75	4.75	
Copper	mg	0.179		0	0.152	0.152	
Manganese	mg	0.017		0	0.014	0.014	
Selenium	：g	24.4		0	20.7	20.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.111	0.111	
Riboflavin	mg	0.300		0	0.255	0.255	
Niacin	mg	3.920		0	3.332	3.332	
Pantothenic acid	mg	0.380		0	0.323	0.323	
Vitamin B-6	mg	0.440		0	0.374	0.374	
Folate	：g	7		0	6	6	
Vitamin B-12	：g	2.57		0	2.18	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	3.780		0	3.213	3.213	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.009	0.009	
12:0	g	0.010		0	0.009	0.009	
14:0	g	0.260		0	0.221	0.221	
15.0	g						
16:0	g	2.170		0	1.844	1.844	
17:0	g						
18:0	g	1.330		0	1.131	1.131	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.810	0	3.239	3.239
14:1	g				
16:1	g	0.270	0	0.230	0.230
18:1	g	3.540	0	3.009	3.009
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.380	0	0.323	0.323
18:2	g	0.300	0	0.255	0.255
18:3	g	0.030	0	0.026	0.026
18:4	g				
20:4	g	0.040	0	0.034	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	84	0	71	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.316	0	0.269	0.269
Threonine	g	1.234	0	1.049	1.049
Isoleucine	g	1.270	0	1.080	1.080
Leucine	g	2.233	0	1.898	1.898
Lysine	g	2.350	0	1.998	1.998
Methionine	g	0.723	0	0.615	0.615
Cystine	g	0.316	0	0.269	0.269
Phenylalanine	g	1.103	0	0.938	0.938
Tyrosine	g	0.949	0	0.807	0.807
Valine	g	1.374	0	1.168	1.168
Arginine	g	1.785	0	1.517	1.517
Histidine	g	0.967	0	0.822	0.822
Alanine	g	1.704	0	1.448	1.448
Aspartic acid	g	2.581	0	2.194	2.194
Glutamic acid	g	4.244	0	3.607	3.607
Glycine	g	1.541	0	1.310	1.310
Proline	g	1.248	0	1.061	1.061
Serine	g	1.080	0	0.918	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: 3 oz

Measure 2: 1 raw steak with refuse, 135 g; yields excluding refuse

NDB No. 13444 Beef, tenderloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

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* 85g	Measure 2* 87g	Measure 3*
Proximates:							
Water	g	60.40		0	51.34	52.55	
Energy	kcal	200		0	170	174	
Energy	kj	837		0	711	728	
Protein (N x 5.95)	g	28.25		0	24.01	24.58	
Total lipid (fat)	g	8.80		0	7.48	7.66	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30		0	1.10	1.13	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	6	6	
Iron	mg	3.58		0	3.04	3.11	
Magnesium	mg	30		0	26	26	
Phosphorus	mg	238		0	202	207	
Potassium	mg	419		0	356	365	
Sodium	mg	63		0	54	55	
Zinc	mg	5.59		0	4.75	4.86	
Copper	mg	0.179		0	0.152	0.156	
Manganese	mg	0.017		0	0.014	0.015	
Selenium	：g	24.4		0	20.7	21.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.111	0.113	
Riboflavin	mg	0.300		0	0.255	0.261	
Niacin	mg	3.920		0	3.332	3.410	
Pantothenic acid	mg	0.380		0	0.323	0.331	
Vitamin B-6	mg	0.440		0	0.374	0.383	
Folate	：g	7		0	6	6	
Vitamin B-12	：g	2.57		0	2.18	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	3.290		0	2.797	2.862	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.009	0.009	
12:0	g	0.010		0	0.009	0.009	
14:0	g	0.230		0	0.196	0.200	
15.0	g						
16:0	g	1.890		0	1.607	1.644	
17:0	g						
18:0	g	1.160		0	0.986	1.009	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.320	0	2.822	2.888
14:1	g				
16:1	g	0.240	0	0.204	0.209
18:1	g	3.080	0	2.618	2.680
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.330	0	0.281	0.287
18:2	g	0.270	0	0.230	0.235
18:3	g	0.030	0	0.026	0.026
18:4	g				
20:4	g	0.040	0	0.034	0.035
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	84	0	71	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.316	0	0.269	0.275
Threonine	g	1.234	0	1.049	1.074
Isoleucine	g	1.270	0	1.080	1.105
Leucine	g	2.233	0	1.898	1.943
Lysine	g	2.350	0	1.998	2.045
Methionine	g	0.723	0	0.615	0.629
Cystine	g	0.316	0	0.269	0.275
Phenylalanine	g	1.103	0	0.938	0.960
Tyrosine	g	0.949	0	0.807	0.826
Valine	g	1.374	0	1.168	1.195
Arginine	g	1.785	0	1.517	1.553
Histidine	g	0.967	0	0.822	0.841
Alanine	g	1.704	0	1.448	1.482
Aspartic acid	g	2.581	0	2.194	2.245
Glutamic acid	g	4.244	0	3.607	3.692
Glycine	g	1.541	0	1.310	1.341
Proline	g	1.248	0	1.061	1.086
Serine	g	1.080	0	0.918	0.940
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of 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. 13445 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, all grades, 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* 85g	Measure 2* 155g	Measure 3*
Proximates:							
Water	g	58.95		0	50.11	91.37	
Energy	kcal	212		0	180	329	
Energy	kj	887		0	754	1375	
Protein (N x 5.95)	g	28.08		0	23.87	43.52	
Total lipid (fat)	g	10.26		0	8.72	15.90	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.15		0	0.98	1.78	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	7	12	
Iron	mg	2.43		0	2.07	3.77	
Magnesium	mg	26		0	22	40	
Phosphorus	mg	214		0	182	332	
Potassium	mg	388		0	330	601	
Sodium	mg	67		0	57	104	
Zinc	mg	5.11		0	4.34	7.92	
Copper	mg	0.105		0	0.089	0.163	
Manganese	mg	0.016		0	0.014	0.025	
Selenium	:g	22.7		0	19.3	35.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.077	0.139	
Riboflavin	mg	0.190		0	0.161	0.295	
Niacin	mg	5.230		0	4.446	8.107	
Pantothenic acid	mg	0.360		0	0.306	0.558	
Vitamin B-6	mg	0.410		0	0.349	0.635	
Folate	:g	8		0	7	12	
Vitamin B-12	:g	1.99		0	1.69	3.08	
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	0.128	0.233	
Lipids:							
Saturated, total	g	3.960		0	3.366	6.138	
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	0.016	
12:0	g	0.020		0	0.017	0.031	
14:0	g	0.310		0	0.264	0.481	
15.0	g						
16:0	g	2.380		0	2.023	3.689	
17:0	g						
18:0	g	1.250		0	1.063	1.938	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.190	0	3.562	6.495
14:1	g				
16:1	g	0.360	0	0.306	0.558
18:1	g	3.820	0	3.247	5.921
20:1	g	0.010	0	0.009	0.016
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.340	0	0.289	0.527
18:2	g	0.260	0	0.221	0.403
18:3	g	0.050	0	0.043	0.078
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.034	0.062
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	77	0	65	119
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.314	0	0.267	0.487
Threonine	g	1.227	0	1.043	1.902
Isoleucine	g	1.262	0	1.073	1.956
Leucine	g	2.219	0	1.886	3.439
Lysine	g	2.336	0	1.986	3.621
Methionine	g	0.719	0	0.611	1.114
Cystine	g	0.314	0	0.267	0.487
Phenylalanine	g	1.096	0	0.932	1.699
Tyrosine	g	0.943	0	0.802	1.462
Valine	g	1.366	0	1.161	2.117
Arginine	g	1.775	0	1.509	2.751
Histidine	g	0.961	0	0.817	1.490
Alanine	g	1.694	0	1.440	2.626
Aspartic acid	g	2.565	0	2.180	3.976
Glutamic acid	g	4.219	0	3.586	6.539
Glycine	g	1.532	0	1.302	2.375
Proline	g	1.240	0	1.054	1.922
Serine	g	1.074	0	0.913	1.665
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of 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, 223 g; yields excluding refuse

NDB No. 13446 Beef, short loin, top loin, 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* 85g	Measure 2* 155g	Measure 3*
Proximates:							
Water	g	57.86		0	49.18	89.68	
Energy	kcal	228		0	194	353	
Energy	kj	954		0	811	1479	
Protein (N x 5.95)	g	27.90		0	23.71	43.24	
Total lipid (fat)	g	12.03		0	10.23	18.65	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.14		0	0.97	1.77	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	7	12	
Iron	mg	2.41		0	2.05	3.74	
Magnesium	mg	26		0	22	40	
Phosphorus	mg	212		0	180	329	
Potassium	mg	385		0	327	597	
Sodium	mg	67		0	57	104	
Zinc	mg	5.07		0	4.31	7.86	
Copper	mg	0.105		0	0.089	0.163	
Manganese	mg	0.016		0	0.014	0.025	
Selenium	:g	22.6		0	19.2	35.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.077	0.139	
Riboflavin	mg	0.190		0	0.161	0.295	
Niacin	mg	5.190		0	4.412	8.045	
Pantothenic acid	mg	0.360		0	0.306	0.558	
Vitamin B-6	mg	0.410		0	0.349	0.635	
Folate	:g	8		0	7	12	
Vitamin B-12	:g	1.98		0	1.68	3.07	
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	4.660		0	3.961	7.223	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.009	0.016	
12:0	g	0.020		0	0.017	0.031	
14:0	g	0.360		0	0.306	0.558	
15.0	g						
16:0	g	2.800		0	2.380	4.340	
17:0	g						
18:0	g	1.460		0	1.241	2.263	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.920	0	4.182	7.626
14:1	g				
16:1	g	0.420	0	0.357	0.651
18:1	g	4.490	0	3.817	6.960
20:1	g	0.010	0	0.009	0.016
22.1	g				
Polyunsaturated, total	g	0.410	0	0.349	0.635
18:2	g	0.300	0	0.255	0.465
18:3	g	0.060	0	0.051	0.093
18:4	g				
20:4	g	0.040	0	0.034	0.062
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	77	0	65	119
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.312	0	0.265	0.484
Threonine	g	1.219	0	1.036	1.889
Isoleucine	g	1.254	0	1.066	1.944
Leucine	g	2.205	0	1.874	3.418
Lysine	g	2.321	0	1.973	3.598
Methionine	g	0.714	0	0.607	1.107
Cystine	g	0.312	0	0.265	0.484
Phenylalanine	g	1.089	0	0.926	1.688
Tyrosine	g	0.937	0	0.796	1.452
Valine	g	1.357	0	1.153	2.103
Arginine	g	1.763	0	1.499	2.733
Histidine	g	0.955	0	0.812	1.480
Alanine	g	1.683	0	1.431	2.609
Aspartic acid	g	2.549	0	2.167	3.951
Glutamic acid	g	4.192	0	3.563	6.498
Glycine	g	1.522	0	1.294	2.359
Proline	g	1.232	0	1.047	1.910
Serine	g	1.067	0	0.907	1.654
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of 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, 223 g; yields excluding refuse

NDB No. 13447 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, select, 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* 85g	Measure 2* 155g	Measure 3*
Proximates:							
Water	g	59.73		0	50.77	92.58	
Energy	kcal	199		0	169	308	
Energy	kj	833		0	708	1291	
Protein (N x 5.95)	g	28.08		0	23.87	43.52	
Total lipid (fat)	g	8.80		0	7.48	13.64	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.15		0	0.98	1.78	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	7	12	
Iron	mg	2.43		0	2.07	3.77	
Magnesium	mg	26		0	22	40	
Phosphorus	mg	214		0	182	332	
Potassium	mg	388		0	330	601	
Sodium	mg	67		0	57	104	
Zinc	mg	5.11		0	4.34	7.92	
Copper	mg	0.105		0	0.089	0.163	
Manganese	mg	0.016		0	0.014	0.025	
Selenium	:g	22.7		0	19.3	35.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.077	0.139	
Riboflavin	mg	0.190		0	0.161	0.295	
Niacin	mg	5.230		0	4.446	8.107	
Pantothenic acid	mg	0.360		0	0.306	0.558	
Vitamin B-6	mg	0.410		0	0.349	0.635	
Folate	:g	8		0	7	12	
Vitamin B-12	:g	1.99		0	1.69	3.08	
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	3.410		0	2.899	5.286	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.009	0.016	
12:0	g	0.010		0	0.009	0.016	
14:0	g	0.270		0	0.230	0.419	
15.0	g						
16:0	g	2.050		0	1.742	3.178	
17:0	g						
18:0	g	1.070		0	0.910	1.659	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.600	0	3.060	5.580
14:1	g				
16:1	g	0.310	0	0.264	0.481
18:1	g	3.290	0	2.797	5.099
20:1	g	0.010	0	0.009	0.016
22.1	g				
Polyunsaturated, total	g	0.300	0	0.255	0.465
18:2	g	0.220	0	0.187	0.341
18:3	g	0.050	0	0.043	0.078
18:4	g				
20:4	g	0.030	0	0.026	0.046
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	77	0	65	119
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.314	0	0.267	0.487
Threonine	g	1.227	0	1.043	1.902
Isoleucine	g	1.262	0	1.073	1.956
Leucine	g	2.219	0	1.886	3.439
Lysine	g	2.336	0	1.986	3.621
Methionine	g	0.719	0	0.611	1.114
Cystine	g	0.314	0	0.267	0.487
Phenylalanine	g	1.096	0	0.932	1.699
Tyrosine	g	0.943	0	0.802	1.462
Valine	g	1.366	0	1.161	2.117
Arginine	g	1.775	0	1.509	2.751
Histidine	g	0.961	0	0.817	1.490
Alanine	g	1.694	0	1.440	2.626
Aspartic acid	g	2.565	0	2.180	3.976
Glutamic acid	g	4.219	0	3.586	6.539
Glycine	g	1.532	0	1.302	2.375
Proline	g	1.240	0	1.054	1.922
Serine	g	1.074	0	0.913	1.665
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of 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, 223 g; yields excluding refuse

NDB No. 13448 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 5% 2% 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* 85g	Measure 2* 150g	Measure 3*
Proximates:							
Water	g	60.20		1	51.17	90.30	
Energy	kcal	198		0	168	297	
Energy	kj	828		0	704	1242	
Protein (N x 5.95)	g	28.62	0.632	10	24.33	42.93	
Total lipid (fat)	g	8.40		1	7.14	12.60	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.17	0.031	10	0.99	1.75	
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.787	10	7	12	
Iron	mg	2.47	0.163	10	2.10	3.71	
Magnesium	mg	27	0.785	10	23	41	
Phosphorus	mg	218		1	185	327	
Potassium	mg	396	10.170	10	337	594	
Sodium	mg	68	7.016	9	58	102	
Zinc	mg	5.22	0.316	8	4.44	7.83	
Copper	mg	0.107	0.010	8	0.091	0.161	
Manganese	mg	0.016		1	0.014	0.024	
Selenium	:g	22.8		0	19.4	34.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090	0.009	10	0.077	0.135	
Riboflavin	mg	0.200	0.009	10	0.170	0.300	
Niacin	mg	5.340	0.362	10	4.539	8.010	
Pantothenic acid	mg	0.370		1	0.315	0.555	
Vitamin B-6	mg	0.420		1	0.357	0.630	
Folate	:g	8	1.383	10	7	12	
Vitamin B-12	:g	2.00	0.294	11	1.70	3.00	
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	0.210	
Lipids:							
Saturated, total	g	3.200		0	2.720	4.800	
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	0.240		8	0.204	0.360	
15.0	g						
16:0	g	1.910		8	1.623	2.865	
17:0	g						
18:0	g	1.040		8	0.884	1.560	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.370		0	2.865	5.055
14:1	g					
16:1	g	0.270		8	0.230	0.405
18:1	g	3.100		8	2.635	4.650
20:1	g	0.000		8	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.270		0	0.230	0.405
18:2	g	0.220		8	0.187	0.330
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	114
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.321		0	0.273	0.482
Threonine	g	1.250		0	1.063	1.875
Isoleucine	g	1.287		0	1.094	1.930
Leucine	g	2.262		0	1.923	3.393
Lysine	g	2.381		0	2.024	3.571
Methionine	g	0.733		0	0.623	1.099
Cystine	g	0.321		0	0.273	0.482
Phenylalanine	g	1.117		0	0.949	1.676
Tyrosine	g	0.962		0	0.818	1.443
Valine	g	1.392		0	1.183	2.088
Arginine	g	1.809		0	1.538	2.713
Histidine	g	0.980		0	0.833	1.470
Alanine	g	1.726		0	1.467	2.589
Aspartic acid	g	2.615		0	2.223	3.923
Glutamic acid	g	4.300		0	3.655	6.450
Glycine	g	1.561		0	1.327	2.341
Proline	g	1.264		0	1.074	1.896
Serine	g	1.094		0	0.930	1.641
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: 3 oz

Measure 2: 1 raw steak with refuse, 223 g; yields excluding refuse

NDB No. 13449 Beef, short loin, top loin, 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* 85g	Measure 2* 149g	Measure 3*
Proximates:							
Water	g	59.50		0	50.58	88.66	
Energy	kcal	209		0	178	311	
Energy	kj	874		0	743	1302	
Protein (N x 5.95)	g	28.62		0	24.33	42.64	
Total lipid (fat)	g	9.60		0	8.16	14.30	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.17		0	0.99	1.74	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	7	12	
Iron	mg	2.47		0	2.10	3.68	
Magnesium	mg	27		0	23	40	
Phosphorus	mg	218		0	185	325	
Potassium	mg	396		0	337	590	
Sodium	mg	68		0	58	101	
Zinc	mg	5.22		0	4.44	7.78	
Copper	mg	0.107		0	0.091	0.159	
Manganese	mg	0.016		0	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	0.077	0.134	
Riboflavin	mg	0.200		0	0.170	0.298	
Niacin	mg	5.340		0	4.539	7.957	
Pantothenic acid	mg	0.370		0	0.315	0.551	
Vitamin B-6	mg	0.420		0	0.357	0.626	
Folate	:g	8		0	7	12	
Vitamin B-12	:g	2.00		0	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						
Lipids:							
Saturated, total	g	3.660		0	3.111	5.453	
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	0.280		0	0.238	0.417	
15.0	g						
16:0	g	2.180		0	1.853	3.248	
17:0	g						
18:0	g	1.190		0	1.011	1.773	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.860	0	3.281	5.751
14:1	g				
16:1	g	0.310	0	0.264	0.462
18:1	g	3.540	0	3.009	5.275
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.310	0	0.264	0.462
18:2	g	0.250	0	0.213	0.373
18:3	g	0.020	0	0.017	0.030
18:4	g				
20:4	g	0.040	0	0.034	0.060
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	76	0	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, 223 g; yields excluding refuse

NDB No. 13450 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, select, cooked, broiled

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

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 152g	Measure 3*
Proximates:							
Water	g	61.00		0	51.85	92.72	
Energy	kcal	184		0	156	280	
Energy	kj	770		0	655	1170	
Protein (N x 5.95)	g	28.62		0	24.33	43.50	
Total lipid (fat)	g	6.90		0	5.87	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	1.17		0	0.99	1.78	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	7	12	
Iron	mg	2.47		0	2.10	3.75	
Magnesium	mg	27		0	23	41	
Phosphorus	mg	218		0	185	331	
Potassium	mg	396		0	337	602	
Sodium	mg	68		0	58	103	
Zinc	mg	5.22		0	4.44	7.93	
Copper	mg	0.107		0	0.091	0.163	
Manganese	mg	0.016		0	0.014	0.024	
Selenium	:g	22.8		0	19.4	34.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.077	0.137	
Riboflavin	mg	0.200		0	0.170	0.304	
Niacin	mg	5.340		0	4.539	8.117	
Pantothenic acid	mg	0.370		0	0.315	0.562	
Vitamin B-6	mg	0.420		0	0.357	0.638	
Folate	:g	8		0	7	12	
Vitamin B-12	:g	2.00		0	1.70	3.04	
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	2.630		0	2.236	3.998	
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	0.200		0	0.170	0.304	
15.0	g						
16:0	g	1.570		0	1.335	2.386	
17:0	g						
18:0	g	0.860		0	0.731	1.307	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.770	0	2.354	4.210
14:1	g				
16:1	g	0.220	0	0.187	0.334
18:1	g	2.550	0	2.167	3.876
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.220	0	0.187	0.334
18:2	g	0.180	0	0.153	0.274
18:3	g	0.020	0	0.017	0.030
18:4	g				
20:4	g	0.030	0	0.026	0.046
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	76	0	65	116
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.321	0	0.273	0.488
Threonine	g	1.250	0	1.063	1.900
Isoleucine	g	1.287	0	1.094	1.956
Leucine	g	2.262	0	1.923	3.438
Lysine	g	2.381	0	2.024	3.619
Methionine	g	0.733	0	0.623	1.114
Cystine	g	0.321	0	0.273	0.488
Phenylalanine	g	1.117	0	0.949	1.698
Tyrosine	g	0.962	0	0.818	1.462
Valine	g	1.392	0	1.183	2.116
Arginine	g	1.809	0	1.538	2.750
Histidine	g	0.980	0	0.833	1.490
Alanine	g	1.726	0	1.467	2.624
Aspartic acid	g	2.615	0	2.223	3.975
Glutamic acid	g	4.300	0	3.655	6.536
Glycine	g	1.561	0	1.327	2.373
Proline	g	1.264	0	1.074	1.921
Serine	g	1.094	0	0.930	1.663
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of 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, 223 g; yields excluding refuse

NDB No. 13451 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

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* 305g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.45		0	181.32	50.53	
Energy	kcal	215		0	656	183	
Energy	kj	900		0	2745	765	
Protein (N x 5.95)	g	29.38		0	89.61	24.97	
Total lipid (fat)	g	9.98		0	30.44	8.48	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.32		0	4.03	1.12	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	34	9	
Iron	mg	3.24		0	9.88	2.75	
Magnesium	mg	31		0	95	26	
Phosphorus	mg	236		0	720	201	
Potassium	mg	389		0	1186	331	
Sodium	mg	65		0	198	55	
Zinc	mg	6.26		0	19.09	5.32	
Copper	mg	0.141		0	0.430	0.120	
Manganese	mg	0.016		0	0.049	0.014	
Selenium	:g	32.3		0	98.5	27.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.366	0.102	
Riboflavin	mg	0.280		0	0.854	0.238	
Niacin	mg	4.140		0	12.627	3.519	
Pantothenic acid	mg	0.380		0	1.159	0.323	
Vitamin B-6	mg	0.430		0	1.312	0.366	
Folate	:g	10		0	31	9	
Vitamin B-12	:g	2.79		0	8.51	2.37	
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	0.488	0.136	
Lipids:							
Saturated, total	g	3.940		0	12.017	3.349	
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	0.010		0	0.031	0.009	
12:0	g	0.020		0	0.061	0.017	
14:0	g	0.290		0	0.884	0.247	
15.0	g						
16:0	g	2.340		0	7.137	1.989	
17:0	g						
18:0	g	1.280		0	3.904	1.088	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.270	0	13.023	3.629
14:1	g				
16:1	g	0.360	0	1.098	0.306
18:1	g	3.900	0	11.895	3.315
20:1	g	0.020	0	0.061	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.380	0	1.159	0.323
18:2	g	0.280	0	0.854	0.238
18:3	g	0.070	0	0.214	0.060
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	89	0	271	76
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.329	0	1.003	0.280
Threonine	g	1.283	0	3.913	1.091
Isoleucine	g	1.321	0	4.029	1.123
Leucine	g	2.322	0	7.082	1.974
Lysine	g	2.445	0	7.457	2.078
Methionine	g	0.752	0	2.294	0.639
Cystine	g	0.329	0	1.003	0.280
Phenylalanine	g	1.147	0	3.498	0.975
Tyrosine	g	0.987	0	3.010	0.839
Valine	g	1.429	0	4.358	1.215
Arginine	g	1.857	0	5.664	1.578
Histidine	g	1.006	0	3.068	0.855
Alanine	g	1.772	0	5.405	1.506
Aspartic acid	g	2.684	0	8.186	2.281
Glutamic acid	g	4.414	0	13.463	3.752
Glycine	g	1.603	0	4.889	1.363
Proline	g	1.298	0	3.959	1.103
Serine	g	1.124	0	3.428	0.955
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13452 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

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* 305g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.45		0	178.27	49.68	
Energy	kcal	229		0	698	195	
Energy	kj	958		0	2922	814	
Protein (N x 5.95)	g	29.19		0	89.03	24.81	
Total lipid (fat)	g	11.55		0	35.23	9.82	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.31		0	4.00	1.11	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	34	9	
Iron	mg	3.22		0	9.82	2.74	
Magnesium	mg	30		0	92	26	
Phosphorus	mg	234		0	714	199	
Potassium	mg	386		0	1177	328	
Sodium	mg	64		0	195	54	
Zinc	mg	6.21		0	18.94	5.28	
Copper	mg	0.140		0	0.427	0.119	
Manganese	mg	0.016		0	0.049	0.014	
Selenium	:g	31.9		0	97.3	27.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.366	0.102	
Riboflavin	mg	0.280		0	0.854	0.238	
Niacin	mg	4.120		0	12.566	3.502	
Pantothenic acid	mg	0.370		0	1.128	0.315	
Vitamin B-6	mg	0.430		0	1.312	0.366	
Folate	:g	10		0	31	9	
Vitamin B-12	:g	2.78		0	8.48	2.36	
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	4.560		0	13.908	3.876	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.061	0.017	
12:0	g	0.020		0	0.061	0.017	
14:0	g	0.330		0	1.006	0.281	
15.0	g						
16:0	g	2.710		0	8.265	2.304	
17:0	g						
18:0	g	1.480		0	4.514	1.258	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.950	0	15.098	4.207
14:1	g				
16:1	g	0.420	0	1.281	0.357
18:1	g	4.520	0	13.786	3.842
20:1	g	0.020	0	0.061	0.017
22.1	g				
Polyunsaturated, total	g	0.450	0	1.373	0.383
18:2	g	0.320	0	0.976	0.272
18:3	g	0.080	0	0.244	0.068
18:4	g				
20:4	g	0.040	0	0.122	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	89	0	271	76
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.327	0	0.997	0.278
Threonine	g	1.275	0	3.889	1.084
Isoleucine	g	1.312	0	4.002	1.115
Leucine	g	2.307	0	7.036	1.961
Lysine	g	2.428	0	7.405	2.064
Methionine	g	0.747	0	2.278	0.635
Cystine	g	0.327	0	0.997	0.278
Phenylalanine	g	1.139	0	3.474	0.968
Tyrosine	g	0.981	0	2.992	0.834
Valine	g	1.420	0	4.331	1.207
Arginine	g	1.845	0	5.627	1.568
Histidine	g	0.999	0	3.047	0.849
Alanine	g	1.760	0	5.368	1.496
Aspartic acid	g	2.666	0	8.131	2.266
Glutamic acid	g	4.385	0	13.374	3.727
Glycine	g	1.592	0	4.856	1.353
Proline	g	1.289	0	3.931	1.096
Serine	g	1.116	0	3.404	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. 13453 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

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* 305g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.13		0	186.45	51.96	
Energy	kcal	195		0	595	166	
Energy	kj	816		0	2489	694	
Protein (N x 5.95)	g	29.70		0	90.58	25.25	
Total lipid (fat)	g	7.56		0	23.06	6.43	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.34		0	4.09	1.14	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	34	9	
Iron	mg	3.28		0	10.00	2.79	
Magnesium	mg	31		0	95	26	
Phosphorus	mg	239		0	729	203	
Potassium	mg	393		0	1199	334	
Sodium	mg	65		0	198	55	
Zinc	mg	6.35		0	19.37	5.40	
Copper	mg	0.143		0	0.436	0.122	
Manganese	mg	0.017		0	0.052	0.014	
Selenium	:g	32.4		0	98.8	27.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.366	0.102	
Riboflavin	mg	0.290		0	0.884	0.247	
Niacin	mg	4.200		0	12.810	3.570	
Pantothenic acid	mg	0.380		0	1.159	0.323	
Vitamin B-6	mg	0.440		0	1.342	0.374	
Folate	:g	10		0	31	9	
Vitamin B-12	:g	2.81		0	8.57	2.39	
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	3.000		0	9.150	2.550	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.031	0.009	
12:0	g	0.010		0	0.031	0.009	
14:0	g	0.210		0	0.640	0.179	
15.0	g						
16:0	g	1.750		0	5.338	1.488	
17:0	g						
18:0	g	1.010		0	3.081	0.859	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.240	0	9.882	2.754
14:1	g				
16:1	g	0.280	0	0.854	0.238
18:1	g	2.950	0	8.998	2.508
20:1	g	0.010	0	0.031	0.009
22.1	g				
Polyunsaturated, total	g	0.290	0	0.884	0.247
18:2	g	0.210	0	0.640	0.179
18:3	g	0.040	0	0.122	0.034
18:4	g				
20:4	g	0.030	0	0.092	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	89	0	271	76
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.333	0	1.016	0.283
Threonine	g	1.297	0	3.956	1.102
Isoleucine	g	1.335	0	4.072	1.135
Leucine	g	2.348	0	7.161	1.996
Lysine	g	2.471	0	7.537	2.100
Methionine	g	0.760	0	2.318	0.646
Cystine	g	0.333	0	1.016	0.283
Phenylalanine	g	1.160	0	3.538	0.986
Tyrosine	g	0.998	0	3.044	0.848
Valine	g	1.445	0	4.407	1.228
Arginine	g	1.877	0	5.725	1.595
Histidine	g	1.017	0	3.102	0.864
Alanine	g	1.792	0	5.466	1.523
Aspartic acid	g	2.714	0	8.278	2.307
Glutamic acid	g	4.463	0	13.612	3.794
Glycine	g	1.621	0	4.944	1.378
Proline	g	1.312	0	4.002	1.115
Serine	g	1.136	0	3.465	0.966
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13454 Beef, top sirloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 8% 4% 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* 292g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.60		1	179.87	52.36	
Energy	kcal	191		0	558	162	
Energy	kj	799		0	2333	679	
Protein (N x 5.95)	g	30.37	0.773	11	88.68	25.81	
Total lipid (fat)	g	6.80		1	19.86	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	1.37	0.033	11	4.00	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.896	11	32	9	
Iron	mg	3.36	0.170	11	9.81	2.86	
Magnesium	mg	32	0.853	11	93	27	
Phosphorus	mg	244		1	712	207	
Potassium	mg	403	16.682	11	1177	343	
Sodium	mg	66	5.493	11	193	56	
Zinc	mg	6.52	0.273	8	19.04	5.54	
Copper	mg	0.146	0.008	8	0.426	0.124	
Manganese	mg	0.017		1	0.050	0.014	
Selenium	:g	32.9	2.351	26	96.1	28.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130	0.009	11	0.380	0.111	
Riboflavin	mg	0.290	0.017	7	0.847	0.247	
Niacin	mg	4.280	0.189	11	12.498	3.638	
Pantothenic acid	mg	0.390		1	1.139	0.331	
Vitamin B-6	mg	0.450		1	1.314	0.383	
Folate	:g	10	1.172	11	29	9	
Vitamin B-12	:g	2.85	0.407	11	8.32	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	0.409	0.119	
Lipids:							
Saturated, total	g	2.650		0	7.738	2.252	
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	0.029	0.009	
14:0	g	0.180		8	0.526	0.153	
15.0	g						
16:0	g	1.530		8	4.468	1.301	
17:0	g						
18:0	g	0.930		8	2.716	0.791	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.900		0	8.468	2.465
14:1	g					
16:1	g	0.210		8	0.613	0.179
18:1	g	2.680		8	7.826	2.278
20:1	g	0.010		8	0.029	0.009
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.260		0	0.759	0.221
18:2	g	0.210		8	0.613	0.179
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	0.117	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	260	76
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.340		0	0.993	0.289
Threonine	g	1.327		0	3.875	1.128
Isoleucine	g	1.365		0	3.986	1.160
Leucine	g	2.400		0	7.008	2.040
Lysine	g	2.527		0	7.379	2.148
Methionine	g	0.777		0	2.269	0.660
Cystine	g	0.340		0	0.993	0.289
Phenylalanine	g	1.186		0	3.463	1.008
Tyrosine	g	1.020		0	2.978	0.867
Valine	g	1.477		0	4.313	1.255
Arginine	g	1.919		0	5.603	1.631
Histidine	g	1.040		0	3.037	0.884
Alanine	g	1.832		0	5.349	1.557
Aspartic acid	g	2.774		0	8.100	2.358
Glutamic acid	g	4.563		0	13.324	3.879
Glycine	g	1.657		0	4.838	1.408
Proline	g	1.341		0	3.916	1.140
Serine	g	1.161		0	3.390	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. 13455 Beef, top sirloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Refuse: 1% 4% 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* 286g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.00		0	174.46	51.85	
Energy	kcal	200		0	572	170	
Energy	kj	837		0	2394	711	
Protein (N x 5.95)	g	30.37		0	86.86	25.81	
Total lipid (fat)	g	7.80		0	22.31	6.63	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.37		0	3.92	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	31	9	
Iron	mg	3.36		0	9.61	2.86	
Magnesium	mg	32		0	92	27	
Phosphorus	mg	244		0	698	207	
Potassium	mg	403		0	1153	343	
Sodium	mg	66		0	189	56	
Zinc	mg	6.52		0	18.65	5.54	
Copper	mg	0.146		0	0.418	0.124	
Manganese	mg	0.017		0	0.049	0.014	
Selenium	:g	32.9		0	94.1	28.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.372	0.111	
Riboflavin	mg	0.290		0	0.829	0.247	
Niacin	mg	4.280		0	12.241	3.638	
Pantothenic acid	mg	0.390		0	1.115	0.331	
Vitamin B-6	mg	0.450		0	1.287	0.383	
Folate	:g	10		0	29	9	
Vitamin B-12	:g	2.85		0	8.15	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	3.040		0	8.694	2.584	
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	0.029	0.009	
14:0	g	0.210		0	0.601	0.179	
15.0	g						
16:0	g	1.750		0	5.005	1.488	
17:0	g						
18:0	g	1.070		0	3.060	0.910	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.320	0	9.495	2.822
14:1	g				
16:1	g	0.240	0	0.686	0.204
18:1	g	3.070	0	8.780	2.609
20:1	g	0.010	0	0.029	0.009
22.1	g				
Polyunsaturated, total	g	0.300	0	0.858	0.255
18:2	g	0.240	0	0.686	0.204
18:3	g	0.020	0	0.057	0.017
18:4	g				
20:4	g	0.040	0	0.114	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	89	0	255	76
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.340	0	0.972	0.289
Threonine	g	1.327	0	3.795	1.128
Isoleucine	g	1.365	0	3.904	1.160
Leucine	g	2.400	0	6.864	2.040
Lysine	g	2.527	0	7.227	2.148
Methionine	g	0.777	0	2.222	0.660
Cystine	g	0.340	0	0.972	0.289
Phenylalanine	g	1.186	0	3.392	1.008
Tyrosine	g	1.020	0	2.917	0.867
Valine	g	1.477	0	4.224	1.255
Arginine	g	1.919	0	5.488	1.631
Histidine	g	1.040	0	2.974	0.884
Alanine	g	1.832	0	5.240	1.557
Aspartic acid	g	2.774	0	7.934	2.358
Glutamic acid	g	4.563	0	13.050	3.879
Glycine	g	1.657	0	4.739	1.408
Proline	g	1.341	0	3.835	1.140
Serine	g	1.161	0	3.320	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. 13456 Beef, top sirloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Refuse: 7% 4% 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* 295g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.40		0	184.08	53.04	
Energy	kcal	180		0	531	153	
Energy	kj	753		0	2221	640	
Protein (N x 5.95)	g	30.37		0	89.59	25.81	
Total lipid (fat)	g	5.60		0	16.52	4.76	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.37		0	4.04	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	32	9	
Iron	mg	3.36		0	9.91	2.86	
Magnesium	mg	32		0	94	27	
Phosphorus	mg	244		0	720	207	
Potassium	mg	403		0	1189	343	
Sodium	mg	66		0	195	56	
Zinc	mg	6.52		0	19.23	5.54	
Copper	mg	0.146		0	0.431	0.124	
Manganese	mg	0.017		0	0.050	0.014	
Selenium	΄g	32.9		0	97.1	28.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.384	0.111	
Riboflavin	mg	0.290		0	0.856	0.247	
Niacin	mg	4.280		0	12.626	3.638	
Pantothenic acid	mg	0.390		0	1.151	0.331	
Vitamin B-6	mg	0.450		0	1.327	0.383	
Folate	΄g	10		0	30	9	
Vitamin B-12	΄g	2.85		0	8.41	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	2.180		0	6.431	1.853	
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	0.030	0.009	
14:0	g	0.150		0	0.443	0.128	
15.0	g						
16:0	g	1.260		0	3.717	1.071	
17:0	g						
18:0	g	0.770		0	2.272	0.655	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.390	0	7.051	2.031
14:1	g				
16:1	g	0.170	0	0.502	0.145
18:1	g	2.210	0	6.520	1.878
20:1	g	0.010	0	0.030	0.009
22.1	g				
Polyunsaturated, total	g	0.220	0	0.649	0.187
18:2	g	0.170	0	0.502	0.145
18:3	g	0.010	0	0.030	0.009
18:4	g				
20:4	g	0.030	0	0.089	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	89	0	263	76
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.340	0	1.003	0.289
Threonine	g	1.327	0	3.915	1.128
Isoleucine	g	1.365	0	4.027	1.160
Leucine	g	2.400	0	7.080	2.040
Lysine	g	2.527	0	7.455	2.148
Methionine	g	0.777	0	2.292	0.660
Cystine	g	0.340	0	1.003	0.289
Phenylalanine	g	1.186	0	3.499	1.008
Tyrosine	g	1.020	0	3.009	0.867
Valine	g	1.477	0	4.357	1.255
Arginine	g	1.919	0	5.661	1.631
Histidine	g	1.040	0	3.068	0.884
Alanine	g	1.832	0	5.404	1.557
Aspartic acid	g	2.774	0	8.183	2.358
Glutamic acid	g	4.563	0	13.461	3.879
Glycine	g	1.657	0	4.888	1.408
Proline	g	1.341	0	3.956	1.140
Serine	g	1.161	0	3.425	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. 13457 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	60.67		0	17.20	275.20	
Energy	kcal	256		0	73	1161	
Energy	kj	1071		0	304	4858	
Protein (N x 5.95)	g	18.59		0	5.27	84.32	
Total lipid (fat)	g	19.63		0	5.57	89.04	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.95		0	0.27	4.31	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	2	27	
Iron	mg	1.84		0	0.52	8.35	
Magnesium	mg	19		0	5	86	
Phosphorus	mg	174		0	49	789	
Potassium	mg	299		0	85	1356	
Sodium	mg	51		0	14	231	
Zinc	mg	3.14		0	0.89	14.24	
Copper	mg	0.076		0	0.022	0.345	
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	0.100		0	0.028	0.454	
Riboflavin	mg	0.170		0	0.048	0.771	
Niacin	mg	3.490		0	0.989	15.831	
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	2.69		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	0.179		0	0.051	0.812	
Lipids:							
Saturated, total	g	8.050		0	2.282	36.515	
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	0.060		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	4.780		0	1.355	21.682	
17:0	g						
18:0	g	2.440		0	0.692	11.068	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.520	0	2.415	38.647
14:1	g				
16:1	g	0.930	0	0.264	4.218
18:1	g	7.470	0	2.118	33.884
20:1	g	0.030	0	0.009	0.136
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.760	0	0.215	3.447
18:2	g	0.490	0	0.139	2.223
18:3	g	0.230	0	0.065	1.043
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	65	0	18	295
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.208	0	0.059	0.943
Threonine	g	0.812	0	0.230	3.683
Isoleucine	g	0.836	0	0.237	3.792
Leucine	g	1.469	0	0.416	6.663
Lysine	g	1.547	0	0.439	7.017
Methionine	g	0.476	0	0.135	2.159
Cystine	g	0.208	0	0.059	0.943
Phenylalanine	g	0.726	0	0.206	3.293
Tyrosine	g	0.625	0	0.177	2.835
Valine	g	0.904	0	0.256	4.101
Arginine	g	1.175	0	0.333	5.330
Histidine	g	0.637	0	0.181	2.889
Alanine	g	1.121	0	0.318	5.085
Aspartic acid	g	1.698	0	0.481	7.702
Glutamic acid	g	2.793	0	0.792	12.669
Glycine	g	1.014	0	0.287	4.600
Proline	g	0.821	0	0.233	3.724
Serine	g	0.711	0	0.202	3.225
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13458 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/4" 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* 293g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	50.50		0	147.97	42.92	
Energy	kcal	321		0	941	273	
Energy	kj	1343		0	3935	1142	
Protein (N x 5.95)	g	22.71		0	66.54	19.30	
Total lipid (fat)	g	24.85		0	72.81	21.12	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.12		0	3.28	0.95	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	23	7	
Iron	mg	2.63		0	7.71	2.24	
Magnesium	mg	22		0	64	19	
Phosphorus	mg	180		0	527	153	
Potassium	mg	309		0	905	263	
Sodium	mg	63		0	185	54	
Zinc	mg	4.38		0	12.83	3.72	
Copper	mg	0.120		0	0.352	0.102	
Manganese	mg	0.014		0	0.041	0.012	
Selenium	:g	23.8		0	69.7	20.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.264	0.077	
Riboflavin	mg	0.210		0	0.615	0.179	
Niacin	mg	3.910		0	11.456	3.324	
Pantothenic acid	mg	0.300		0	0.879	0.255	
Vitamin B-6	mg	0.340		0	0.996	0.289	
Folate	:g	7		0	21	6	
Vitamin B-12	:g	2.12		0	6.21	1.80	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.214		0	0.627	0.182	
Lipids:							
Saturated, total	g	9.670		0	28.333	8.220	
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	0.205	0.060	
12:0	g	0.060		0	0.176	0.051	
14:0	g	0.730		0	2.139	0.620	
15.0	g						
16:0	g	5.890		0	17.258	5.006	
17:0	g						
18:0	g	2.770		0	8.116	2.354	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.880	0	31.878	9.248
14:1	g				
16:1	g	0.960	0	2.813	0.816
18:1	g	9.800	0	28.714	8.330
20:1	g	0.040	0	0.117	0.034
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.930	0	2.725	0.791
18:2	g	0.610	0	1.787	0.518
18:3	g	0.280	0	0.820	0.238
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	73	0	214	62
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.254	0	0.744	0.216
Threonine	g	0.992	0	2.907	0.843
Isoleucine	g	1.021	0	2.992	0.868
Leucine	g	1.795	0	5.259	1.526
Lysine	g	1.890	0	5.538	1.607
Methionine	g	0.581	0	1.702	0.494
Cystine	g	0.254	0	0.744	0.216
Phenylalanine	g	0.887	0	2.599	0.754
Tyrosine	g	0.763	0	2.236	0.649
Valine	g	1.105	0	3.238	0.939
Arginine	g	1.435	0	4.205	1.220
Histidine	g	0.778	0	2.280	0.661
Alanine	g	1.370	0	4.014	1.165
Aspartic acid	g	2.075	0	6.080	1.764
Glutamic acid	g	3.412	0	9.997	2.900
Glycine	g	1.239	0	3.630	1.053
Proline	g	1.003	0	2.939	0.853
Serine	g	0.868	0	2.543	0.738
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13459 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" 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* 301g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.40		0	163.74	46.24	
Energy	kcal	279		0	840	237	
Energy	kj	1167		0	3513	992	
Protein (N x 5.95)	g	23.84		0	71.76	20.26	
Total lipid (fat)	g	19.61		0	59.03	16.67	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.14		0	3.43	0.97	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	24	7	
Iron	mg	2.83		0	8.52	2.41	
Magnesium	mg	24		0	72	20	
Phosphorus	mg	193		0	581	164	
Potassium	mg	333		0	1002	283	
Sodium	mg	65		0	196	55	
Zinc	mg	4.76		0	14.33	4.05	
Copper	mg	0.130		0	0.391	0.111	
Manganese	mg	0.015		0	0.045	0.013	
Selenium	:g	21.8		0	65.6	18.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.301	0.085	
Riboflavin	mg	0.220		0	0.662	0.187	
Niacin	mg	4.210		0	12.672	3.579	
Pantothenic acid	mg	0.320		0	0.963	0.272	
Vitamin B-6	mg	0.360		0	1.084	0.306	
Folate	:g	7		0	21	6	
Vitamin B-12	:g	2.18		0	6.56	1.85	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.185		0	0.557	0.157	
Lipids:							
Saturated, total	g	7.340		0	22.093	6.239	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.120	0.034	
12:0	g	0.040		0	0.120	0.034	
14:0	g	0.520		0	1.565	0.442	
15.0	g						
16:0	g	4.550		0	13.695	3.868	
17:0	g						
18:0	g	2.190		0	6.592	1.862	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.920	0	26.849	7.582
14:1	g				
16:1	g	0.680	0	2.047	0.578
18:1	g	8.120	0	24.441	6.902
20:1	g	0.020	0	0.060	0.017
22.1	g				
Polyunsaturated, total	g	0.670	0	2.017	0.570
18:2	g	0.460	0	1.385	0.391
18:3	g	0.190	0	0.572	0.161
18:4	g				
20:4	g	0.020	0	0.060	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	67	0	202	57
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.267	0	0.804	0.227
Threonine	g	1.041	0	3.133	0.885
Isoleucine	g	1.072	0	3.227	0.911
Leucine	g	1.884	0	5.671	1.601
Lysine	g	1.983	0	5.969	1.686
Methionine	g	0.610	0	1.836	0.518
Cystine	g	0.267	0	0.804	0.227
Phenylalanine	g	0.931	0	2.802	0.791
Tyrosine	g	0.801	0	2.411	0.681
Valine	g	1.160	0	3.492	0.986
Arginine	g	1.507	0	4.536	1.281
Histidine	g	0.816	0	2.456	0.694
Alanine	g	1.438	0	4.328	1.222
Aspartic acid	g	2.178	0	6.556	1.851
Glutamic acid	g	3.582	0	10.782	3.045
Glycine	g	1.301	0	3.916	1.106
Proline	g	1.053	0	3.170	0.895
Serine	g	0.912	0	2.745	0.775
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13460 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" 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* 305g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.86		0	164.27	45.78	
Energy	kcal	284		0	866	241	
Energy	kj	1188		0	3623	1010	
Protein (N x 5.95)	g	23.58		0	71.92	20.04	
Total lipid (fat)	g	20.28		0	61.85	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	1.07		0	3.26	0.91	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	24	7	
Iron	mg	2.85		0	8.69	2.42	
Magnesium	mg	25		0	76	21	
Phosphorus	mg	194		0	592	165	
Potassium	mg	334		0	1019	284	
Sodium	mg	65		0	198	55	
Zinc	mg	4.78		0	14.58	4.06	
Copper	mg	0.130		0	0.397	0.111	
Manganese	mg	0.015		0	0.046	0.013	
Selenium	:g	21.9		0	66.8	18.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.305	0.085	
Riboflavin	mg	0.230		0	0.702	0.196	
Niacin	mg	4.230		0	12.902	3.595	
Pantothenic acid	mg	0.320		0	0.976	0.272	
Vitamin B-6	mg	0.370		0	1.128	0.315	
Folate	:g	7		0	21	6	
Vitamin B-12	:g	2.19		0	6.68	1.86	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.182		0	0.555	0.155	
Lipids:							
Saturated, total	g	7.450		0	22.723	6.332	
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	0.520		0	1.586	0.442	
15.0	g						
16:0	g	4.610		0	14.061	3.919	
17:0	g						
18:0	g	2.230		0	6.801	1.896	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.390	0	28.640	7.982
14:1	g				
16:1	g	0.700	0	2.135	0.595
18:1	g	8.570	0	26.139	7.285
20:1	g	0.020	0	0.061	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.650	0	1.983	0.553
18:2	g	0.440	0	1.342	0.374
18:3	g	0.180	0	0.549	0.153
18:4	g	0.000	0	0.000	0.000
20:4	g	0.020	0	0.061	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	0	210	59
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.264	0	0.805	0.224
Threonine	g	1.030	0	3.142	0.876
Isoleucine	g	1.060	0	3.233	0.901
Leucine	g	1.863	0	5.682	1.584
Lysine	g	1.962	0	5.984	1.668
Methionine	g	0.604	0	1.842	0.513
Cystine	g	0.264	0	0.805	0.224
Phenylalanine	g	0.920	0	2.806	0.782
Tyrosine	g	0.792	0	2.416	0.673
Valine	g	1.147	0	3.498	0.975
Arginine	g	1.490	0	4.545	1.266
Histidine	g	0.807	0	2.461	0.686
Alanine	g	1.422	0	4.337	1.209
Aspartic acid	g	2.154	0	6.570	1.831
Glutamic acid	g	3.542	0	10.803	3.011
Glycine	g	1.286	0	3.922	1.093
Proline	g	1.041	0	3.175	0.885
Serine	g	0.902	0	2.751	0.767
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13461 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/4" fat, select, raw

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	63.70		0	18.06	288.94	
Energy	kcal	222		0	63	1007	
Energy	kj	929		0	263	4214	
Protein (N x 5.95)	g	20.72		0	5.87	93.99	
Total lipid (fat)	g	14.82		0	4.20	67.22	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.34		0	0.38	6.08	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	2	27	
Iron	mg	2.01		0	0.57	9.12	
Magnesium	mg	20		0	6	91	
Phosphorus	mg	174		0	49	789	
Potassium	mg	309		0	88	1402	
Sodium	mg	54		0	15	245	
Zinc	mg	3.28		0	0.93	14.88	
Copper	mg	0.079		0	0.022	0.358	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	:g	17.3		0	4.9	78.5	
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	3.630		0	1.029	16.466	
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	0.168		0	0.048	0.762	
Lipids:							
Saturated, total	g	6.010		0	1.704	27.261	
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	0.460		0	0.130	2.087	
15.0	g						
16:0	g	3.600		0	1.021	16.330	
17:0	g						
18:0	g	1.870		0	0.530	8.482	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.460	0	1.831	29.303
14:1	g				
16:1	g	0.660	0	0.187	2.994
18:1	g	5.740	0	1.627	26.037
20:1	g	0.020	0	0.006	0.091
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.630	0	0.179	2.858
18:2	g	0.420	0	0.119	1.905
18:3	g	0.170	0	0.048	0.771
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	56	0	16	254
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. 13462 Beef, short loin, porterhouse steak, 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* 283g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	51.40		0	145.46	43.69	
Energy	kcal	308		0	872	262	
Energy	kj	1289		0	3648	1096	
Protein (N x 5.95)	g	23.56		0	66.67	20.03	
Total lipid (fat)	g	23.00		0	65.09	19.55	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.06		0	3.00	0.90	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	23	7	
Iron	mg	2.66		0	7.53	2.26	
Magnesium	mg	23		0	65	20	
Phosphorus	mg	182		0	515	155	
Potassium	mg	312		0	883	265	
Sodium	mg	63		0	178	54	
Zinc	mg	4.43		0	12.54	3.77	
Copper	mg	0.121		0	0.342	0.103	
Manganese	mg	0.014		0	0.040	0.012	
Selenium	:g	24.0		0	67.9	20.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.255	0.077	
Riboflavin	mg	0.210		0	0.594	0.179	
Niacin	mg	3.950		0	11.179	3.357	
Pantothenic acid	mg	0.300		0	0.849	0.255	
Vitamin B-6	mg	0.340		0	0.962	0.289	
Folate	:g	7		0	20	6	
Vitamin B-12	:g	2.13		0	6.03	1.81	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.214		0	0.606	0.182	
Lipids:							
Saturated, total	g	9.090		0	25.725	7.726	
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	0.700		0	1.981	0.595	
15.0	g						
16:0	g	5.550		0	15.706	4.718	
17:0	g						
18:0	g	2.720		0	7.698	2.312	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.920	0	28.074	8.432
14:1	g				
16:1	g	0.880	0	2.490	0.748
18:1	g	8.940	0	25.300	7.599
20:1	g	0.040	0	0.113	0.034
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.950	0	2.688	0.808
18:2	g	0.650	0	1.840	0.553
18:3	g	0.270	0	0.764	0.230
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	66	0	187	56
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.264	0	0.747	0.224
Threonine	g	1.029	0	2.912	0.875
Isoleucine	g	1.059	0	2.997	0.900
Leucine	g	1.862	0	5.269	1.583
Lysine	g	1.960	0	5.547	1.666
Methionine	g	0.603	0	1.706	0.513
Cystine	g	0.264	0	0.747	0.224
Phenylalanine	g	0.920	0	2.604	0.782
Tyrosine	g	0.792	0	2.241	0.673
Valine	g	1.146	0	3.243	0.974
Arginine	g	1.489	0	4.214	1.266
Histidine	g	0.807	0	2.284	0.686
Alanine	g	1.421	0	4.021	1.208
Aspartic acid	g	2.152	0	6.090	1.829
Glutamic acid	g	3.539	0	10.015	3.008
Glycine	g	1.285	0	3.637	1.092
Proline	g	1.040	0	2.943	0.884
Serine	g	0.901	0	2.550	0.766
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13463 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Refuse: 20% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 301g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.65		0	167.51	47.30	
Energy	kcal	267		0	804	227	
Energy	kj	1117		0	3362	949	
Protein (N x 5.95)	g	24.45		0	73.59	20.78	
Total lipid (fat)	g	18.04		0	54.30	15.33	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30		0	3.91	1.10	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	24	7	
Iron	mg	2.81		0	8.46	2.39	
Magnesium	mg	24		0	72	20	
Phosphorus	mg	191		0	575	162	
Potassium	mg	329		0	990	280	
Sodium	mg	65		0	196	55	
Zinc	mg	4.71		0	14.18	4.00	
Copper	mg	0.128		0	0.385	0.109	
Manganese	mg	0.015		0	0.045	0.013	
Selenium	:g	21.8		0	65.6	18.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.301	0.085	
Riboflavin	mg	0.220		0	0.662	0.187	
Niacin	mg	4.170		0	12.552	3.544	
Pantothenic acid	mg	0.310		0	0.933	0.264	
Vitamin B-6	mg	0.360		0	1.084	0.306	
Folate	:g	7		0	21	6	
Vitamin B-12	:g	2.17		0	6.53	1.84	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.188		0	0.566	0.160	
Lipids:							
Saturated, total	g	7.100		0	21.371	6.035	
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	0.120	0.034	
12:0	g	0.040		0	0.120	0.034	
14:0	g	0.500		0	1.505	0.425	
15.0	g						
16:0	g	4.390		0	13.214	3.731	
17:0	g						
18:0	g	2.120		0	6.381	1.802	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.800	0	23.478	6.630
14:1	g				
16:1	g	0.630	0	1.896	0.536
18:1	g	7.090	0	21.341	6.026
20:1	g	0.030	0	0.090	0.026
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.710	0	2.137	0.603
18:2	g	0.490	0	1.475	0.417
18:3	g	0.190	0	0.572	0.161
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.090	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	64	0	193	54
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.274	0	0.825	0.233
Threonine	g	1.068	0	3.215	0.908
Isoleucine	g	1.099	0	3.308	0.934
Leucine	g	1.933	0	5.818	1.643
Lysine	g	2.035	0	6.125	1.730
Methionine	g	0.626	0	1.884	0.532
Cystine	g	0.274	0	0.825	0.233
Phenylalanine	g	0.955	0	2.875	0.812
Tyrosine	g	0.822	0	2.474	0.699
Valine	g	1.189	0	3.579	1.011
Arginine	g	1.545	0	4.650	1.313
Histidine	g	0.837	0	2.519	0.711
Alanine	g	1.475	0	4.440	1.254
Aspartic acid	g	2.234	0	6.724	1.899
Glutamic acid	g	3.674	0	11.059	3.123
Glycine	g	1.334	0	4.015	1.134
Proline	g	1.080	0	3.251	0.918
Serine	g	0.935	0	2.814	0.795
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13464 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Refuse: 35% Bone 21%, 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	69.95		0	19.83	317.29	
Energy	kcal	157		0	45	712	
Energy	kj	657		0	186	2980	
Protein (N x 5.95)	g	21.01		0	5.96	95.30	
Total lipid (fat)	g	7.42		0	2.10	33.66	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.16		0	0.33	5.26	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	1	23	
Iron	mg	2.22		0	0.63	10.07	
Magnesium	mg	23		0	7	104	
Phosphorus	mg	191		0	54	866	
Potassium	mg	348		0	99	1579	
Sodium	mg	58		0	16	263	
Zinc	mg	3.65		0	1.03	16.56	
Copper	mg	0.087		0	0.025	0.395	
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	0.190		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	2.750		0	0.780	12.474	
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	1.600		0	0.454	7.258	
17:0	g						
18:0	g	0.830		0	0.235	3.765	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.390	0	0.961	15.377
14:1	g				
16:1	g	0.210	0	0.060	0.953
18:1	g	3.100	0	0.879	14.062
20:1	g	0.010	0	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	0	0.068	1.089
18:3	g	0.020	0	0.006	0.091
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	57	0	16	259
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.235	0	0.067	1.066
Threonine	g	0.918	0	0.260	4.164
Isoleucine	g	0.945	0	0.268	4.287
Leucine	g	1.661	0	0.471	7.534
Lysine	g	1.748	0	0.496	7.929
Methionine	g	0.538	0	0.153	2.440
Cystine	g	0.235	0	0.067	1.066
Phenylalanine	g	0.820	0	0.232	3.720
Tyrosine	g	0.706	0	0.200	3.202
Valine	g	1.022	0	0.290	4.636
Arginine	g	1.328	0	0.376	6.024
Histidine	g	0.719	0	0.204	3.261
Alanine	g	1.267	0	0.359	5.747
Aspartic acid	g	1.920	0	0.544	8.709
Glutamic acid	g	3.157	0	0.895	14.320
Glycine	g	1.146	0	0.325	5.198
Proline	g	0.928	0	0.263	4.209
Serine	g	0.803	0	0.228	3.642
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13465 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Refuse: 40% Bone 21%, 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* 223g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.25		0	134.36	51.21	
Energy	kcal	212		0	473	180	
Energy	kj	887		0	1978	754	
Protein (N x 5.95)	g	26.39		0	58.85	22.43	
Total lipid (fat)	g	10.97		0	24.46	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	1.32		0	2.94	1.12	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	16	6	
Iron	mg	3.11		0	6.94	2.64	
Magnesium	mg	27		0	60	23	
Phosphorus	mg	211		0	471	179	
Potassium	mg	367		0	818	312	
Sodium	mg	69		0	154	59	
Zinc	mg	5.29		0	11.80	4.50	
Copper	mg	0.143		0	0.319	0.122	
Manganese	mg	0.016		0	0.036	0.014	
Selenium	：g	22.5		0	50.2	19.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.245	0.094	
Riboflavin	mg	0.250		0	0.558	0.213	
Niacin	mg	4.630		0	10.325	3.936	
Pantothenic acid	mg	0.340		0	0.758	0.289	
Vitamin B-6	mg	0.400		0	0.892	0.340	
Folate	：g	8		0	18	7	
Vitamin B-12	：g	2.27		0	5.06	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	0.312	0.119	
Lipids:							
Saturated, total	g	3.910		0	8.719	3.324	
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	0.022	0.009	
12:0	g	0.010		0	0.022	0.009	
14:0	g	0.230		0	0.513	0.196	
15.0	g						
16:0	g	2.260		0	5.040	1.921	
17:0	g						
18:0	g	1.210		0	2.698	1.028	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.910	0	10.949	4.174
14:1	g				
16:1	g	0.300	0	0.669	0.255
18:1	g	4.510	0	10.057	3.833
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.400	0	0.892	0.340
18:2	g	0.300	0	0.669	0.255
18:3	g	0.050	0	0.112	0.043
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.067	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	66	0	147	56
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.296	0	0.660	0.252
Threonine	g	1.153	0	2.571	0.980
Isoleucine	g	1.186	0	2.645	1.008
Leucine	g	2.086	0	4.652	1.773
Lysine	g	2.196	0	4.897	1.867
Methionine	g	0.676	0	1.507	0.575
Cystine	g	0.296	0	0.660	0.252
Phenylalanine	g	1.030	0	2.297	0.876
Tyrosine	g	0.887	0	1.978	0.754
Valine	g	1.284	0	2.863	1.091
Arginine	g	1.668	0	3.720	1.418
Histidine	g	0.904	0	2.016	0.768
Alanine	g	1.592	0	3.550	1.353
Aspartic acid	g	2.411	0	5.377	2.049
Glutamic acid	g	3.965	0	8.842	3.370
Glycine	g	1.440	0	3.211	1.224
Proline	g	1.165	0	2.598	0.990
Serine	g	1.009	0	2.250	0.858
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13466 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 32% Bone 21%, separable fat 11%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 259g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.05		0	155.53	51.04	
Energy	kcal	215		0	557	183	
Energy	kj	900		0	2331	765	
Protein (N x 5.95)	g	25.92		0	67.13	22.03	
Total lipid (fat)	g	11.61		0	30.07	9.87	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.25		0	3.24	1.06	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	18	6	
Iron	mg	3.11		0	8.05	2.64	
Magnesium	mg	27		0	70	23	
Phosphorus	mg	211		0	546	179	
Potassium	mg	367		0	951	312	
Sodium	mg	69		0	179	59	
Zinc	mg	5.29		0	13.70	4.50	
Copper	mg	0.143		0	0.370	0.122	
Manganese	mg	0.016		0	0.041	0.014	
Selenium	:g	22.5		0	58.3	19.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.285	0.094	
Riboflavin	mg	0.250		0	0.648	0.213	
Niacin	mg	4.630		0	11.992	3.936	
Pantothenic acid	mg	0.340		0	0.881	0.289	
Vitamin B-6	mg	0.400		0	1.036	0.340	
Folate	:g	8		0	21	7	
Vitamin B-12	:g	2.27		0	5.88	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	0.363	0.119	
Lipids:							
Saturated, total	g	4.010		0	10.386	3.408	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.230		0	0.596	0.196	
15.0	g						
16:0	g	2.460		0	6.371	2.091	
17:0	g						
18:0	g	1.300		0	3.367	1.105	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.510	0	14.271	4.683
14:1	g				
16:1	g	0.290	0	0.751	0.247
18:1	g	5.120	0	13.261	4.352
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.350	0	0.906	0.298
18:2	g	0.270	0	0.699	0.230
18:3	g	0.050	0	0.130	0.043
18:4	g				
20:4	g	0.030	0	0.078	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	63	0	163	54
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.290	0	0.751	0.247
Threonine	g	1.132	0	2.932	0.962
Isoleucine	g	1.165	0	3.017	0.990
Leucine	g	2.049	0	5.307	1.742
Lysine	g	2.157	0	5.587	1.833
Methionine	g	0.664	0	1.720	0.564
Cystine	g	0.290	0	0.751	0.247
Phenylalanine	g	1.012	0	2.621	0.860
Tyrosine	g	0.871	0	2.256	0.740
Valine	g	1.261	0	3.266	1.072
Arginine	g	1.638	0	4.242	1.392
Histidine	g	0.888	0	2.300	0.755
Alanine	g	1.564	0	4.051	1.329
Aspartic acid	g	2.368	0	6.133	2.013
Glutamic acid	g	3.895	0	10.088	3.311
Glycine	g	1.414	0	3.662	1.202
Proline	g	1.145	0	2.966	0.973
Serine	g	0.991	0	2.567	0.842
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13467 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Refuse: 31% Bone 21%, separable fat 10%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 266g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.13	1.015	8	157.29	50.26	
Energy	kcal	224		0	596	190	
Energy	kj	937		0	2492	796	
Protein (N x 5.95)	g	25.51	0.582	8	67.86	21.68	
Total lipid (fat)	g	12.80	0.956	8	34.05	10.88	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.17	0.136	8	3.11	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.514	26	19	6	
Iron	mg	3.11	0.155	26	8.27	2.64	
Magnesium	mg	27	0.706	23	72	23	
Phosphorus	mg	211	7.564	6	561	179	
Potassium	mg	367	14.733	26	976	312	
Sodium	mg	69	3.888	22	184	59	
Zinc	mg	5.29	0.161	20	14.07	4.50	
Copper	mg	0.143	0.011	16	0.380	0.122	
Manganese	mg	0.016	0.001	2	0.043	0.014	
Selenium	：g	22.5		0	59.9	19.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.293	0.094	
Riboflavin	mg	0.250		0	0.665	0.213	
Niacin	mg	4.630		0	12.316	3.936	
Pantothenic acid	mg	0.340		0	0.904	0.289	
Vitamin B-6	mg	0.400		0	1.064	0.340	
Folate	：g	8		0	21	7	
Vitamin B-12	：g	2.27		0	6.04	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	0.372	0.119	
Lipids:							
Saturated, total	g	4.300		0	11.438	3.655	
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		4	0.000	0.000	
14:0	g	0.250		4	0.665	0.213	
15.0	g						
16:0	g	2.650		4	7.049	2.252	
17:0	g						
18:0	g	1.380		4	3.671	1.173	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.250		0	16.625	5.313
14:1	g					
16:1	g	0.340		4	0.904	0.289
18:1	g	5.790		4	15.401	4.922
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	0.931	0.298
18:2	g	0.270		4	0.718	0.230
18:3	g	0.060		4	0.160	0.051
18:4	g	0.000		0	0.000	0.000
20:4	g	0.030		4	0.080	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	65	5.686	4	173	55
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.286		0	0.761	0.243
Threonine	g	1.114		0	2.963	0.947
Isoleucine	g	1.147		0	3.051	0.975
Leucine	g	2.016		0	5.363	1.714
Lysine	g	2.122		0	5.645	1.804
Methionine	g	0.653		0	1.737	0.555
Cystine	g	0.286		0	0.761	0.243
Phenylalanine	g	0.996		0	2.649	0.847
Tyrosine	g	0.857		0	2.280	0.728
Valine	g	1.241		0	3.301	1.055
Arginine	g	1.612		0	4.288	1.370
Histidine	g	0.873		0	2.322	0.742
Alanine	g	1.539		0	4.094	1.308
Aspartic acid	g	2.330		0	6.198	1.981
Glutamic acid	g	3.832		0	10.193	3.257
Glycine	g	1.392		0	3.703	1.183
Proline	g	1.126		0	2.995	0.957
Serine	g	0.975		0	2.593	0.829
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13468 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, select, raw

Refuse: 32% Bone 21%, separable fat 11%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	70.78	0.625	6	20.07	321.06	
Energy	kcal	149		0	42	676	
Energy	kj	623		0	177	2826	
Protein (N x 5.95)	g	22.75	0.736	6	6.45	103.19	
Total lipid (fat)	g	5.70	0.818	6	1.62	25.86	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.51	0.333	6	0.43	6.85	
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		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	0.190		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	2.190		0	0.621	9.934	
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		3	0.000	0.000	
14:0	g	0.140		3	0.040	0.635	
15.0	g						
16:0	g	1.300		3	0.369	5.897	
17:0	g						
18:0	g	0.740		3	0.210	3.357	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.470		0	0.700	11.204
14:1	g					
16:1	g	0.140		3	0.040	0.635
18:1	g	2.290		3	0.649	10.387
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	0.088	1.406
18:2	g	0.240		3	0.068	1.089
18:3	g	0.020		3	0.006	0.091
18:4	g	0.000		0	0.000	0.000
20:4	g	0.050		3	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	49	6.629	3	14	222
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.255		0	0.072	1.157
Threonine	g	0.994		0	0.282	4.509
Isoleucine	g	1.023		0	0.290	4.640
Leucine	g	1.798		0	0.510	8.156
Lysine	g	1.893		0	0.537	8.587
Methionine	g	0.582		0	0.165	2.640
Cystine	g	0.255		0	0.072	1.157
Phenylalanine	g	0.888		0	0.252	4.028
Tyrosine	g	0.764		0	0.217	3.466
Valine	g	1.107		0	0.314	5.021
Arginine	g	1.438		0	0.408	6.523
Histidine	g	0.779		0	0.221	3.534
Alanine	g	1.372		0	0.389	6.223
Aspartic acid	g	2.079		0	0.589	9.430
Glutamic acid	g	3.418		0	0.969	15.504
Glycine	g	1.241		0	0.352	5.629
Proline	g	1.005		0	0.285	4.559
Serine	g	0.870		0	0.247	3.946
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13469 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, select, cooked, broiled

Refuse: 39% Bone 21%, 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* 219g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.65	1.451	6	132.82	51.55	
Energy	kcal	203		0	445	173	
Energy	kj	849		0	1859	722	
Protein (N x 5.95)	g	27.20	1.233	6	59.57	23.12	
Total lipid (fat)	g	9.65	1.078	6	21.13	8.20	
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	0.144	6	2.69	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.514	26	15	6	
Iron	mg	3.11	0.155	26	6.81	2.64	
Magnesium	mg	27	0.706	23	59	23	
Phosphorus	mg	211	7.564	6	462	179	
Potassium	mg	367	14.733	26	804	312	
Sodium	mg	69	3.888	22	151	59	
Zinc	mg	5.29	0.161	20	11.59	4.50	
Copper	mg	0.143	0.011	16	0.313	0.122	
Manganese	mg	0.016	0.001	2	0.035	0.014	
Selenium	:g	22.5		0	49.3	19.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.241	0.094	
Riboflavin	mg	0.250		0	0.548	0.213	
Niacin	mg	4.630		0	10.140	3.936	
Pantothenic acid	mg	0.340		0	0.745	0.289	
Vitamin B-6	mg	0.400		0	0.876	0.340	
Folate	:g	8		0	18	7	
Vitamin B-12	:g	2.27		0	4.97	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	0.307	0.119	
Lipids:							
Saturated, total	g	3.620		0	7.928	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	0.000		0	0.000	0.000	
12:0	g	0.000		3	0.000	0.000	
14:0	g	0.230		3	0.504	0.196	
15.0	g						
16:0	g	2.100		3	4.599	1.785	
17:0	g						
18:0	g	1.270		3	2.781	1.080	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.130		0	9.045	3.510
14:1	g					
16:1	g	0.240		3	0.526	0.204
18:1	g	3.810		3	8.344	3.239
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.470		0	1.029	0.400
18:2	g	0.370		3	0.810	0.315
18:3	g	0.060		3	0.131	0.051
18:4	g	0.000		0	0.000	0.000
20:4	g	0.040		3	0.088	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	58	1.304	3	127	49
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.305		0	0.668	0.259
Threonine	g	1.188		0	2.602	1.010
Isoleucine	g	1.223		0	2.678	1.040
Leucine	g	2.150		0	4.708	1.827
Lysine	g	2.263		0	4.956	1.924
Methionine	g	0.696		0	1.524	0.592
Cystine	g	0.305		0	0.668	0.259
Phenylalanine	g	1.062		0	2.326	0.903
Tyrosine	g	0.914		0	2.002	0.777
Valine	g	1.323		0	2.897	1.125
Arginine	g	1.719		0	3.765	1.461
Histidine	g	0.931		0	2.039	0.791
Alanine	g	1.641		0	3.594	1.395
Aspartic acid	g	2.485		0	5.442	2.112
Glutamic acid	g	4.086		0	8.948	3.473
Glycine	g	1.484		0	3.250	1.261
Proline	g	1.201		0	2.630	1.021
Serine	g	1.040		0	2.278	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. 13470 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

Refuse: 32% Bone 20%, separable fat 12%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 256g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.19	1.016	6	159.21	52.86	
Energy	kcal	194		0	497	165	
Energy	kj	812		0	2079	690	
Protein (N x 5.95)	g	26.89	0.603	6	68.84	22.86	
Total lipid (fat)	g	8.81	1.052	6	22.55	7.49	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.44	0.277	6	3.69	1.22	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.514	26	18	6	
Iron	mg	3.11	0.155	26	7.96	2.64	
Magnesium	mg	27	0.706	23	69	23	
Phosphorus	mg	211	7.564	6	540	179	
Potassium	mg	367	14.733	26	940	312	
Sodium	mg	69	3.888	22	177	59	
Zinc	mg	5.29	0.161	20	13.54	4.50	
Copper	mg	0.143	0.011	16	0.366	0.122	
Manganese	mg	0.016	0.001	2	0.041	0.014	
Selenium	：g	22.5		0	57.6	19.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.282	0.094	
Riboflavin	mg	0.250		0	0.640	0.213	
Niacin	mg	4.630		0	11.853	3.936	
Pantothenic acid	mg	0.340		0	0.870	0.289	
Vitamin B-6	mg	0.400		0	1.024	0.340	
Folate	：g	8		0	20	7	
Vitamin B-12	：g	2.27		0	5.81	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	0.358	0.119	
Lipids:							
Saturated, total	g	3.330		0	8.525	2.831	
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		3	0.000	0.000	
14:0	g	0.170		3	0.435	0.145	
15.0	g						
16:0	g	2.030		3	5.197	1.725	
17:0	g						
18:0	g	1.110		3	2.842	0.944	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.810		0	9.754	3.239
14:1	g					
16:1	g	0.190		3	0.486	0.161
18:1	g	3.550		3	9.088	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	0.360		0	0.922	0.306
18:2	g	0.290		3	0.742	0.247
18:3	g	0.040		3	0.102	0.034
18:4	g	0.000		0	0.000	0.000
20:4	g	0.040		3	0.102	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	58	6.214	3	148	49
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.301		0	0.771	0.256
Threonine	g	1.175		0	3.008	0.999
Isoleucine	g	1.209		0	3.095	1.028
Leucine	g	2.125		0	5.440	1.806
Lysine	g	2.237		0	5.727	1.901
Methionine	g	0.688		0	1.761	0.585
Cystine	g	0.301		0	0.771	0.256
Phenylalanine	g	1.050		0	2.688	0.893
Tyrosine	g	0.904		0	2.314	0.768
Valine	g	1.308		0	3.348	1.112
Arginine	g	1.699		0	4.349	1.444
Histidine	g	0.921		0	2.358	0.783
Alanine	g	1.622		0	4.152	1.379
Aspartic acid	g	2.457		0	6.290	2.088
Glutamic acid	g	4.040		0	10.342	3.434
Glycine	g	1.467		0	3.756	1.247
Proline	g	1.187		0	3.039	1.009
Serine	g	1.028		0	2.632	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. 13471 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Refuse: 22% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	62.98		0	17.85	285.68	
Energy	kcal	225		0	64	1021	
Energy	kj	941		0	267	4268	
Protein (N x 5.95)	g	19.07		0	5.41	86.50	
Total lipid (fat)	g	15.96		0	4.52	72.39	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.15		0	0.33	5.22	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	2	27	
Iron	mg	2.10		0	0.60	9.53	
Magnesium	mg	20		0	6	91	
Phosphorus	mg	173		0	49	785	
Potassium	mg	309		0	88	1402	
Sodium	mg	54		0	15	245	
Zinc	mg	3.24		0	0.92	14.70	
Copper	mg	0.079		0	0.022	0.358	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	:g	17.3		0	4.9	78.5	
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	3.610		0	1.023	16.375	
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	2.76		0	0.78	12.52	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.168		0	0.048	0.762	
Lipids:							
Saturated, total	g	6.410		0	1.817	29.076	
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	0.030		0	0.009	0.136	
14:0	g	0.470		0	0.133	2.132	
15.0	g						
16:0	g	3.820		0	1.083	17.328	
17:0	g						
18:0	g	1.920		0	0.544	8.709	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.040	0	1.996	31.933
14:1	g				
16:1	g	0.720	0	0.204	3.266
18:1	g	6.250	0	1.772	28.350
20:1	g	0.020	0	0.006	0.091
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.620	0	0.176	2.812
18:2	g	0.400	0	0.113	1.814
18:3	g	0.180	0	0.051	0.816
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	57	0	16	259
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.214	0	0.061	0.971
Threonine	g	0.833	0	0.236	3.778
Isoleucine	g	0.857	0	0.243	3.887
Leucine	g	1.507	0	0.427	6.836
Lysine	g	1.586	0	0.450	7.194
Methionine	g	0.488	0	0.138	2.214
Cystine	g	0.214	0	0.061	0.971
Phenylalanine	g	0.744	0	0.211	3.375
Tyrosine	g	0.641	0	0.182	2.908
Valine	g	0.927	0	0.263	4.205
Arginine	g	1.205	0	0.342	5.466
Histidine	g	0.653	0	0.185	2.962
Alanine	g	1.150	0	0.326	5.216
Aspartic acid	g	1.742	0	0.494	7.902
Glutamic acid	g	2.864	0	0.812	12.991
Glycine	g	1.040	0	0.295	4.717
Proline	g	0.842	0	0.239	3.819
Serine	g	0.729	0	0.207	3.307
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13472 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Refuse: 22% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 287g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	52.69		0	151.22	44.79	
Energy	kcal	301		0	864	256	
Energy	kj	1259		0	3613	1070	
Protein (N x 5.95)	g	23.61		0	67.76	20.07	
Total lipid (fat)	g	22.14		0	63.54	18.82	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.18		0	3.39	1.00	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	23	7	
Iron	mg	2.74		0	7.86	2.33	
Magnesium	mg	23		0	66	20	
Phosphorus	mg	187		0	537	159	
Potassium	mg	325		0	933	276	
Sodium	mg	65		0	187	55	
Zinc	mg	4.51		0	12.94	3.83	
Copper	mg	0.123		0	0.353	0.105	
Manganese	mg	0.015		0	0.043	0.013	
Selenium	:g	23.0		0	66.0	19.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.258	0.077	
Riboflavin	mg	0.210		0	0.603	0.179	
Niacin	mg	4.000		0	11.480	3.400	
Pantothenic acid	mg	0.300		0	0.861	0.255	
Vitamin B-6	mg	0.340		0	0.976	0.289	
Folate	:g	7		0	20	6	
Vitamin B-12	:g	2.14		0	6.14	1.82	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.207		0	0.594	0.176	
Lipids:							
Saturated, total	g	8.650		0	24.826	7.353	
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	0.172	0.051	
12:0	g	0.060		0	0.172	0.051	
14:0	g	0.650		0	1.866	0.553	
15.0	g						
16:0	g	5.270		0	15.125	4.479	
17:0	g						
18:0	g	2.480		0	7.118	2.108	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.680	0	27.782	8.228
14:1	g				
16:1	g	0.840	0	2.411	0.714
18:1	g	8.730	0	25.055	7.421
20:1	g	0.030	0	0.086	0.026
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.800	0	2.296	0.680
18:2	g	0.520	0	1.492	0.442
18:3	g	0.240	0	0.689	0.204
18:4	g	0.000	0	0.000	0.000
20:4	g	0.020	0	0.057	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	64	0	184	54
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.264	0	0.758	0.224
Threonine	g	1.031	0	2.959	0.876
Isoleucine	g	1.062	0	3.048	0.903
Leucine	g	1.866	0	5.355	1.586
Lysine	g	1.965	0	5.640	1.670
Methionine	g	0.605	0	1.736	0.514
Cystine	g	0.264	0	0.758	0.224
Phenylalanine	g	0.922	0	2.646	0.784
Tyrosine	g	0.793	0	2.276	0.674
Valine	g	1.149	0	3.298	0.977
Arginine	g	1.492	0	4.282	1.268
Histidine	g	0.809	0	2.322	0.688
Alanine	g	1.424	0	4.087	1.210
Aspartic acid	g	2.157	0	6.191	1.833
Glutamic acid	g	3.548	0	10.183	3.016
Glycine	g	1.288	0	3.697	1.095
Proline	g	1.043	0	2.993	0.887
Serine	g	0.903	0	2.592	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. 13473 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 22% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 304g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.83		0	175.80	49.16	
Energy	kcal	247		0	751	210	
Energy	kj	1033		0	3140	878	
Protein (N x 5.95)	g	24.24		0	73.69	20.60	
Total lipid (fat)	g	15.92		0	48.40	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	1.09		0	3.31	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	21	6	
Iron	mg	2.93		0	8.91	2.49	
Magnesium	mg	25		0	76	21	
Phosphorus	mg	199		0	605	169	
Potassium	mg	348		0	1058	296	
Sodium	mg	67		0	204	57	
Zinc	mg	4.86		0	14.77	4.13	
Copper	mg	0.132		0	0.401	0.112	
Manganese	mg	0.015		0	0.046	0.013	
Selenium	:g	21.4		0	65.1	18.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.304	0.085	
Riboflavin	mg	0.230		0	0.699	0.196	
Niacin	mg	4.280		0	13.011	3.638	
Pantothenic acid	mg	0.310		0	0.942	0.264	
Vitamin B-6	mg	0.360		0	1.094	0.306	
Folate	:g	7		0	21	6	
Vitamin B-12	:g	2.20		0	6.69	1.87	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.178		0	0.541	0.151	
Lipids:							
Saturated, total	g	5.970		0	18.149	5.074	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.091	0.026	
12:0	g	0.030		0	0.091	0.026	
14:0	g	0.440		0	1.338	0.374	
15.0	g						
16:0	g	3.710		0	11.278	3.154	
17:0	g						
18:0	g	1.750		0	5.320	1.488	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.180	0	21.827	6.103
14:1	g				
16:1	g	0.580	0	1.763	0.493
18:1	g	6.520	0	19.821	5.542
20:1	g	0.020	0	0.061	0.017
22.1	g				
Polyunsaturated, total	g	0.600	0	1.824	0.510
18:2	g	0.400	0	1.216	0.340
18:3	g	0.160	0	0.486	0.136
18:4	g				
20:4	g	0.040	0	0.122	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	57	0	173	48
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.271	0	0.824	0.230
Threonine	g	1.059	0	3.219	0.900
Isoleucine	g	1.090	0	3.314	0.927
Leucine	g	1.916	0	5.825	1.629
Lysine	g	2.016	0	6.129	1.714
Methionine	g	0.620	0	1.885	0.527
Cystine	g	0.271	0	0.824	0.230
Phenylalanine	g	0.946	0	2.876	0.804
Tyrosine	g	0.814	0	2.475	0.692
Valine	g	1.179	0	3.584	1.002
Arginine	g	1.532	0	4.657	1.302
Histidine	g	0.830	0	2.523	0.706
Alanine	g	1.462	0	4.444	1.243
Aspartic acid	g	2.214	0	6.731	1.882
Glutamic acid	g	3.641	0	11.069	3.095
Glycine	g	1.322	0	4.019	1.124
Proline	g	1.070	0	3.253	0.910
Serine	g	0.927	0	2.818	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 with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13474 Beef, short loin, t-bone steak, 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* 311g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.23		0	177.99	48.65	
Energy	kcal	255		0	793	217	
Energy	kj	1067		0	3318	907	
Protein (N x 5.95)	g	24.14		0	75.08	20.52	
Total lipid (fat)	g	16.89		0	52.53	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	1.08		0	3.36	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	22	6	
Iron	mg	2.92		0	9.08	2.48	
Magnesium	mg	25		0	78	21	
Phosphorus	mg	198		0	616	168	
Potassium	mg	347		0	1079	295	
Sodium	mg	67		0	208	57	
Zinc	mg	4.84		0	15.05	4.11	
Copper	mg	0.131		0	0.407	0.111	
Manganese	mg	0.015		0	0.047	0.013	
Selenium	:g	21.4		0	66.6	18.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.311	0.085	
Riboflavin	mg	0.230		0	0.715	0.196	
Niacin	mg	4.260		0	13.249	3.621	
Pantothenic acid	mg	0.310		0	0.964	0.264	
Vitamin B-6	mg	0.360		0	1.120	0.306	
Folate	:g	7		0	22	6	
Vitamin B-12	:g	2.19		0	6.81	1.86	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.178		0	0.554	0.151	
Lipids:							
Saturated, total	g	6.270		0	19.500	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	0.030		0	0.093	0.026	
12:0	g	0.030		0	0.093	0.026	
14:0	g	0.450		0	1.400	0.383	
15.0	g						
16:0	g	3.910		0	12.160	3.324	
17:0	g						
18:0	g	1.830		0	5.691	1.556	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.720	0	24.009	6.562
14:1	g				
16:1	g	0.610	0	1.897	0.518
18:1	g	7.020	0	21.832	5.967
20:1	g	0.020	0	0.062	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.600	0	1.866	0.510
18:2	g	0.410	0	1.275	0.349
18:3	g	0.160	0	0.498	0.136
18:4	g	0.000	0	0.000	0.000
20:4	g	0.020	0	0.062	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	57	0	177	48
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.270	0	0.840	0.230
Threonine	g	1.054	0	3.278	0.896
Isoleucine	g	1.085	0	3.374	0.922
Leucine	g	1.908	0	5.934	1.622
Lysine	g	2.008	0	6.245	1.707
Methionine	g	0.618	0	1.922	0.525
Cystine	g	0.270	0	0.840	0.230
Phenylalanine	g	0.942	0	2.930	0.801
Tyrosine	g	0.811	0	2.522	0.689
Valine	g	1.174	0	3.651	0.998
Arginine	g	1.526	0	4.746	1.297
Histidine	g	0.827	0	2.572	0.703
Alanine	g	1.456	0	4.528	1.238
Aspartic acid	g	2.205	0	6.858	1.874
Glutamic acid	g	3.627	0	11.280	3.083
Glycine	g	1.317	0	4.096	1.119
Proline	g	1.066	0	3.315	0.906
Serine	g	0.923	0	2.871	0.785
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 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13475 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/4" fat, select, 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	65.77		0	18.65	298.33	
Energy	kcal	197		0	56	894	
Energy	kj	824		0	234	3738	
Protein (N x 5.95)	g	19.75		0	5.60	89.59	
Total lipid (fat)	g	12.50		0	3.54	56.70	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.23		0	0.35	5.58	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	2	27	
Iron	mg	2.15		0	0.61	9.75	
Magnesium	mg	20		0	6	91	
Phosphorus	mg	177		0	50	803	
Potassium	mg	316		0	90	1433	
Sodium	mg	54		0	15	245	
Zinc	mg	3.31		0	0.94	15.01	
Copper	mg	0.080		0	0.023	0.363	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	:g	17.3		0	4.9	78.5	
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	3.690		0	1.046	16.738	
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	2.81		0	0.80	12.75	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.162		0	0.046	0.735	
Lipids:							
Saturated, total	g	5.090		0	1.443	23.088	
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	1.570		0	0.445	7.122	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.390	0	1.528	24.449
14:1	g				
16:1	g	0.560	0	0.159	2.540
18:1	g	4.780	0	1.355	21.682
20:1	g	0.010	0	0.003	0.045
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.570	0	0.162	2.586
18:2	g	0.390	0	0.111	1.769
18:3	g	0.150	0	0.043	0.680
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	46	0	13	209
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.221	0	0.063	1.002
Threonine	g	0.863	0	0.245	3.915
Isoleucine	g	0.888	0	0.252	4.028
Leucine	g	1.561	0	0.443	7.081
Lysine	g	1.644	0	0.466	7.457
Methionine	g	0.506	0	0.143	2.295
Cystine	g	0.221	0	0.063	1.002
Phenylalanine	g	0.771	0	0.219	3.497
Tyrosine	g	0.664	0	0.188	3.012
Valine	g	0.961	0	0.272	4.359
Arginine	g	1.248	0	0.354	5.661
Histidine	g	0.676	0	0.192	3.066
Alanine	g	1.192	0	0.338	5.407
Aspartic acid	g	1.805	0	0.512	8.187
Glutamic acid	g	2.968	0	0.841	13.463
Glycine	g	1.078	0	0.306	4.890
Proline	g	0.872	0	0.247	3.955
Serine	g	0.755	0	0.214	3.425
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13476 Beef, short loin, t-bone steak, 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* 294g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.24		0	159.47	46.10	
Energy	kcal	280		0	823	238	
Energy	kj	1172		0	3446	996	
Protein (N x 5.95)	g	24.51		0	72.06	20.83	
Total lipid (fat)	g	19.39		0	57.01	16.48	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.32		0	3.88	1.12	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	24	7	
Iron	mg	2.81		0	8.26	2.39	
Magnesium	mg	24		0	71	20	
Phosphorus	mg	191		0	562	162	
Potassium	mg	334		0	982	284	
Sodium	mg	66		0	194	56	
Zinc	mg	4.64		0	13.64	3.94	
Copper	mg	0.126		0	0.370	0.107	
Manganese	mg	0.015		0	0.044	0.013	
Selenium	:g	23.1		0	67.9	19.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.294	0.085	
Riboflavin	mg	0.220		0	0.647	0.187	
Niacin	mg	4.110		0	12.083	3.494	
Pantothenic acid	mg	0.300		0	0.882	0.255	
Vitamin B-6	mg	0.350		0	1.029	0.298	
Folate	:g	7		0	21	6	
Vitamin B-12	:g	2.16		0	6.35	1.84	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.198		0	0.582	0.168	
Lipids:							
Saturated, total	g	7.670		0	22.550	6.520	
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	0.147	0.043	
12:0	g	0.050		0	0.147	0.043	
14:0	g	0.580		0	1.705	0.493	
15.0	g						
16:0	g	4.690		0	13.789	3.987	
17:0	g						
18:0	g	2.300		0	6.762	1.955	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.400	0	24.696	7.140
14:1	g				
16:1	g	0.700	0	2.058	0.595
18:1	g	7.620	0	22.403	6.477
20:1	g	0.030	0	0.088	0.026
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.730	0	2.146	0.620
18:2	g	0.500	0	1.470	0.425
18:3	g	0.200	0	0.588	0.170
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	58	0	171	49
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.275	0	0.809	0.234
Threonine	g	1.071	0	3.149	0.910
Isoleucine	g	1.102	0	3.240	0.937
Leucine	g	1.937	0	5.695	1.646
Lysine	g	2.039	0	5.995	1.733
Methionine	g	0.628	0	1.846	0.534
Cystine	g	0.275	0	0.809	0.234
Phenylalanine	g	0.957	0	2.814	0.813
Tyrosine	g	0.824	0	2.423	0.700
Valine	g	1.192	0	3.504	1.013
Arginine	g	1.549	0	4.554	1.317
Histidine	g	0.839	0	2.467	0.713
Alanine	g	1.479	0	4.348	1.257
Aspartic acid	g	2.239	0	6.583	1.903
Glutamic acid	g	3.683	0	10.828	3.131
Glycine	g	1.337	0	3.931	1.136
Proline	g	1.082	0	3.181	0.920
Serine	g	0.937	0	2.755	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 with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13477 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" 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* 294g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.22		0	174.11	50.34	
Energy	kcal	228		0	670	194	
Energy	kj	954		0	2805	811	
Protein (N x 5.95)	g	24.46		0	71.91	20.79	
Total lipid (fat)	g	13.66		0	40.16	11.61	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.12		0	3.29	0.95	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	21	6	
Iron	mg	2.96		0	8.70	2.52	
Magnesium	mg	26		0	76	22	
Phosphorus	mg	201		0	591	171	
Potassium	mg	352		0	1035	299	
Sodium	mg	68		0	200	58	
Zinc	mg	4.92		0	14.46	4.18	
Copper	mg	0.133		0	0.391	0.113	
Manganese	mg	0.016		0	0.047	0.014	
Selenium	:g	21.5		0	63.2	18.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.294	0.085	
Riboflavin	mg	0.230		0	0.676	0.196	
Niacin	mg	4.320		0	12.701	3.672	
Pantothenic acid	mg	0.310		0	0.911	0.264	
Vitamin B-6	mg	0.360		0	1.058	0.306	
Folate	:g	7		0	21	6	
Vitamin B-12	:g	2.20		0	6.47	1.87	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.172		0	0.506	0.146	
Lipids:							
Saturated, total	g	5.270		0	15.494	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	0.030		0	0.088	0.026	
12:0	g	0.030		0	0.088	0.026	
14:0	g	0.410		0	1.205	0.349	
15.0	g						
16:0	g	3.220		0	9.467	2.737	
17:0	g						
18:0	g	1.580		0	4.645	1.343	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.920	0	17.405	5.032
14:1	g				
16:1	g	0.500	0	1.470	0.425
18:1	g	5.350	0	15.729	4.547
20:1	g	0.020	0	0.059	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.600	0	1.764	0.510
18:2	g	0.370	0	1.088	0.315
18:3	g	0.160	0	0.470	0.136
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.206	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	58	0	171	49
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.274	0	0.806	0.233
Threonine	g	1.069	0	3.143	0.909
Isoleucine	g	1.100	0	3.234	0.935
Leucine	g	1.934	0	5.686	1.644
Lysine	g	2.035	0	5.983	1.730
Methionine	g	0.626	0	1.840	0.532
Cystine	g	0.274	0	0.806	0.233
Phenylalanine	g	0.955	0	2.808	0.812
Tyrosine	g	0.822	0	2.417	0.699
Valine	g	1.190	0	3.499	1.011
Arginine	g	1.546	0	4.545	1.314
Histidine	g	0.838	0	2.464	0.712
Alanine	g	1.476	0	4.339	1.255
Aspartic acid	g	2.235	0	6.571	1.900
Glutamic acid	g	3.676	0	10.807	3.125
Glycine	g	1.335	0	3.925	1.135
Proline	g	1.080	0	3.175	0.918
Serine	g	0.936	0	2.752	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 with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13478 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Refuse: 33% Bone 22%, 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	70.39		0	19.96	319.29	
Energy	kcal	148		0	42	671	
Energy	kj	619		0	175	2808	
Protein (N x 5.95)	g	20.95		0	5.94	95.03	
Total lipid (fat)	g	6.45		0	1.83	29.26	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30		0	0.37	5.90	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	1	23	
Iron	mg	2.34		0	0.66	10.61	
Magnesium	mg	23		0	7	104	
Phosphorus	mg	192		0	54	871	
Potassium	mg	351		0	100	1592	
Sodium	mg	58		0	16	263	
Zinc	mg	3.63		0	1.03	16.47	
Copper	mg	0.087		0	0.025	0.395	
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	0.190		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	2.410		0	0.683	10.932	
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	0.040	0.635	
15.0	g						
16:0	g	1.410		0	0.400	6.396	
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	2.900	0	0.822	13.154
14:1	g				
16:1	g	0.170	0	0.048	0.771
18:1	g	2.660	0	0.754	12.066
20:1	g	0.010	0	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	0.220	0	0.062	0.998
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	50	0	14	227
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.235	0	0.067	1.066
Threonine	g	0.915	0	0.259	4.150
Isoleucine	g	0.942	0	0.267	4.273
Leucine	g	1.656	0	0.469	7.512
Lysine	g	1.743	0	0.494	7.906
Methionine	g	0.536	0	0.152	2.431
Cystine	g	0.235	0	0.067	1.066
Phenylalanine	g	0.818	0	0.232	3.710
Tyrosine	g	0.704	0	0.200	3.193
Valine	g	1.019	0	0.289	4.622
Arginine	g	1.324	0	0.375	6.006
Histidine	g	0.717	0	0.203	3.252
Alanine	g	1.263	0	0.358	5.729
Aspartic acid	g	1.914	0	0.543	8.682
Glutamic acid	g	3.147	0	0.892	14.275
Glycine	g	1.143	0	0.324	5.185
Proline	g	0.925	0	0.262	4.196
Serine	g	0.801	0	0.227	3.633
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13479 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Refuse: 38% Bone 22%, 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* 278g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.48		0	170.91	52.26	
Energy	kcal	203		0	564	173	
Energy	kj	849		0	2360	722	
Protein (N x 5.95)	g	26.95		0	74.92	22.91	
Total lipid (fat)	g	9.72		0	27.02	8.26	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.36		0	3.78	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	17	5	
Iron	mg	3.17		0	8.81	2.69	
Magnesium	mg	28		0	78	24	
Phosphorus	mg	215		0	598	183	
Potassium	mg	378		0	1051	321	
Sodium	mg	71		0	197	60	
Zinc	mg	5.31		0	14.76	4.51	
Copper	mg	0.143		0	0.398	0.122	
Manganese	mg	0.016		0	0.044	0.014	
Selenium	:g	22.0		0	61.2	18.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.306	0.094	
Riboflavin	mg	0.250		0	0.695	0.213	
Niacin	mg	4.630		0	12.871	3.936	
Pantothenic acid	mg	0.330		0	0.917	0.281	
Vitamin B-6	mg	0.390		0	1.084	0.331	
Folate	:g	8		0	22	7	
Vitamin B-12	:g	2.27		0	6.31	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	0.389	0.119	
Lipids:							
Saturated, total	g	3.540		0	9.841	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	0.028	0.009	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.210		0	0.584	0.179	
15.0	g						
16:0	g	2.050		0	5.699	1.742	
17:0	g						
18:0	g	1.090		0	3.030	0.927	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.340	0	12.065	3.689
14:1	g				
16:1	g	0.250	0	0.695	0.213
18:1	g	4.000	0	11.120	3.400
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	0.890	0.272
18:2	g	0.240	0	0.667	0.204
18:3	g	0.030	0	0.083	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.083	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	56	0	156	48
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.302	0	0.840	0.257
Threonine	g	1.177	0	3.272	1.000
Isoleucine	g	1.212	0	3.369	1.030
Leucine	g	2.130	0	5.921	1.810
Lysine	g	2.242	0	6.233	1.906
Methionine	g	0.690	0	1.918	0.587
Cystine	g	0.302	0	0.840	0.257
Phenylalanine	g	1.052	0	2.925	0.894
Tyrosine	g	0.906	0	2.519	0.770
Valine	g	1.311	0	3.645	1.114
Arginine	g	1.703	0	4.734	1.448
Histidine	g	0.923	0	2.566	0.785
Alanine	g	1.626	0	4.520	1.382
Aspartic acid	g	2.462	0	6.844	2.093
Glutamic acid	g	4.049	0	11.256	3.442
Glycine	g	1.470	0	4.087	1.250
Proline	g	1.190	0	3.308	1.011
Serine	g	1.031	0	2.866	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. 13480 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 31% Bone 22%, separable fat 9%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 269g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.87		0	169.12	53.44	
Energy	kcal	192		0	516	163	
Energy	kj	803		0	2160	683	
Protein (N x 5.95)	g	25.98		0	69.89	22.08	
Total lipid (fat)	g	8.93		0	24.02	7.59	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.18		0	3.17	1.00	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	16	5	
Iron	mg	3.17		0	8.53	2.69	
Magnesium	mg	28		0	75	24	
Phosphorus	mg	215		0	578	183	
Potassium	mg	378		0	1017	321	
Sodium	mg	71		0	191	60	
Zinc	mg	5.31		0	14.28	4.51	
Copper	mg	0.143		0	0.385	0.122	
Manganese	mg	0.016		0	0.043	0.014	
Selenium	：g	22.0		0	59.2	18.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.296	0.094	
Riboflavin	mg	0.250		0	0.673	0.213	
Niacin	mg	4.630		0	12.455	3.936	
Pantothenic acid	mg	0.330		0	0.888	0.281	
Vitamin B-6	mg	0.390		0	1.049	0.331	
Folate	：g	8		0	22	7	
Vitamin B-12	：g	2.27		0	6.11	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	0.377	0.119	
Lipids:							
Saturated, total	g	3.080		0	8.285	2.618	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.190		0	0.511	0.161	
15.0	g						
16:0	g	1.900		0	5.111	1.615	
17:0	g						
18:0	g	0.970		0	2.609	0.825	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.190	0	11.271	3.562
14:1	g				
16:1	g	0.250	0	0.673	0.213
18:1	g	3.870	0	10.410	3.289
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.330	0	0.888	0.281
18:2	g	0.240	0	0.646	0.204
18:3	g	0.050	0	0.135	0.043
18:4	g				
20:4	g	0.040	0	0.108	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	52	0	140	44
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.291	0	0.783	0.247
Threonine	g	1.135	0	3.053	0.965
Isoleucine	g	1.168	0	3.142	0.993
Leucine	g	2.054	0	5.525	1.746
Lysine	g	2.162	0	5.816	1.838
Methionine	g	0.665	0	1.789	0.565
Cystine	g	0.291	0	0.783	0.247
Phenylalanine	g	1.014	0	2.728	0.862
Tyrosine	g	0.873	0	2.348	0.742
Valine	g	1.264	0	3.400	1.074
Arginine	g	1.642	0	4.417	1.396
Histidine	g	0.890	0	2.394	0.757
Alanine	g	1.567	0	4.215	1.332
Aspartic acid	g	2.374	0	6.386	2.018
Glutamic acid	g	3.904	0	10.502	3.318
Glycine	g	1.418	0	3.814	1.205
Proline	g	1.147	0	3.085	0.975
Serine	g	0.994	0	2.674	0.845
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13481 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Refuse: 32% Bone 22%, separable fat 10%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 271g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.50	0.440	8	169.38	53.13	
Energy	kcal	198		0	537	168	
Energy	kj	828		0	2244	704	
Protein (N x 5.95)	g	25.98	1.273	8	70.41	22.08	
Total lipid (fat)	g	9.61	0.411	8	26.04	8.17	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.17	0.090	8	3.17	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.608	25	16	5	
Iron	mg	3.17	0.176	25	8.59	2.69	
Magnesium	mg	28	0.589	23	76	24	
Phosphorus	mg	215	5.891	6	583	183	
Potassium	mg	378	11.781	25	1024	321	
Sodium	mg	71	3.732	24	192	60	
Zinc	mg	5.31	0.159	20	14.39	4.51	
Copper	mg	0.143	0.011	16	0.388	0.122	
Manganese	mg	0.016	0.001	2	0.043	0.014	
Selenium	:g	22.0		0	59.6	18.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.298	0.094	
Riboflavin	mg	0.250		0	0.678	0.213	
Niacin	mg	4.630		0	12.547	3.936	
Pantothenic acid	mg	0.330		0	0.894	0.281	
Vitamin B-6	mg	0.390		0	1.057	0.331	
Folate	:g	8		0	22	7	
Vitamin B-12	:g	2.27		0	6.15	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	0.379	0.119	
Lipids:							
Saturated, total	g	3.240		0	8.780	2.754	
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		4	0.000	0.000	
14:0	g	0.190		4	0.515	0.161	
15.0	g						
16:0	g	2.030		4	5.501	1.725	
17:0	g						
18:0	g	1.010		4	2.737	0.859	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.620		0	12.520	3.927
14:1	g					
16:1	g	0.270		4	0.732	0.230
18:1	g	4.270		4	11.572	3.629
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	0.840	0.264
18:2	g	0.250		4	0.678	0.213
18:3	g	0.040		4	0.108	0.034
18:4	g	0.000		0	0.000	0.000
20:4	g	0.020		4	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	52	3.938	4	141	44
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.291		0	0.789	0.247
Threonine	g	1.135		0	3.076	0.965
Isoleucine	g	1.168		0	3.165	0.993
Leucine	g	2.053		0	5.564	1.745
Lysine	g	2.161		0	5.856	1.837
Methionine	g	0.665		0	1.802	0.565
Cystine	g	0.291		0	0.789	0.247
Phenylalanine	g	1.014		0	2.748	0.862
Tyrosine	g	0.873		0	2.366	0.742
Valine	g	1.264		0	3.425	1.074
Arginine	g	1.642		0	4.450	1.396
Histidine	g	0.889		0	2.409	0.756
Alanine	g	1.567		0	4.247	1.332
Aspartic acid	g	2.373		0	6.431	2.017
Glutamic acid	g	3.903		0	10.577	3.318
Glycine	g	1.417		0	3.840	1.204
Proline	g	1.147		0	3.108	0.975
Serine	g	0.993		0	2.691	0.844
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13482 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, select, raw

Refuse: 32% Bone 22%, separable fat 10%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	71.98	0.330	6	20.41	326.50	
Energy	kcal	132		0	37	599	
Energy	kj	552		0	156	2504	
Protein (N x 5.95)	g	21.33	0.335	6	6.05	96.75	
Total lipid (fat)	g	4.54	0.444	6	1.29	20.59	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.36	0.324	6	0.39	6.17	
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		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	0.190		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	1.770		0	0.502	8.029	
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		3	0.000	0.000	
14:0	g	0.110		3	0.031	0.499	
15.0	g						
16:0	g	1.060		3	0.301	4.808	
17:0	g						
18:0	g	0.590		3	0.167	2.676	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.900		0	0.539	8.618
14:1	g					
16:1	g	0.110		3	0.031	0.499
18:1	g	1.760		3	0.499	7.983
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	0.085	1.361
18:2	g	0.240		3	0.068	1.089
18:3	g	0.020		3	0.006	0.091
18:4	g	0.000		0	0.000	0.000
20:4	g	0.040		3	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	38	1.347	3	11	172
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.239		0	0.068	1.084
Threonine	g	0.932		0	0.264	4.228
Isoleucine	g	0.959		0	0.272	4.350
Leucine	g	1.686		0	0.478	7.648
Lysine	g	1.774		0	0.503	8.047
Methionine	g	0.546		0	0.155	2.477
Cystine	g	0.239		0	0.068	1.084
Phenylalanine	g	0.833		0	0.236	3.778
Tyrosine	g	0.717		0	0.203	3.252
Valine	g	1.037		0	0.294	4.704
Arginine	g	1.348		0	0.382	6.115
Histidine	g	0.730		0	0.207	3.311
Alanine	g	1.287		0	0.365	5.838
Aspartic acid	g	1.949		0	0.553	8.841
Glutamic acid	g	3.204		0	0.908	14.533
Glycine	g	1.164		0	0.330	5.280
Proline	g	0.942		0	0.267	4.273
Serine	g	0.816		0	0.231	3.701
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 oz
Measure 2: 1 lb

NDB No. 13483 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, select, cooked, broiled

Refuse: 35% Bone 21%, 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* 242g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.54	1.021	6	148.93	52.31	
Energy	kcal	198		0	479	168	
Energy	kj	828		0	2004	704	
Protein (N x 5.95)	g	27.35	0.445	6	66.19	23.25	
Total lipid (fat)	g	8.95	1.037	6	21.66	7.61	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.50	0.265	6	3.63	1.27	
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.608	25	15	5	
Iron	mg	3.17	0.176	25	7.67	2.69	
Magnesium	mg	28	0.589	23	68	24	
Phosphorus	mg	215	5.891	6	520	183	
Potassium	mg	378	11.781	25	915	321	
Sodium	mg	71	3.732	24	172	60	
Zinc	mg	5.31	0.159	20	12.85	4.51	
Copper	mg	0.143	0.011	16	0.346	0.122	
Manganese	mg	0.016	0.001	2	0.039	0.014	
Selenium	：g	22.0		0	53.2	18.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.266	0.094	
Riboflavin	mg	0.250		0	0.605	0.213	
Niacin	mg	4.630		0	11.205	3.936	
Pantothenic acid	mg	0.330		0	0.799	0.281	
Vitamin B-6	mg	0.390		0	0.944	0.331	
Folate	：g	8		0	19	7	
Vitamin B-12	：g	2.27		0	5.49	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	0.339	0.119	
Lipids:							
Saturated, total	g	3.400		0	8.228	2.890	
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	0.000		0	0.000	0.000	
12:0	g	0.000		3	0.000	0.000	
14:0	g	0.210		3	0.508	0.179	
15.0	g						
16:0	g	2.010		3	4.864	1.708	
17:0	g						
18:0	g	1.160		3	2.807	0.986	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.880		0	9.390	3.298
14:1	g					
16:1	g	0.200		3	0.484	0.170
18:1	g	3.620		3	8.760	3.077
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	0.823	0.289
18:2	g	0.270		3	0.653	0.230
18:3	g	0.030		3	0.073	0.026
18:4	g	0.000		0	0.000	0.000
20:4	g	0.040		3	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	51	3.375	3	123	43
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.306		0	0.741	0.260
Threonine	g	1.195		0	2.892	1.016
Isoleucine	g	1.230		0	2.977	1.045
Leucine	g	2.162		0	5.232	1.838
Lysine	g	2.276		0	5.508	1.935
Methionine	g	0.700		0	1.694	0.595
Cystine	g	0.306		0	0.741	0.260
Phenylalanine	g	1.068		0	2.585	0.908
Tyrosine	g	0.919		0	2.224	0.781
Valine	g	1.330		0	3.219	1.131
Arginine	g	1.729		0	4.184	1.470
Histidine	g	0.937		0	2.268	0.796
Alanine	g	1.650		0	3.993	1.403
Aspartic acid	g	2.499		0	6.048	2.124
Glutamic acid	g	4.109		0	9.944	3.493
Glycine	g	1.492		0	3.611	1.268
Proline	g	1.208		0	2.923	1.027
Serine	g	1.046		0	2.531	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. 13484 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

Refuse: 29% Bone 21%, separable fat 8%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 264g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	63.73	0.749	6	168.25	54.17	
Energy	kcal	177		0	467	150	
Energy	kj	741		0	1956	630	
Protein (N x 5.95)	g	26.00	1.278	6	68.64	22.10	
Total lipid (fat)	g	7.36	0.712	6	19.43	6.26	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.20	0.034	6	3.17	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.608	25	16	5	
Iron	mg	3.17	0.176	25	8.37	2.69	
Magnesium	mg	28	0.589	23	74	24	
Phosphorus	mg	215	5.891	6	568	183	
Potassium	mg	378	11.781	25	998	321	
Sodium	mg	71	3.732	24	187	60	
Zinc	mg	5.31	0.159	20	14.02	4.51	
Copper	mg	0.143	0.011	16	0.378	0.122	
Manganese	mg	0.016	0.001	2	0.042	0.014	
Selenium	:g	22.0		0	58.1	18.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.290	0.094	
Riboflavin	mg	0.250		0	0.660	0.213	
Niacin	mg	4.630		0	12.223	3.936	
Pantothenic acid	mg	0.330		0	0.871	0.281	
Vitamin B-6	mg	0.390		0	1.030	0.331	
Folate	:g	8		0	21	7	
Vitamin B-12	:g	2.27		0	5.99	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	0.370	0.119	
Lipids:							
Saturated, total	g	2.690		0	7.102	2.287	
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		2	0.000	0.000	
14:0	g	0.200		2	0.528	0.170	
15.0	g						
16:0	g	1.600		2	4.224	1.360	
17:0	g						
18:0	g	0.880		2	2.323	0.748	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.200		0	8.448	2.720
14:1	g					
16:1	g	0.200		2	0.528	0.170
18:1	g	2.930		2	7.735	2.490
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	0.977	0.315
18:2	g	0.230		2	0.607	0.196
18:3	g	0.060		2	0.158	0.051
18:4	g	0.000		0	0.000	0.000
20:4	g	0.080		2	0.211	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	54	2.376	3	143	46
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.291		0	0.768	0.247
Threonine	g	1.136		0	2.999	0.966
Isoleucine	g	1.169		0	3.086	0.994
Leucine	g	2.055		0	5.425	1.747
Lysine	g	2.163		0	5.710	1.839
Methionine	g	0.666		0	1.758	0.566
Cystine	g	0.291		0	0.768	0.247
Phenylalanine	g	1.015		0	2.680	0.863
Tyrosine	g	0.874		0	2.307	0.743
Valine	g	1.265		0	3.340	1.075
Arginine	g	1.643		0	4.338	1.397
Histidine	g	0.890		0	2.350	0.757
Alanine	g	1.568		0	4.140	1.333
Aspartic acid	g	2.375		0	6.270	2.019
Glutamic acid	g	3.906		0	10.312	3.320
Glycine	g	1.419		0	3.746	1.206
Proline	g	1.148		0	3.031	0.976
Serine	g	0.994		0	2.624	0.845
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13509 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/2" fat, prime, 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	52.58		0	14.91	238.50	
Energy	kcal	344		0	98	1560	
Energy	kj	1439		0	408	6527	
Protein (N x 5.95)	g	16.55		0	4.69	75.07	
Total lipid (fat)	g	30.30		0	8.59	137.44	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.77		0	0.22	3.49	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	1.75		0	0.50	7.94	
Magnesium	mg	16		0	5	73	
Phosphorus	mg	155		0	44	703	
Potassium	mg	257		0	73	1166	
Sodium	mg	51		0	14	231	
Zinc	mg	3.19		0	0.90	14.47	
Copper	mg	0.066		0	0.019	0.299	
Manganese	mg	0.011		0	0.003	0.050	
Selenium	:g	17.5		0	5.0	79.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.087		0	0.025	0.395	
Riboflavin	mg	0.149		0	0.042	0.676	
Niacin	mg	2.855		0	0.809	12.950	
Pantothenic acid	mg	0.285		0	0.081	1.293	
Vitamin B-6	mg	0.340		0	0.096	1.542	
Folate	:g	6		0	2	27	
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	12.980		0	3.680	58.877	
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	0.980		0	0.278	4.445	
15.0	g						
16:0	g	7.420		0	2.104	33.657	
17:0	g						
18:0	g	3.720		0	1.055	16.874	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.710	0	3.887	62.189
14:1	g				
16:1	g	1.560	0	0.442	7.076
18:1	g	11.510	0	3.263	52.209
20:1	g	0.040	0	0.011	0.181
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.130	0	0.320	5.126
18:2	g	0.700	0	0.198	3.175
18:3	g	0.380	0	0.108	1.724
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	0	0	0	0
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	1.376	0	0.390	6.242
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	0.566	0	0.160	2.567
Alanine	g	0.998	0	0.283	4.527
Aspartic acid	g	1.511	0	0.428	6.854
Glutamic acid	g	2.486	0	0.705	11.276
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. 13510 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/2" fat, prime, cooked

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	42.62		0	118.91	36.23	
Energy	kcal	405		0	1130	344	
Energy	kj	1695		0	4729	1441	
Protein (N x 5.95)	g	23.40		0	65.29	19.89	
Total lipid (fat)	g	33.82		0	94.36	28.75	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.94		0	2.62	0.80	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	28	9	
Iron	mg	2.44		0	6.81	2.07	
Magnesium	mg	19		0	53	16	
Phosphorus	mg	179		0	499	152	
Potassium	mg	269		0	751	229	
Sodium	mg	57		0	159	48	
Zinc	mg	5.04		0	14.06	4.28	
Copper	mg	0.102		0	0.285	0.087	
Manganese	mg	0.013		0	0.036	0.011	
Selenium	:g	24.1		0	67.2	20.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.074		0	0.206	0.063	
Riboflavin	mg	0.198		0	0.552	0.168	
Niacin	mg	3.252		0	9.073	2.764	
Pantothenic acid	mg	0.316		0	0.882	0.269	
Vitamin B-6	mg	0.290		0	0.809	0.247	
Folate	:g	7		0	20	6	
Vitamin B-12	:g	2.31		0	6.44	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	14.010		0	39.088	11.908	
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	0.279	0.085	
12:0	g	0.090		0	0.251	0.077	
14:0	g	1.080		0	3.013	0.918	
15.0	g						
16:0	g	8.270		0	23.073	7.029	
17:0	g						
18:0	g	3.860		0	10.769	3.281	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.150	0	42.269	12.877
14:1	g				
16:1	g	1.430	0	3.990	1.216
18:1	g	13.020	0	36.326	11.067
20:1	g	0.070	0	0.195	0.060
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.280	0	3.571	1.088
18:2	g	0.830	0	2.316	0.706
18:3	g	0.390	0	1.088	0.331
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	92	0	257	78
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.262	0	0.731	0.223
Threonine	g	1.022	0	2.851	0.869
Isoleucine	g	1.052	0	2.935	0.894
Leucine	g	1.849	0	5.159	1.572
Lysine	g	1.946	0	5.429	1.654
Methionine	g	0.599	0	1.671	0.509
Cystine	g	0.262	0	0.731	0.223
Phenylalanine	g	0.913	0	2.547	0.776
Tyrosine	g	0.786	0	2.193	0.668
Valine	g	1.138	0	3.175	0.967
Arginine	g	1.478	0	4.124	1.256
Histidine	g	0.801	0	2.235	0.681
Alanine	g	1.411	0	3.937	1.199
Aspartic acid	g	2.137	0	5.962	1.816
Glutamic acid	g	3.515	0	9.807	2.988
Glycine	g	1.276	0	3.560	1.085
Proline	g	1.033	0	2.882	0.878
Serine	g	0.895	0	2.497	0.761
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13517 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/2" fat, prime, raw

Refuse: 42% 11% bone, 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* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	69.74		0	19.77	316.34	
Energy	kcal	169		0	48	767	
Energy	kj	707		0	200	3207	
Protein (N x 5.95)	g	20.97		0	5.94	95.12	
Total lipid (fat)	g	8.79		0	2.49	39.87	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	0.29	4.72	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	2	27	
Iron	mg	2.28		0	0.65	10.34	
Magnesium	mg	23		0	7	104	
Phosphorus	mg	201		0	57	912	
Potassium	mg	359		0	102	1628	
Sodium	mg	63		0	18	286	
Zinc	mg	4.35		0	1.23	19.73	
Copper	mg	0.083		0	0.024	0.376	
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	0.111		0	0.031	0.503	
Riboflavin	mg	0.190		0	0.054	0.862	
Niacin	mg	3.617		0	1.025	16.407	
Pantothenic acid	mg	0.364		0	0.103	1.651	
Vitamin B-6	mg	0.430		0	0.122	1.950	
Folate	:g	8		0	2	36	
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	3.410		0	0.967	15.468	
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	0.230		0	0.065	1.043	
15.0	g						
16:0	g	1.960		0	0.556	8.891	
17:0	g						
18:0	g	1.020		0	0.289	4.627	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.820	0	1.083	17.328
14:1	g				
16:1	g	0.330	0	0.094	1.497
18:1	g	3.330	0	0.944	15.105
20:1	g	0.010	0	0.003	0.045
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.370	0	0.105	1.678
18:2	g	0.290	0	0.082	1.315
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	0	0	0	0
Amino acids:					
Tryptophan	g	0.235	0	0.067	1.066
Threonine	g	0.916	0	0.260	4.155
Isoleucine	g	0.942	0	0.267	4.273
Leucine	g	1.657	0	0.470	7.516
Lysine	g	1.744	0	0.494	7.911
Methionine	g	0.537	0	0.152	2.436
Cystine	g	0.235	0	0.067	1.066
Phenylalanine	g	0.818	0	0.232	3.710
Tyrosine	g	0.704	0	0.200	3.193
Valine	g	1.020	0	0.289	4.627
Arginine	g	1.325	0	0.376	6.010
Histidine	g	0.718	0	0.204	3.257
Alanine	g	1.264	0	0.358	5.734
Aspartic acid	g	1.915	0	0.543	8.686
Glutamic acid	g	3.149	0	0.893	14.284
Glycine	g	1.144	0	0.324	5.189
Proline	g	0.926	0	0.263	4.200
Serine	g	0.802	0	0.227	3.638
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13518 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/2" fat, prime, cooked

Refuse: 47% 18% bone, 29% 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* 179g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.98		0	100.20	47.58	
Energy	kcal	252		0	451	214	
Energy	kj	1054		0	1887	896	
Protein (N x 5.95)	g	30.49		0	54.58	25.92	
Total lipid (fat)	g	13.52		0	24.20	11.49	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.21		0	2.17	1.03	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	14	7	
Iron	mg	3.21		0	5.75	2.73	
Magnesium	mg	27		0	48	23	
Phosphorus	mg	246		0	440	209	
Potassium	mg	352		0	630	299	
Sodium	mg	65		0	116	55	
Zinc	mg	7.07		0	12.66	6.01	
Copper	mg	0.135		0	0.242	0.115	
Manganese	mg	0.017		0	0.030	0.014	
Selenium	:g	24.6		0	44.0	20.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.096		0	0.172	0.082	
Riboflavin	mg	0.258		0	0.462	0.219	
Niacin	mg	4.196		0	7.511	3.567	
Pantothenic acid	mg	0.407		0	0.729	0.346	
Vitamin B-6	mg	0.380		0	0.680	0.323	
Folate	:g	9		0	16	8	
Vitamin B-12	:g	2.70		0	4.83	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	5.260		0	9.415	4.471	
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	0.018	0.009	
12:0	g	0.010		0	0.018	0.009	
14:0	g	0.370		0	0.662	0.315	
15.0	g						
16:0	g	2.990		0	5.352	2.542	
17:0	g						
18:0	g	1.630		0	2.918	1.385	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.880	0	10.525	4.998
14:1	g				
16:1	g	0.480	0	0.859	0.408
18:1	g	5.170	0	9.254	4.394
20:1	g	0.010	0	0.018	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.500	0	0.895	0.425
18:2	g	0.380	0	0.680	0.323
18:3	g	0.040	0	0.072	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.107	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	90	0	161	77
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.341	0	0.610	0.290
Threonine	g	1.331	0	2.382	1.131
Isoleucine	g	1.370	0	2.452	1.165
Leucine	g	2.409	0	4.312	2.048
Lysine	g	2.536	0	4.539	2.156
Methionine	g	0.780	0	1.396	0.663
Cystine	g	0.341	0	0.610	0.290
Phenylalanine	g	1.190	0	2.130	1.011
Tyrosine	g	1.024	0	1.833	0.870
Valine	g	1.483	0	2.655	1.261
Arginine	g	1.926	0	3.448	1.637
Histidine	g	1.044	0	1.869	0.887
Alanine	g	1.839	0	3.292	1.563
Aspartic acid	g	2.785	0	4.985	2.367
Glutamic acid	g	4.580	0	8.198	3.893
Glycine	g	1.663	0	2.977	1.414
Proline	g	1.346	0	2.409	1.144
Serine	g	1.166	0	2.087	0.991
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13539 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/2" fat, prime, 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	57.92		0	16.42	262.73	
Energy	kcal	294		0	83	1334	
Energy	kj	1230		0	349	5579	
Protein (N x 5.95)	g	17.75		0	5.03	80.51	
Total lipid (fat)	g	24.16		0	6.85	109.59	
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	0.24	3.81	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	2.01		0	0.57	9.12	
Magnesium	mg	18		0	5	82	
Phosphorus	mg	166		0	47	753	
Potassium	mg	289		0	82	1311	
Sodium	mg	57		0	16	259	
Zinc	mg	3.81		0	1.08	17.28	
Copper	mg	0.077		0	0.022	0.349	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	:g	15.9		0	4.5	72.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.104		0	0.029	0.472	
Riboflavin	mg	0.169		0	0.048	0.767	
Niacin	mg	3.106		0	0.881	14.089	
Pantothenic acid	mg	0.290		0	0.082	1.315	
Vitamin B-6	mg	0.360		0	0.102	1.633	
Folate	:g	7		0	2	32	
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	10.310		0	2.923	46.766	
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	0.026	0.408	
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	5.890		0	1.670	26.717	
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	10.730	0	3.042	48.671
14:1	g				
16:1	g	1.230	0	0.349	5.579
18:1	g	8.980	0	2.546	40.733
20:1	g	0.030	0	0.009	0.136
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.960	0	0.272	4.355
18:2	g	0.610	0	0.173	2.767
18:3	g	0.310	0	0.088	1.406
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	0	0	0	0
Amino acids:					
Tryptophan	g	0.199	0	0.056	0.903
Threonine	g	0.775	0	0.220	3.515
Isoleucine	g	0.798	0	0.226	3.620
Leucine	g	1.402	0	0.397	6.359
Lysine	g	1.476	0	0.418	6.695
Methionine	g	0.454	0	0.129	2.059
Cystine	g	0.199	0	0.056	0.903
Phenylalanine	g	0.693	0	0.196	3.143
Tyrosine	g	0.596	0	0.169	2.703
Valine	g	0.863	0	0.245	3.915
Arginine	g	1.121	0	0.318	5.085
Histidine	g	0.608	0	0.172	2.758
Alanine	g	1.070	0	0.303	4.854
Aspartic acid	g	1.621	0	0.460	7.353
Glutamic acid	g	2.666	0	0.756	12.093
Glycine	g	0.968	0	0.274	4.391
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. 13540 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/2" fat, prime, cooked, braised

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* 277g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	43.02		0	119.17	36.57	
Energy	kcal	391		0	1083	332	
Energy	kj	1636		0	4532	1391	
Protein (N x 5.95)	g	26.11		0	72.32	22.19	
Total lipid (fat)	g	30.96		0	85.76	26.32	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.91		0	2.52	0.77	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	28	9	
Iron	mg	2.94		0	8.14	2.50	
Magnesium	mg	19		0	53	16	
Phosphorus	mg	208		0	576	177	
Potassium	mg	237		0	656	201	
Sodium	mg	58		0	161	49	
Zinc	mg	6.42		0	17.78	5.46	
Copper	mg	0.127		0	0.352	0.108	
Manganese	mg	0.015		0	0.042	0.013	
Selenium	:g	24.0		0	66.5	20.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.066		0	0.183	0.056	
Riboflavin	mg	0.227		0	0.629	0.193	
Niacin	mg	3.048		0	8.443	2.591	
Pantothenic acid	mg	0.311		0	0.861	0.264	
Vitamin B-6	mg	0.270		0	0.748	0.230	
Folate	:g	9		0	25	8	
Vitamin B-12	:g	2.85		0	7.89	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	12.690		0	35.151	10.786	
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	0.249	0.077	
12:0	g	0.080		0	0.222	0.068	
14:0	g	0.970		0	2.687	0.825	
15.0	g						
16:0	g	7.490		0	20.747	6.366	
17:0	g						
18:0	g	3.520		0	9.750	2.992	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.860	0	38.392	11.781
14:1	g				
16:1	g	1.310	0	3.629	1.114
18:1	g	11.900	0	32.963	10.115
20:1	g	0.060	0	0.166	0.051
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.200	0	3.324	1.020
18:2	g	0.790	0	2.188	0.672
18:3	g	0.350	0	0.969	0.298
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.111	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	99	0	274	84
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.292	0	0.809	0.248
Threonine	g	1.140	0	3.158	0.969
Isoleucine	g	1.174	0	3.252	0.998
Leucine	g	2.063	0	5.715	1.754
Lysine	g	2.172	0	6.016	1.846
Methionine	g	0.668	0	1.850	0.568
Cystine	g	0.292	0	0.809	0.248
Phenylalanine	g	1.019	0	2.823	0.866
Tyrosine	g	0.877	0	2.429	0.745
Valine	g	1.270	0	3.518	1.080
Arginine	g	1.650	0	4.570	1.403
Histidine	g	0.894	0	2.476	0.760
Alanine	g	1.575	0	4.363	1.339
Aspartic acid	g	2.385	0	6.606	2.027
Glutamic acid	g	3.922	0	10.864	3.334
Glycine	g	1.424	0	3.944	1.210
Proline	g	1.153	0	3.194	0.980
Serine	g	0.998	0	2.764	0.848
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13547 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/2" fat, prime, raw

Refuse: 36% 12% 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* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	71.80		0	20.36	325.68	
Energy	kcal	154		0	44	699	
Energy	kj	644		0	183	2921	
Protein (N x 5.95)	g	21.26		0	6.03	96.44	
Total lipid (fat)	g	6.96		0	1.97	31.57	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05		0	0.30	4.76	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	2	27	
Iron	mg	2.47		0	0.70	11.20	
Magnesium	mg	24		0	7	109	
Phosphorus	mg	202		0	57	916	
Potassium	mg	372		0	105	1687	
Sodium	mg	67		0	19	304	
Zinc	mg	4.85		0	1.37	22.00	
Copper	mg	0.094		0	0.027	0.426	
Manganese	mg	0.014		0	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	0.127		0	0.036	0.576	
Riboflavin	mg	0.206		0	0.058	0.934	
Niacin	mg	3.728		0	1.057	16.910	
Pantothenic acid	mg	0.347		0	0.098	1.574	
Vitamin B-6	mg	0.440		0	0.125	1.996	
Folate	:g	8		0	2	36	
Vitamin B-12	:g	3.48		0	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	2.700		0	0.765	12.247	
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	1.530		0	0.434	6.940	
17:0	g						
18:0	g	0.820		0	0.232	3.720	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.760	0	0.782	12.519
14:1	g				
16:1	g	0.260	0	0.074	1.179
18:1	g	2.370	0	0.672	10.750
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	0.105	1.678
18:2	g	0.280	0	0.079	1.270
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	60	0	17	272
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.238	0	0.067	1.080
Threonine	g	0.928	0	0.263	4.209
Isoleucine	g	0.956	0	0.271	4.336
Leucine	g	1.680	0	0.476	7.620
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	1.343	0	0.381	6.092
Histidine	g	0.728	0	0.206	3.302
Alanine	g	1.282	0	0.363	5.815
Aspartic acid	g	1.942	0	0.551	8.809
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. 13548 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/2" fat, prime, cooked, braised

Refuse: 39% 12% 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* 191g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.96		0	103.06	45.87	
Energy	kcal	261		0	499	222	
Energy	kj	1092		0	2086	928	
Protein (N x 5.95)	g	33.02		0	63.07	28.07	
Total lipid (fat)	g	13.36		0	25.52	11.36	
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	2.12	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	17	8	
Iron	mg	3.79		0	7.24	3.22	
Magnesium	mg	24		0	46	20	
Phosphorus	mg	268		0	512	228	
Potassium	mg	289		0	552	246	
Sodium	mg	66		0	126	56	
Zinc	mg	8.66		0	16.54	7.36	
Copper	mg	0.164		0	0.313	0.139	
Manganese	mg	0.019		0	0.036	0.016	
Selenium	:g	26.7		0	51.0	22.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.081		0	0.155	0.069	
Riboflavin	mg	0.289		0	0.552	0.246	
Niacin	mg	3.717		0	7.099	3.159	
Pantothenic acid	mg	0.383		0	0.732	0.326	
Vitamin B-6	mg	0.330		0	0.630	0.281	
Folate	:g	11		0	21	9	
Vitamin B-12	:g	3.40		0	6.49	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	5.070		0	9.684	4.310	
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	0.350		0	0.669	0.298	
15.0	g						
16:0	g	2.900		0	5.539	2.465	
17:0	g						
18:0	g	1.580		0	3.018	1.343	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.820	0	11.116	4.947
14:1	g				
16:1	g	0.490	0	0.936	0.417
18:1	g	5.090	0	9.722	4.326
20:1	g	0.010	0	0.019	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.540	0	1.031	0.459
18:2	g	0.410	0	0.783	0.349
18:3	g	0.040	0	0.076	0.034
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	101	0	193	86
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.370	0	0.707	0.315
Threonine	g	1.442	0	2.754	1.226
Isoleucine	g	1.485	0	2.836	1.262
Leucine	g	2.610	0	4.985	2.219
Lysine	g	2.747	0	5.247	2.335
Methionine	g	0.845	0	1.614	0.718
Cystine	g	0.370	0	0.707	0.315
Phenylalanine	g	1.289	0	2.462	1.096
Tyrosine	g	1.109	0	2.118	0.943
Valine	g	1.606	0	3.067	1.365
Arginine	g	2.087	0	3.986	1.774
Histidine	g	1.131	0	2.160	0.961
Alanine	g	1.992	0	3.805	1.693
Aspartic acid	g	3.017	0	5.762	2.564
Glutamic acid	g	4.961	0	9.476	4.217
Glycine	g	1.802	0	3.442	1.532
Proline	g	1.458	0	2.785	1.239
Serine	g	1.263	0	2.412	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. 13555 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/2" fat, prime, raw

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	54.73		0	15.52	248.26	
Energy	kcal	328		0	93	1488	
Energy	kj	1372		0	389	6223	
Protein (N x 5.95)	g	16.33		0	4.63	74.07	
Total lipid (fat)	g	28.58		0	8.10	129.64	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.77		0	0.22	3.49	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	
Iron	mg	1.92		0	0.54	8.71	
Magnesium	mg	16		0	5	73	
Phosphorus	mg	153		0	43	694	
Potassium	mg	252		0	71	1143	
Sodium	mg	64		0	18	290	
Zinc	mg	4.62		0	1.31	20.96	
Copper	mg	0.069		0	0.020	0.313	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	:g	15.9		0	4.5	72.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.026	0.408	
Riboflavin	mg	0.158		0	0.045	0.717	
Niacin	mg	2.110		0	0.598	9.571	
Pantothenic acid	mg	0.274		0	0.078	1.243	
Vitamin B-6	mg	0.340		0	0.096	1.542	
Folate	:g	5		0	1	23	
Vitamin B-12	:g	3.22		0	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	12.150		0	3.445	55.112	
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	0.026	0.408	
12:0	g	0.060		0	0.017	0.272	
14:0	g	0.900		0	0.255	4.082	
15.0	g						
16:0	g	6.890		0	1.953	31.253	
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	13.140	0	3.725	59.603
14:1	g				
16:1	g	1.390	0	0.394	6.305
18:1	g	11.130	0	3.155	50.486
20:1	g	0.040	0	0.011	0.181
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.050	0	0.298	4.763
18:2	g	0.690	0	0.196	3.130
18:3	g	0.300	0	0.085	1.361
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	74	0	21	336
Phytosterols	mg	0	0	0	0
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	1.291	0	0.366	5.856
Lysine	g	1.359	0	0.385	6.164
Methionine	g	0.418	0	0.119	1.896
Cystine	g	0.183	0	0.052	0.830
Phenylalanine	g	0.638	0	0.181	2.894
Tyrosine	g	0.549	0	0.156	2.490
Valine	g	0.794	0	0.225	3.602
Arginine	g	1.032	0	0.293	4.681
Histidine	g	0.559	0	0.158	2.536
Alanine	g	0.985	0	0.279	4.468
Aspartic acid	g	1.492	0	0.423	6.768
Glutamic acid	g	2.454	0	0.696	11.131
Glycine	g	0.891	0	0.253	4.042
Proline	g	0.721	0	0.204	3.270
Serine	g	0.625	0	0.177	2.835
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13556 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/2" fat, prime, 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* 247g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	41.36		0	102.16	35.16	
Energy	kcal	417		0	1030	354	
Energy	kj	1745		0	4310	1483	
Protein (N x 5.95)	g	25.49		0	62.96	21.67	
Total lipid (fat)	g	34.13		0	84.30	29.01	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.85		0	2.10	0.72	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	32	11	
Iron	mg	2.97		0	7.34	2.52	
Magnesium	mg	18		0	44	15	
Phosphorus	mg	191		0	472	162	
Potassium	mg	223		0	551	190	
Sodium	mg	63		0	156	54	
Zinc	mg	7.85		0	19.39	6.67	
Copper	mg	0.131		0	0.324	0.111	
Manganese	mg	0.015		0	0.037	0.013	
Selenium	:g	24.1		0	59.5	20.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.069		0	0.170	0.059	
Riboflavin	mg	0.231		0	0.571	0.196	
Niacin	mg	2.362		0	5.834	2.008	
Pantothenic acid	mg	0.297		0	0.734	0.252	
Vitamin B-6	mg	0.250		0	0.618	0.213	
Folate	:g	5		0	12	4	
Vitamin B-12	:g	2.23		0	5.51	1.90	
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	14.200		0	35.074	12.070	
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	0.080		0	0.198	0.068	
12:0	g	0.080		0	0.198	0.068	
14:0	g	1.080		0	2.668	0.918	
15.0	g						
16:0	g	8.230		0	20.328	6.996	
17:0	g						
18:0	g	4.090		0	10.102	3.476	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.360	0	37.939	13.056
14:1	g				
16:1	g	1.370	0	3.384	1.165
18:1	g	13.310	0	32.876	11.314
20:1	g	0.060	0	0.148	0.051
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.240	0	3.063	1.054
18:2	g	0.850	0	2.099	0.723
18:3	g	0.320	0	0.790	0.272
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	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	103	0	254	88
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.285	0	0.704	0.242
Threonine	g	1.113	0	2.749	0.946
Isoleucine	g	1.146	0	2.831	0.974
Leucine	g	2.014	0	4.975	1.712
Lysine	g	2.120	0	5.236	1.802
Methionine	g	0.652	0	1.610	0.554
Cystine	g	0.285	0	0.704	0.242
Phenylalanine	g	0.995	0	2.458	0.846
Tyrosine	g	0.856	0	2.114	0.728
Valine	g	1.239	0	3.060	1.053
Arginine	g	1.610	0	3.977	1.369
Histidine	g	0.872	0	2.154	0.741
Alanine	g	1.537	0	3.796	1.306
Aspartic acid	g	2.328	0	5.750	1.979
Glutamic acid	g	3.828	0	9.455	3.254
Glycine	g	1.390	0	3.433	1.182
Proline	g	1.125	0	2.779	0.956
Serine	g	0.974	0	2.406	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. 13563 Beef, chuck, blade roast, separable lean only, trimmed to 1/2" fat, prime, raw

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* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	67.12		0	19.03	304.46	
Energy	kcal	203		0	58	921	
Energy	kj	849		0	241	3851	
Protein (N x 5.95)	g	19.25		0	5.46	87.32	
Total lipid (fat)	g	13.41		0	3.80	60.83	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.95		0	0.27	4.31	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	
Iron	mg	2.34		0	0.66	10.61	
Magnesium	mg	20		0	6	91	
Phosphorus	mg	184		0	52	835	
Potassium	mg	319		0	90	1447	
Sodium	mg	77		0	22	349	
Zinc	mg	5.91		0	1.68	26.81	
Copper	mg	0.082		0	0.023	0.372	
Manganese	mg	0.014		0	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	0.108		0	0.031	0.490	
Riboflavin	mg	0.190		0	0.054	0.862	
Niacin	mg	2.359		0	0.669	10.700	
Pantothenic acid	mg	0.323		0	0.092	1.465	
Vitamin B-6	mg	0.400		0	0.113	1.814	
Folate	:g	6		0	2	27	
Vitamin B-12	:g	3.85		0	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	5.300		0	1.503	24.041	
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	0.370		0	0.105	1.678	
15.0	g						
16:0	g	3.000		0	0.851	13.608	
17:0	g						
18:0	g	1.660		0	0.471	7.530	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.240	0	1.769	28.305
14:1	g				
16:1	g	0.490	0	0.139	2.223
18:1	g	5.460	0	1.548	24.767
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	0.410	0	0.116	1.860
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	65	0	18	295
Phytosterols	mg	0	0	0	0
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. 13564 Beef, chuck, blade roast, separable lean only, trimmed to 1/2" fat, prime, cooked, braised

Refuse: 45% 24% 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* 179g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	49.92		0	89.36	42.43	
Energy	kcal	318		0	569	270	
Energy	kj	1331		0	2382	1131	
Protein (N x 5.95)	g	31.06		0	55.60	26.40	
Total lipid (fat)	g	20.53		0	36.75	17.45	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99		0	1.77	0.84	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	23	11	
Iron	mg	3.68		0	6.59	3.13	
Magnesium	mg	23		0	41	20	
Phosphorus	mg	235		0	421	200	
Potassium	mg	263		0	471	224	
Sodium	mg	71		0	127	60	
Zinc	mg	10.27		0	18.38	8.73	
Copper	mg	0.148		0	0.265	0.126	
Manganese	mg	0.018		0	0.032	0.015	
Selenium	:g	26.7		0	47.8	22.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.083		0	0.149	0.071	
Riboflavin	mg	0.284		0	0.508	0.241	
Niacin	mg	2.666		0	4.772	2.266	
Pantothenic acid	mg	0.352		0	0.630	0.299	
Vitamin B-6	mg	0.290		0	0.519	0.247	
Folate	:g	6		0	11	5	
Vitamin B-12	:g	2.47		0	4.42	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	8.370		0	14.982	7.114	
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	0.018	0.009	
12:0	g	0.010		0	0.018	0.009	
14:0	g	0.600		0	1.074	0.510	
15.0	g						
16:0	g	4.650		0	8.324	3.953	
17:0	g						
18:0	g	2.680		0	4.797	2.278	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.180	0	16.432	7.803
14:1	g				
16:1	g	0.710	0	1.271	0.603
18:1	g	8.120	0	14.535	6.902
20:1	g	0.020	0	0.036	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.690	0	1.235	0.587
18:2	g	0.560	0	1.002	0.476
18:3	g	0.050	0	0.090	0.043
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.107	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	106	0	190	90
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.348	0	0.623	0.296
Threonine	g	1.357	0	2.429	1.153
Isoleucine	g	1.396	0	2.499	1.187
Leucine	g	2.455	0	4.394	2.087
Lysine	g	2.584	0	4.625	2.196
Methionine	g	0.795	0	1.423	0.676
Cystine	g	0.348	0	0.623	0.296
Phenylalanine	g	1.212	0	2.169	1.030
Tyrosine	g	1.043	0	1.867	0.887
Valine	g	1.511	0	2.705	1.284
Arginine	g	1.963	0	3.514	1.669
Histidine	g	1.063	0	1.903	0.904
Alanine	g	1.873	0	3.353	1.592
Aspartic acid	g	2.837	0	5.078	2.411
Glutamic acid	g	4.666	0	8.352	3.966
Glycine	g	1.694	0	3.032	1.440
Proline	g	1.371	0	2.454	1.165
Serine	g	1.188	0	2.127	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. 13580 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/2" 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	49.96		0	14.16	226.62	
Energy	kcal	370		0	105	1678	
Energy	kj	1548		0	439	7022	
Protein (N x 5.95)	g	15.75		0	4.47	71.44	
Total lipid (fat)	g	33.61		0	9.53	152.45	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.73		0	0.21	3.31	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	3	41	
Iron	mg	1.65		0	0.47	7.48	
Magnesium	mg	15		0	4	68	
Phosphorus	mg	148		0	42	671	
Potassium	mg	253		0	72	1148	
Sodium	mg	52		0	15	236	
Zinc	mg	3.47		0	0.98	15.74	
Copper	mg	0.056		0	0.016	0.254	
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	0.075		0	0.021	0.340	
Riboflavin	mg	0.125		0	0.035	0.567	
Niacin	mg	2.681		0	0.760	12.161	
Pantothenic acid	mg	0.293		0	0.083	1.329	
Vitamin B-6	mg	0.300		0	0.085	1.361	
Folate	:g	5		0	1	23	
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						
Lipids:							
Saturated, total	g	14.580		0	4.133	66.135	
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	0.037	0.590	
12:0	g	0.090		0	0.026	0.408	
14:0	g	1.100		0	0.312	4.990	
15.0	g						
16:0	g	8.300		0	2.353	37.649	
17:0	g						
18:0	g	4.220		0	1.196	19.142	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.010	0	4.255	68.085
14:1	g				
16:1	g	1.700	0	0.482	7.711
18:1	g	12.680	0	3.595	57.516
20:1	g	0.020	0	0.006	0.091
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.260	0	0.357	5.715
18:2	g	0.780	0	0.221	3.538
18:3	g	0.430	0	0.122	1.950
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	0	0	0	0
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	0.696	0	0.197	3.157
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. 13581 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/2" 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* 294g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	42.90		0	126.13	36.47	
Energy	kcal	408		0	1200	347	
Energy	kj	1707		0	5019	1451	
Protein (N x 5.95)	g	21.11		0	62.06	17.94	
Total lipid (fat)	g	35.22		0	103.55	29.94	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.92		0	2.70	0.78	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	35	10	
Iron	mg	2.05		0	6.03	1.74	
Magnesium	mg	19		0	56	16	
Phosphorus	mg	162		0	476	138	
Potassium	mg	296		0	870	252	
Sodium	mg	60		0	176	51	
Zinc	mg	4.90		0	14.41	4.17	
Copper	mg	0.092		0	0.270	0.078	
Manganese	mg	0.013		0	0.038	0.011	
Selenium	:g	21.3		0	62.6	18.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.075		0	0.221	0.064	
Riboflavin	mg	0.169		0	0.497	0.144	
Niacin	mg	3.064		0	9.008	2.604	
Pantothenic acid	mg	0.306		0	0.900	0.260	
Vitamin B-6	mg	0.290		0	0.853	0.247	
Folate	:g	6		0	18	5	
Vitamin B-12	:g	2.75		0	8.09	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	14.940		0	43.924	12.699	
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	0.265	0.077	
12:0	g	0.090		0	0.265	0.077	
14:0	g	1.150		0	3.381	0.977	
15.0	g						
16:0	g	8.730		0	25.666	7.421	
17:0	g						
18:0	g	4.220		0	12.407	3.587	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.800	0	46.452	13.430
14:1	g				
16:1	g	1.450	0	4.263	1.232
18:1	g	13.640	0	40.102	11.594
20:1	g	0.060	0	0.176	0.051
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.230	0	3.616	1.045
18:2	g	0.820	0	2.411	0.697
18:3	g	0.360	0	1.058	0.306
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.118	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	253	73
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.236	0	0.694	0.201
Threonine	g	0.865	0	2.543	0.735
Isoleucine	g	0.861	0	2.531	0.732
Leucine	g	1.589	0	4.672	1.351
Lysine	g	1.639	0	4.819	1.393
Methionine	g	0.497	0	1.461	0.422
Cystine	g	0.236	0	0.694	0.201
Phenylalanine	g	0.807	0	2.373	0.686
Tyrosine	g	0.662	0	1.946	0.563
Valine	g	0.983	0	2.890	0.836
Arginine	g	1.333	0	3.919	1.133
Histidine	g	0.654	0	1.923	0.556
Alanine	g	1.377	0	4.048	1.170
Aspartic acid	g	1.855	0	5.454	1.577
Glutamic acid	g	3.101	0	9.117	2.636
Glycine	g	1.538	0	4.522	1.307
Proline	g	0.932	0	2.740	0.792
Serine	g	0.810	0	2.381	0.689
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13582 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/2" 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* 280g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	41.22		0	115.42	35.04	
Energy	kcal	425		0	1190	361	
Energy	kj	1778		0	4978	1511	
Protein (N x 5.95)	g	21.53		0	60.28	18.30	
Total lipid (fat)	g	36.91		0	103.35	31.37	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.86		0	2.41	0.73	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	31	9	
Iron	mg	2.08		0	5.82	1.77	
Magnesium	mg	18		0	50	15	
Phosphorus	mg	166		0	465	141	
Potassium	mg	288		0	806	245	
Sodium	mg	63		0	176	54	
Zinc	mg	5.04		0	14.11	4.28	
Copper	mg	0.095		0	0.266	0.081	
Manganese	mg	0.013		0	0.036	0.011	
Selenium	:g	21.9		0	61.3	18.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.065		0	0.182	0.055	
Riboflavin	mg	0.169		0	0.473	0.144	
Niacin	mg	3.236		0	9.061	2.751	
Pantothenic acid	mg	0.343		0	0.960	0.292	
Vitamin B-6	mg	0.250		0	0.700	0.213	
Folate	:g	7		0	20	6	
Vitamin B-12	:g	2.47		0	6.92	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	15.650		0	43.820	13.303	
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	0.280	0.085	
12:0	g	0.090		0	0.252	0.077	
14:0	g	1.210		0	3.388	1.028	
15.0	g						
16:0	g	9.160		0	25.648	7.786	
17:0	g						
18:0	g	4.410		0	12.348	3.749	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	16.550	0	46.340	14.068
14:1	g				
16:1	g	1.520	0	4.256	1.292
18:1	g	14.290	0	40.012	12.146
20:1	g	0.070	0	0.196	0.060
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.310	0	3.668	1.114
18:2	g	0.860	0	2.408	0.731
18:3	g	0.390	0	1.092	0.331
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	86	0	241	73
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.241	0	0.675	0.205
Threonine	g	0.940	0	2.632	0.799
Isoleucine	g	0.968	0	2.710	0.823
Leucine	g	1.701	0	4.763	1.446
Lysine	g	1.791	0	5.015	1.522
Methionine	g	0.551	0	1.543	0.468
Cystine	g	0.241	0	0.675	0.205
Phenylalanine	g	0.840	0	2.352	0.714
Tyrosine	g	0.723	0	2.024	0.615
Valine	g	1.047	0	2.932	0.890
Arginine	g	1.360	0	3.808	1.156
Histidine	g	0.737	0	2.064	0.626
Alanine	g	1.298	0	3.634	1.103
Aspartic acid	g	1.967	0	5.508	1.672
Glutamic acid	g	3.234	0	9.055	2.749
Glycine	g	1.174	0	3.287	0.998
Proline	g	0.951	0	2.663	0.808
Serine	g	0.823	0	2.304	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. 13593 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/2" fat, prime, cooked, broiled

Refuse: 44% 18% bone, 26% 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	54.35		0	109.24	46.20	
Energy	kcal	280		0	563	238	
Energy	kj	1172		0	2356	996	
Protein (N x 5.95)	g	26.03		0	52.32	22.13	
Total lipid (fat)	g	18.70		0	37.59	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	2.29	0.97	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	20	9	
Iron	mg	2.52		0	5.07	2.14	
Magnesium	mg	25		0	50	21	
Phosphorus	mg	202		0	406	172	
Potassium	mg	379		0	762	322	
Sodium	mg	69		0	139	59	
Zinc	mg	6.55		0	13.17	5.57	
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	0.094		0	0.189	0.080	
Riboflavin	mg	0.206		0	0.414	0.175	
Niacin	mg	3.775		0	7.588	3.209	
Pantothenic acid	mg	0.379		0	0.762	0.322	
Vitamin B-6	mg	0.350		0	0.703	0.298	
Folate	:g	8		0	16	7	
Vitamin B-12	:g	3.28		0	6.59	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	7.970		0	16.020	6.774	
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	0.590		0	1.186	0.501	
15.0	g						
16:0	g	4.480		0	9.005	3.808	
17:0	g						
18:0	g	2.510		0	5.045	2.133	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.250	0	16.582	7.013
14:1	g				
16:1	g	0.650	0	1.307	0.553
18:1	g	7.280	0	14.633	6.188
20:1	g	0.010	0	0.020	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.560	0	1.126	0.476
18:2	g	0.450	0	0.905	0.383
18:3	g	0.040	0	0.080	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.101	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	165	70
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.291	0	0.585	0.247
Threonine	g	1.136	0	2.283	0.966
Isoleucine	g	1.170	0	2.352	0.995
Leucine	g	2.057	0	4.135	1.748
Lysine	g	2.165	0	4.352	1.840
Methionine	g	0.666	0	1.339	0.566
Cystine	g	0.291	0	0.585	0.247
Phenylalanine	g	1.016	0	2.042	0.864
Tyrosine	g	0.874	0	1.757	0.743
Valine	g	1.266	0	2.545	1.076
Arginine	g	1.644	0	3.304	1.397
Histidine	g	0.891	0	1.791	0.757
Alanine	g	1.569	0	3.154	1.334
Aspartic acid	g	2.377	0	4.778	2.020
Glutamic acid	g	3.909	0	7.857	3.323
Glycine	g	1.420	0	2.854	1.207
Proline	g	1.149	0	2.309	0.977
Serine	g	0.995	0	2.000	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. 13594 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/2" fat, prime, cooked, roasted

Refuse: 47% 19% bone, 28% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 184g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.05		0	97.61	45.09	
Energy	kcal	292		0	537	248	
Energy	kj	1222		0	2248	1039	
Protein (N x 5.95)	g	27.21		0	50.07	23.13	
Total lipid (fat)	g	19.46		0	35.81	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	1.99	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	18	9	
Iron	mg	2.61		0	4.80	2.22	
Magnesium	mg	25		0	46	21	
Phosphorus	mg	213		0	392	181	
Potassium	mg	376		0	692	320	
Sodium	mg	74		0	136	63	
Zinc	mg	6.94		0	12.77	5.90	
Copper	mg	0.098		0	0.180	0.083	
Manganese	mg	0.016		0	0.029	0.014	
Selenium	:g	22.8		0	42.0	19.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.082		0	0.151	0.070	
Riboflavin	mg	0.210		0	0.386	0.179	
Niacin	mg	4.114		0	7.570	3.497	
Pantothenic acid	mg	0.443		0	0.815	0.377	
Vitamin B-6	mg	0.300		0	0.552	0.255	
Folate	:g	8		0	15	7	
Vitamin B-12	:g	2.92		0	5.37	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	8.290		0	15.254	7.046	
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	0.018	0.009	
12:0	g	0.010		0	0.018	0.009	
14:0	g	0.610		0	1.122	0.518	
15.0	g						
16:0	g	4.660		0	8.574	3.961	
17:0	g						
18:0	g	2.610		0	4.802	2.219	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.580	0	15.787	7.293
14:1	g				
16:1	g	0.680	0	1.251	0.578
18:1	g	7.570	0	13.929	6.435
20:1	g	0.010	0	0.018	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.580	0	1.067	0.493
18:2	g	0.470	0	0.865	0.400
18:3	g	0.040	0	0.074	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.092	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	149	69
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.305	0	0.561	0.259
Threonine	g	1.188	0	2.186	1.010
Isoleucine	g	1.223	0	2.250	1.040
Leucine	g	2.150	0	3.956	1.827
Lysine	g	2.263	0	4.164	1.924
Methionine	g	0.696	0	1.281	0.592
Cystine	g	0.305	0	0.561	0.259
Phenylalanine	g	1.062	0	1.954	0.903
Tyrosine	g	0.914	0	1.682	0.777
Valine	g	1.323	0	2.434	1.125
Arginine	g	1.719	0	3.163	1.461
Histidine	g	0.931	0	1.713	0.791
Alanine	g	1.641	0	3.019	1.395
Aspartic acid	g	2.485	0	4.572	2.112
Glutamic acid	g	4.087	0	7.520	3.474
Glycine	g	1.484	0	2.731	1.261
Proline	g	1.201	0	2.210	1.021
Serine	g	1.040	0	1.914	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. 13608 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/2" 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	48.86		0	13.85	221.63	
Energy	kcal	383		0	109	1737	
Energy	kj	1602		0	454	7267	
Protein (N x 5.95)	g	15.38		0	4.36	69.76	
Total lipid (fat)	g	35.18		0	9.97	159.58	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.71		0	0.20	3.22	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	2	36	
Iron	mg	1.60		0	0.45	7.26	
Magnesium	mg	14		0	4	64	
Phosphorus	mg	143		0	41	649	
Potassium	mg	239		0	68	1084	
Sodium	mg	52		0	15	236	
Zinc	mg	3.45		0	0.98	15.65	
Copper	mg	0.056		0	0.016	0.254	
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	0.074		0	0.021	0.336	
Riboflavin	mg	0.127		0	0.036	0.576	
Niacin	mg	2.476		0	0.702	11.231	
Pantothenic acid	mg	0.305		0	0.086	1.383	
Vitamin B-6	mg	0.280		0	0.079	1.270	
Folate	:g	5		0	1	23	
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	15.320		0	4.343	69.492	
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	0.090		0	0.026	0.408	
14:0	g	1.160		0	0.329	5.262	
15.0	g						
16:0	g	8.740		0	2.478	39.645	
17:0	g						
18:0	g	4.450		0	1.262	20.185	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.740	0	4.462	71.397
14:1	g				
16:1	g	1.780	0	0.505	8.074
18:1	g	13.210	0	3.745	59.921
20:1	g	0.050	0	0.014	0.227
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.310	0	0.371	5.942
18:2	g	0.820	0	0.232	3.720
18:3	g	0.430	0	0.122	1.950
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	74	0	21	336
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.172	0	0.049	0.780
Threonine	g	0.672	0	0.191	3.048
Isoleucine	g	0.691	0	0.196	3.134
Leucine	g	1.215	0	0.344	5.511
Lysine	g	1.279	0	0.363	5.802
Methionine	g	0.394	0	0.112	1.787
Cystine	g	0.172	0	0.049	0.780
Phenylalanine	g	0.600	0	0.170	2.722
Tyrosine	g	0.517	0	0.147	2.345
Valine	g	0.748	0	0.212	3.393
Arginine	g	0.972	0	0.276	4.409
Histidine	g	0.526	0	0.149	2.386
Alanine	g	0.927	0	0.263	4.205
Aspartic acid	g	1.405	0	0.398	6.373
Glutamic acid	g	2.310	0	0.655	10.478
Glycine	g	0.839	0	0.238	3.806
Proline	g	0.679	0	0.192	3.080
Serine	g	0.588	0	0.167	2.667
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: 1 lb

NDB No. 13609 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/2" fat, prime, cooked, broiled

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* 298g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	41.52		0	123.73	35.29	
Energy	kcal	425		0	1267	361	
Energy	kj	1778		0	5298	1511	
Protein (N x 5.95)	g	19.87		0	59.21	16.89	
Total lipid (fat)	g	37.74		0	112.47	32.08	
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	2.59	0.74	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	30	9	
Iron	mg	1.99		0	5.93	1.69	
Magnesium	mg	18		0	54	15	
Phosphorus	mg	157		0	468	133	
Potassium	mg	284		0	846	241	
Sodium	mg	60		0	179	51	
Zinc	mg	4.60		0	13.71	3.91	
Copper	mg	0.089		0	0.265	0.076	
Manganese	mg	0.012		0	0.036	0.010	
Selenium	:g	21.2		0	63.2	18.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.068		0	0.203	0.058	
Riboflavin	mg	0.162		0	0.483	0.138	
Niacin	mg	2.553		0	7.608	2.170	
Pantothenic acid	mg	0.320		0	0.954	0.272	
Vitamin B-6	mg	0.260		0	0.775	0.221	
Folate	:g	6		0	18	5	
Vitamin B-12	:g	2.70		0	8.05	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	16.030		0	47.769	13.626	
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	0.100		0	0.298	0.085	
12:0	g	0.090		0	0.268	0.077	
14:0	g	1.240		0	3.695	1.054	
15.0	g						
16:0	g	9.360		0	27.893	7.956	
17:0	g						
18:0	g	4.540		0	13.529	3.859	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	16.950	0	50.511	14.408
14:1	g				
16:1	g	1.560	0	4.649	1.326
18:1	g	14.620	0	43.568	12.427
20:1	g	0.070	0	0.209	0.060
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.330	0	3.963	1.131
18:2	g	0.880	0	2.622	0.748
18:3	g	0.390	0	1.162	0.331
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.119	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	259	74
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.222	0	0.662	0.189
Threonine	g	0.868	0	2.587	0.738
Isoleucine	g	0.893	0	2.661	0.759
Leucine	g	1.570	0	4.679	1.335
Lysine	g	1.653	0	4.926	1.405
Methionine	g	0.508	0	1.514	0.432
Cystine	g	0.222	0	0.662	0.189
Phenylalanine	g	0.775	0	2.310	0.659
Tyrosine	g	0.667	0	1.988	0.567
Valine	g	0.966	0	2.879	0.821
Arginine	g	1.255	0	3.740	1.067
Histidine	g	0.680	0	2.026	0.578
Alanine	g	1.198	0	3.570	1.018
Aspartic acid	g	1.815	0	5.409	1.543
Glutamic acid	g	2.984	0	8.892	2.536
Glycine	g	1.084	0	3.230	0.921
Proline	g	0.877	0	2.613	0.745
Serine	g	0.760	0	2.265	0.646
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13610 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/2" 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	43.19		0	120.50	36.71	
Energy	kcal	407		0	1136	346	
Energy	kj	1703		0	4751	1448	
Protein (N x 5.95)	g	22.24		0	62.05	18.90	
Total lipid (fat)	g	34.61		0	96.56	29.42	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.88		0	2.46	0.75	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	28	9	
Iron	mg	2.27		0	6.33	1.93	
Magnesium	mg	19		0	53	16	
Phosphorus	mg	167		0	466	142	
Potassium	mg	282		0	787	240	
Sodium	mg	63		0	176	54	
Zinc	mg	5.56		0	15.51	4.73	
Copper	mg	0.100		0	0.279	0.085	
Manganese	mg	0.013		0	0.036	0.011	
Selenium	:g	21.8		0	60.8	18.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.069		0	0.193	0.059	
Riboflavin	mg	0.180		0	0.502	0.153	
Niacin	mg	3.542		0	9.882	3.011	
Pantothenic acid	mg	0.355		0	0.990	0.302	
Vitamin B-6	mg	0.220		0	0.614	0.187	
Folate	:g	7		0	20	6	
Vitamin B-12	:g	2.30		0	6.42	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	14.700		0	41.013	12.495	
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	1.130		0	3.153	0.961	
15.0	g						
16:0	g	8.580		0	23.938	7.293	
17:0	g						
18:0	g	4.170		0	11.634	3.544	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.540	0	43.357	13.209
14:1	g				
16:1	g	1.430	0	3.990	1.216
18:1	g	13.410	0	37.414	11.398
20:1	g	0.060	0	0.167	0.051
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.220	0	3.404	1.037
18:2	g	0.810	0	2.260	0.689
18:3	g	0.350	0	0.976	0.298
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	85	0	237	72
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.249	0	0.695	0.212
Threonine	g	0.971	0	2.709	0.825
Isoleucine	g	1.000	0	2.790	0.850
Leucine	g	1.758	0	4.905	1.494
Lysine	g	1.850	0	5.162	1.573
Methionine	g	0.569	0	1.588	0.484
Cystine	g	0.249	0	0.695	0.212
Phenylalanine	g	0.868	0	2.422	0.738
Tyrosine	g	0.747	0	2.084	0.635
Valine	g	1.082	0	3.019	0.920
Arginine	g	1.405	0	3.920	1.194
Histidine	g	0.761	0	2.123	0.647
Alanine	g	1.341	0	3.741	1.140
Aspartic acid	g	2.032	0	5.669	1.727
Glutamic acid	g	3.341	0	9.321	2.840
Glycine	g	1.213	0	3.384	1.031
Proline	g	0.982	0	2.740	0.835
Serine	g	0.850	0	2.372	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. 13621 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/2" fat, prime, cooked, broiled

Refuse: 44% 16% bone, 28% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 196g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.40		0	104.66	45.39	
Energy	kcal	294		0	576	250	
Energy	kj	1230		0	2411	1046	
Protein (N x 5.95)	g	24.64		0	48.29	20.94	
Total lipid (fat)	g	20.88		0	40.92	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	2.12	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	16	7	
Iron	mg	2.48		0	4.86	2.11	
Magnesium	mg	24		0	47	20	
Phosphorus	mg	199		0	390	169	
Potassium	mg	37		0	73	31	
Sodium	mg	70		0	137	60	
Zinc	mg	6.25		0	12.25	5.31	
Copper	mg	0.089		0	0.174	0.076	
Manganese	mg	0.016		0	0.031	0.014	
Selenium	:g	21.9		0	42.9	18.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.087		0	0.171	0.074	
Riboflavin	mg	0.200		0	0.392	0.170	
Niacin	mg	3.070		0	6.017	2.609	
Pantothenic acid	mg	0.407		0	0.798	0.346	
Vitamin B-6	mg	0.320		0	0.627	0.272	
Folate	:g	7		0	14	6	
Vitamin B-12	:g	3.26		0	6.39	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	17.522	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	0.020	0.009	
12:0	g	0.020		0	0.039	0.017	
14:0	g	0.660		0	1.294	0.561	
15.0	g						
16:0	g	5.000		0	9.800	4.250	
17:0	g						
18:0	g	2.820		0	5.527	2.397	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.250	0	18.130	7.862
14:1	g				
16:1	g	0.740	0	1.450	0.629
18:1	g	8.150	0	15.974	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	1.235	0.536
18:2	g	0.500	0	0.980	0.425
18:3	g	0.050	0	0.098	0.043
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	82	0	161	70
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.276	0	0.541	0.235
Threonine	g	1.076	0	2.109	0.915
Isoleucine	g	1.108	0	2.172	0.942
Leucine	g	1.947	0	3.816	1.655
Lysine	g	2.050	0	4.018	1.742
Methionine	g	0.631	0	1.237	0.536
Cystine	g	0.276	0	0.541	0.235
Phenylalanine	g	0.962	0	1.886	0.818
Tyrosine	g	0.828	0	1.623	0.704
Valine	g	1.198	0	2.348	1.018
Arginine	g	1.557	0	3.052	1.323
Histidine	g	0.844	0	1.654	0.717
Alanine	g	1.486	0	2.913	1.263
Aspartic acid	g	2.251	0	4.412	1.913
Glutamic acid	g	3.702	0	7.256	3.147
Glycine	g	1.344	0	2.634	1.142
Proline	g	1.088	0	2.132	0.925
Serine	g	0.942	0	1.846	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. 13622 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/2" fat, prime, cooked, roasted

Refuse: 44% 19% 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* 192g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.41		0	104.47	46.25	
Energy	kcal	283		0	543	241	
Energy	kj	1184		0	2273	1006	
Protein (N x 5.95)	g	27.53		0	52.86	23.40	
Total lipid (fat)	g	18.34		0	35.21	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	2.07	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	15	7	
Iron	mg	2.82		0	5.41	2.40	
Magnesium	mg	25		0	48	21	
Phosphorus	mg	209		0	401	178	
Potassium	mg	357		0	685	303	
Sodium	mg	73		0	140	62	
Zinc	mg	7.46		0	14.32	6.34	
Copper	mg	0.105		0	0.202	0.089	
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	0.086		0	0.165	0.073	
Riboflavin	mg	0.222		0	0.426	0.189	
Niacin	mg	4.448		0	8.540	3.781	
Pantothenic acid	mg	0.448		0	0.860	0.381	
Vitamin B-6	mg	0.260		0	0.499	0.221	
Folate	:g	9		0	17	8	
Vitamin B-12	:g	2.61		0	5.01	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	7.850		0	15.072	6.673	
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	0.580		0	1.114	0.493	
15.0	g						
16:0	g	4.400		0	8.448	3.740	
17:0	g						
18:0	g	2.480		0	4.762	2.108	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.130	0	15.610	6.911
14:1	g				
16:1	g	0.650	0	1.248	0.553
18:1	g	7.160	0	13.747	6.086
20:1	g	0.010	0	0.019	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.550	0	1.056	0.468
18:2	g	0.440	0	0.845	0.374
18:3	g	0.040	0	0.077	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.096	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	156	69
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.308	0	0.591	0.262
Threonine	g	1.202	0	2.308	1.022
Isoleucine	g	1.238	0	2.377	1.052
Leucine	g	2.176	0	4.178	1.850
Lysine	g	2.290	0	4.397	1.947
Methionine	g	0.705	0	1.354	0.599
Cystine	g	0.308	0	0.591	0.262
Phenylalanine	g	1.075	0	2.064	0.914
Tyrosine	g	0.925	0	1.776	0.786
Valine	g	1.339	0	2.571	1.138
Arginine	g	1.740	0	3.341	1.479
Histidine	g	0.942	0	1.809	0.801
Alanine	g	1.660	0	3.187	1.411
Aspartic acid	g	2.515	0	4.829	2.138
Glutamic acid	g	4.135	0	7.939	3.515
Glycine	g	1.502	0	2.884	1.277
Proline	g	1.216	0	2.335	1.034
Serine	g	1.053	0	2.022	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. 13632 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/2" fat, prime, 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	51.86		0	14.70	235.24	
Energy	kcal	349		0	99	1583	
Energy	kj	1460		0	414	6623	
Protein (N x 5.95)	g	16.39		0	4.65	74.35	
Total lipid (fat)	g	30.90		0	8.76	140.16	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.78		0	0.22	3.54	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	
Iron	mg	1.73		0	0.49	7.85	
Magnesium	mg	16		0	5	73	
Phosphorus	mg	156		0	44	708	
Potassium	mg	276		0	78	1252	
Sodium	mg	53		0	15	240	
Zinc	mg	3.51		0	1.00	15.92	
Copper	mg	0.056		0	0.016	0.254	
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	0.077		0	0.022	0.349	
Riboflavin	mg	0.123		0	0.035	0.558	
Niacin	mg	3.012		0	0.854	13.662	
Pantothenic acid	mg	0.275		0	0.078	1.247	
Vitamin B-6	mg	0.340		0	0.096	1.542	
Folate	:g	5		0	1	23	
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	13.330		0	3.779	60.465	
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	1.000		0	0.284	4.536	
15.0	g						
16:0	g	7.580		0	2.149	34.383	
17:0	g						
18:0	g	3.870		0	1.097	17.554	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.030	0	3.978	63.640
14:1	g				
16:1	g	1.520	0	0.431	6.895
18:1	g	11.860	0	3.362	53.797
20:1	g	0.040	0	0.011	0.181
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.100	0	0.312	4.990
18:2	g	0.710	0	0.201	3.221
18:3	g	0.350	0	0.099	1.588
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	0	0	0	0
Amino acids:					
Tryptophan	g	0.183	0	0.052	0.830
Threonine	g	0.716	0	0.203	3.248
Isoleucine	g	0.737	0	0.209	3.343
Leucine	g	1.295	0	0.367	5.874
Lysine	g	1.363	0	0.386	6.183
Methionine	g	0.419	0	0.119	1.901
Cystine	g	0.183	0	0.052	0.830
Phenylalanine	g	0.640	0	0.181	2.903
Tyrosine	g	0.550	0	0.156	2.495
Valine	g	0.797	0	0.226	3.615
Arginine	g	1.035	0	0.293	4.695
Histidine	g	0.561	0	0.159	2.545
Alanine	g	0.988	0	0.280	4.482
Aspartic acid	g	1.497	0	0.424	6.790
Glutamic acid	g	2.461	0	0.698	11.163
Glycine	g	0.894	0	0.253	4.055
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. 13633 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/2" 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* 286g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	46.51		0	133.02	39.53	
Energy	kcal	364		0	1041	309	
Energy	kj	1523		0	4356	1295	
Protein (N x 5.95)	g	23.72		0	67.84	20.16	
Total lipid (fat)	g	29.12		0	83.28	24.75	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	2.97	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	37	11	
Iron	mg	2.19		0	6.26	1.86	
Magnesium	mg	22		0	63	19	
Phosphorus	mg	175		0	501	149	
Potassium	mg	326		0	932	277	
Sodium	mg	62		0	177	53	
Zinc	mg	5.60		0	16.02	4.76	
Copper	mg	0.097		0	0.277	0.082	
Manganese	mg	0.013		0	0.037	0.011	
Selenium	:g	21.5		0	61.5	18.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.087		0	0.249	0.074	
Riboflavin	mg	0.184		0	0.526	0.156	
Niacin	mg	3.994		0	11.423	3.395	
Pantothenic acid	mg	0.293		0	0.838	0.249	
Vitamin B-6	mg	0.340		0	0.972	0.289	
Folate	:g	7		0	20	6	
Vitamin B-12	:g	2.90		0	8.29	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	12.330		0	35.264	10.480	
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	0.200	0.060	
12:0	g	0.070		0	0.200	0.060	
14:0	g	0.950		0	2.717	0.808	
15.0	g						
16:0	g	7.200		0	20.592	6.120	
17:0	g						
18:0	g	3.500		0	10.010	2.975	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.010	0	37.209	11.058
14:1	g				
16:1	g	1.170	0	3.346	0.995
18:1	g	11.260	0	32.204	9.571
20:1	g	0.050	0	0.143	0.043
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.020	0	2.917	0.867
18:2	g	0.680	0	1.945	0.578
18:3	g	0.280	0	0.801	0.238
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	84	0	240	71
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.266	0	0.761	0.226
Threonine	g	1.036	0	2.963	0.881
Isoleucine	g	1.067	0	3.052	0.907
Leucine	g	1.875	0	5.362	1.594
Lysine	g	1.974	0	5.646	1.678
Methionine	g	0.607	0	1.736	0.516
Cystine	g	0.266	0	0.761	0.226
Phenylalanine	g	0.926	0	2.648	0.787
Tyrosine	g	0.797	0	2.279	0.677
Valine	g	1.154	0	3.300	0.981
Arginine	g	1.499	0	4.287	1.274
Histidine	g	0.812	0	2.322	0.690
Alanine	g	1.431	0	4.093	1.216
Aspartic acid	g	2.168	0	6.200	1.843
Glutamic acid	g	3.564	0	10.193	3.029
Glycine	g	1.294	0	3.701	1.100
Proline	g	1.048	0	2.997	0.891
Serine	g	0.907	0	2.594	0.771
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13634 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/2" 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* 272g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	41.07		0	111.71	34.91	
Energy	kcal	420		0	1142	357	
Energy	kj	1757		0	4779	1493	
Protein (N x 5.95)	g	21.78		0	59.24	18.51	
Total lipid (fat)	g	36.25		0	98.60	30.81	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.89		0	2.42	0.76	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	35	11	
Iron	mg	1.92		0	5.22	1.63	
Magnesium	mg	19		0	52	16	
Phosphorus	mg	175		0	476	149	
Potassium	mg	316		0	860	269	
Sodium	mg	64		0	174	54	
Zinc	mg	4.71		0	12.81	4.00	
Copper	mg	0.089		0	0.242	0.076	
Manganese	mg	0.013		0	0.035	0.011	
Selenium	:g	22.1		0	60.1	18.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.063		0	0.171	0.054	
Riboflavin	mg	0.162		0	0.441	0.138	
Niacin	mg	2.990		0	8.133	2.542	
Pantothenic acid	mg	0.349		0	0.949	0.297	
Vitamin B-6	mg	0.300		0	0.816	0.255	
Folate	:g	7		0	19	6	
Vitamin B-12	:g	2.83		0	7.70	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	15.340		0	41.725	13.039	
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	0.245	0.077	
12:0	g	0.090		0	0.245	0.077	
14:0	g	1.180		0	3.210	1.003	
15.0	g						
16:0	g	8.960		0	24.371	7.616	
17:0	g						
18:0	g	4.350		0	11.832	3.697	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	16.190	0	44.037	13.762
14:1	g				
16:1	g	1.460	0	3.971	1.241
18:1	g	14.020	0	38.134	11.917
20:1	g	0.060	0	0.163	0.051
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.270	0	3.454	1.080
18:2	g	0.850	0	2.312	0.723
18:3	g	0.350	0	0.952	0.298
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	85	0	231	72
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.244	0	0.664	0.207
Threonine	g	0.951	0	2.587	0.808
Isoleucine	g	0.979	0	2.663	0.832
Leucine	g	1.722	0	4.684	1.464
Lysine	g	1.812	0	4.929	1.540
Methionine	g	0.558	0	1.518	0.474
Cystine	g	0.244	0	0.664	0.207
Phenylalanine	g	0.850	0	2.312	0.723
Tyrosine	g	0.732	0	1.991	0.622
Valine	g	1.059	0	2.880	0.900
Arginine	g	1.377	0	3.745	1.170
Histidine	g	0.746	0	2.029	0.634
Alanine	g	1.314	0	3.574	1.117
Aspartic acid	g	1.990	0	5.413	1.692
Glutamic acid	g	3.272	0	8.900	2.781
Glycine	g	1.188	0	3.231	1.010
Proline	g	0.962	0	2.617	0.818
Serine	g	0.833	0	2.266	0.708
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13645 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/2" fat, prime, cooked, broiled

Refuse: 4% 20% 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* 215g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.72		0	119.80	47.36	
Energy	kcal	260		0	559	221	
Energy	kj	1088		0	2339	925	
Protein (N x 5.95)	g	28.04		0	60.29	23.83	
Total lipid (fat)	g	15.53		0	33.39	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	2.64	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	28	11	
Iron	mg	2.57		0	5.53	2.18	
Magnesium	mg	27		0	58	23	
Phosphorus	mg	208		0	447	177	
Potassium	mg	394		0	847	335	
Sodium	mg	69		0	148	59	
Zinc	mg	6.99		0	15.03	5.94	
Copper	mg	0.100		0	0.215	0.085	
Manganese	mg	0.016		0	0.034	0.014	
Selenium	:g	21.9		0	47.1	18.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.105		0	0.226	0.089	
Riboflavin	mg	0.216		0	0.464	0.184	
Niacin	mg	4.800		0	10.320	4.080	
Pantothenic acid	mg	0.340		0	0.731	0.289	
Vitamin B-6	mg	0.400		0	0.860	0.340	
Folate	:g	8		0	17	7	
Vitamin B-12	:g	3.32		0	7.14	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	14.147	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	0.022	0.009	
12:0	g	0.010		0	0.022	0.009	
14:0	g	0.490		0	1.053	0.417	
15.0	g						
16:0	g	3.720		0	7.998	3.162	
17:0	g						
18:0	g	2.060		0	4.429	1.751	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.800	0	14.620	5.780
14:1	g				
16:1	g	0.530	0	1.139	0.451
18:1	g	6.030	0	12.965	5.126
20:1	g	0.010	0	0.022	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.470	0	1.010	0.400
18:2	g	0.370	0	0.796	0.315
18:3	g	0.030	0	0.065	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.108	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	172	68
Phytosterols	mg	0	0	0	0
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	2.216	0	4.764	1.884
Lysine	g	2.333	0	5.016	1.983
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	1.772	0	3.810	1.506
Histidine	g	0.960	0	2.064	0.816
Alanine	g	1.691	0	3.636	1.437
Aspartic acid	g	2.562	0	5.508	2.178
Glutamic acid	g	4.212	0	9.056	3.580
Glycine	g	1.530	0	3.289	1.301
Proline	g	1.238	0	2.662	1.052
Serine	g	1.072	0	2.305	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. 13646 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/2" 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* 188g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	51.08		0	96.03	43.42	
Energy	kcal	304		0	572	258	
Energy	kj	1272		0	2391	1081	
Protein (N x 5.95)	g	26.74		0	50.27	22.73	
Total lipid (fat)	g	21.09		0	39.65	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	2.05	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	24	11	
Iron	mg	2.30		0	4.32	1.95	
Magnesium	mg	25		0	47	21	
Phosphorus	mg	219		0	412	186	
Potassium	mg	404		0	760	343	
Sodium	mg	75		0	141	64	
Zinc	mg	6.19		0	11.64	5.26	
Copper	mg	0.089		0	0.167	0.076	
Manganese	mg	0.016		0	0.030	0.014	
Selenium	:g	22.8		0	42.9	19.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.077		0	0.145	0.065	
Riboflavin	mg	0.195		0	0.367	0.166	
Niacin	mg	3.630		0	6.824	3.086	
Pantothenic acid	mg	0.437		0	0.822	0.371	
Vitamin B-6	mg	0.370		0	0.696	0.315	
Folate	:g	8		0	15	7	
Vitamin B-12	:g	3.37		0	6.34	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	16.807	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	1.241	0.561	
15.0	g						
16:0	g	5.050		0	9.494	4.293	
17:0	g						
18:0	g	2.790		0	5.245	2.372	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.230	0	17.352	7.846
14:1	g				
16:1	g	0.720	0	1.354	0.612
18:1	g	8.180	0	15.378	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	1.203	0.544
18:2	g	0.500	0	0.940	0.425
18:3	g	0.050	0	0.094	0.043
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.113	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	150	68
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.299	0	0.562	0.254
Threonine	g	1.168	0	2.196	0.993
Isoleucine	g	1.202	0	2.260	1.022
Leucine	g	2.113	0	3.972	1.796
Lysine	g	2.225	0	4.183	1.891
Methionine	g	0.684	0	1.286	0.581
Cystine	g	0.299	0	0.562	0.254
Phenylalanine	g	1.044	0	1.963	0.887
Tyrosine	g	0.898	0	1.688	0.763
Valine	g	1.301	0	2.446	1.106
Arginine	g	1.690	0	3.177	1.437
Histidine	g	0.915	0	1.720	0.778
Alanine	g	1.613	0	3.032	1.371
Aspartic acid	g	2.443	0	4.593	2.077
Glutamic acid	g	4.017	0	7.552	3.414
Glycine	g	1.459	0	2.743	1.240
Proline	g	1.181	0	2.220	1.004
Serine	g	1.022	0	1.921	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. 13665 Beef, round, bottom round, separable lean and fat, trimmed to 1/2" fat, prime, 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	63.90		0	18.12	289.85	
Energy	kcal	225		0	64	1021	
Energy	kj	941		0	267	4268	
Protein (N x 5.95)	g	20.13		0	5.71	91.31	
Total lipid (fat)	g	15.38		0	4.36	69.76	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	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	333		0	94	1510	
Sodium	mg	55		0	16	249	
Zinc	mg	3.19		0	0.90	14.47	
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	0.107		0	0.030	0.485	
Riboflavin	mg	0.180		0	0.051	0.816	
Niacin	mg	3.783		0	1.072	17.160	
Pantothenic acid	mg	0.404		0	0.115	1.833	
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	6.290		0	1.783	28.531	
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	0.040		0	0.011	0.181	
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	3.680		0	1.043	16.692	
17:0	g						
18:0	g	1.710		0	0.485	7.757	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.140	0	2.024	32.387
14:1	g				
16:1	g	0.820	0	0.232	3.720
18:1	g	5.960	0	1.690	27.035
20:1	g	0.020	0	0.006	0.091
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.580	0	0.164	2.631
18:2	g	0.380	0	0.108	1.724
18:3	g	0.150	0	0.043	0.680
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	64	0	18	290
Phytosterols	mg	0	0	0	0
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. 13666 Beef, round, bottom round, separable lean and fat, trimmed to 1/2" fat, prime, 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* 287g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	50.34		0	144.48	42.79	
Energy	kcal	297		0	852	252	
Energy	kj	1243		0	3567	1057	
Protein (N x 5.95)	g	29.24		0	83.92	24.85	
Total lipid (fat)	g	19.11		0	54.85	16.24	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.07		0	3.07	0.91	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	17	5	
Iron	mg	3.19		0	9.16	2.71	
Magnesium	mg	23		0	66	20	
Phosphorus	mg	250		0	718	213	
Potassium	mg	287		0	824	244	
Sodium	mg	50		0	144	43	
Zinc	mg	5.02		0	14.41	4.27	
Copper	mg	0.129		0	0.370	0.110	
Manganese	mg	0.017		0	0.049	0.014	
Selenium	:g	31.6		0	90.7	26.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.201	0.060	
Riboflavin	mg	0.240		0	0.689	0.204	
Niacin	mg	3.799		0	10.903	3.229	
Pantothenic acid	mg	0.390		0	1.119	0.331	
Vitamin B-6	mg	0.340		0	0.976	0.289	
Folate	:g	10		0	29	9	
Vitamin B-12	:g	2.37		0	6.80	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	7.320		0	21.008	6.222	
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	0.086	0.026	
12:0	g	0.030		0	0.086	0.026	
14:0	g	0.560		0	1.607	0.476	
15.0	g						
16:0	g	4.390		0	12.599	3.731	
17:0	g						
18:0	g	1.980		0	5.683	1.683	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.690	0	24.940	7.386
14:1	g				
16:1	g	0.850	0	2.439	0.723
18:1	g	7.450	0	21.382	6.332
20:1	g	0.020	0	0.057	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.760	0	2.181	0.646
18:2	g	0.510	0	1.464	0.434
18:3	g	0.150	0	0.431	0.128
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.201	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	96	0	276	82
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.327	0	0.938	0.278
Threonine	g	1.277	0	3.665	1.085
Isoleucine	g	1.315	0	3.774	1.118
Leucine	g	2.311	0	6.633	1.964
Lysine	g	2.433	0	6.983	2.068
Methionine	g	0.748	0	2.147	0.636
Cystine	g	0.327	0	0.938	0.278
Phenylalanine	g	1.141	0	3.275	0.970
Tyrosine	g	0.982	0	2.818	0.835
Valine	g	1.422	0	4.081	1.209
Arginine	g	1.848	0	5.304	1.571
Histidine	g	1.001	0	2.873	0.851
Alanine	g	1.764	0	5.063	1.499
Aspartic acid	g	2.671	0	7.666	2.270
Glutamic acid	g	4.393	0	12.608	3.734
Glycine	g	1.595	0	4.578	1.356
Proline	g	1.291	0	3.705	1.097
Serine	g	1.118	0	3.209	0.950
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13673 Beef, round, bottom round, separable lean only, trimmed to 1/2" fat, prime, raw

Refuse: 15% 2% 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* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	70.25		0	19.92	318.65	
Energy	kcal	159		0	45	721	
Energy	kj	665		0	189	3016	
Protein (N x 5.95)	g	21.87		0	6.20	99.20	
Total lipid (fat)	g	7.30		0	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	1.03		0	0.29	4.67	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	1	18	
Iron	mg	2.38		0	0.67	10.80	
Magnesium	mg	25		0	7	113	
Phosphorus	mg	214		0	61	971	
Potassium	mg	371		0	105	1683	
Sodium	mg	59		0	17	268	
Zinc	mg	3.51		0	1.00	15.92	
Copper	mg	0.083		0	0.024	0.376	
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	0.117		0	0.033	0.531	
Riboflavin	mg	0.196		0	0.056	0.889	
Niacin	mg	4.128		0	1.170	18.725	
Pantothenic acid	mg	0.443		0	0.126	2.009	
Vitamin B-6	mg	0.570		0	0.162	2.586	
Folate	：g	10		0	3	45	
Vitamin B-12	：g	2.93		0	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	2.610		0	0.740	11.839	
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	1.630		0	0.462	7.394	
17:0	g						
18:0	g	0.680		0	0.193	3.084	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.470	0	0.984	15.740
14:1	g				
16:1	g	0.380	0	0.108	1.724
18:1	g	2.910	0	0.825	13.200
20:1	g	0.010	0	0.003	0.045
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.290	0	0.082	1.315
18:2	g	0.220	0	0.062	0.998
18:3	g	0.020	0	0.006	0.091
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	0.245	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. 13674 Beef, round, bottom round, separable lean only, trimmed to 1/2" fat, prime, cooked, braised

Refuse: 13% 2% 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* 250g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.34		0	135.85	46.19	
Energy	kcal	249		0	623	212	
Energy	kj	1042		0	2605	886	
Protein (N x 5.95)	g	31.59		0	78.97	26.85	
Total lipid (fat)	g	12.65		0	31.63	10.75	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.14		0	2.85	0.97	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	13	4	
Iron	mg	3.46		0	8.65	2.94	
Magnesium	mg	25		0	63	21	
Phosphorus	mg	272		0	680	231	
Potassium	mg	308		0	770	262	
Sodium	mg	51		0	128	43	
Zinc	mg	5.48		0	13.70	4.66	
Copper	mg	0.134		0	0.335	0.114	
Manganese	mg	0.018		0	0.045	0.015	
Selenium	:g	28.1		0	70.3	23.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.075		0	0.188	0.064	
Riboflavin	mg	0.260		0	0.650	0.221	
Niacin	mg	4.083		0	10.207	3.471	
Pantothenic acid	mg	0.421		0	1.052	0.358	
Vitamin B-6	mg	0.360		0	0.900	0.306	
Folate	:g	11		0	28	9	
Vitamin B-12	:g	2.47		0	6.17	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	4.490		0	11.225	3.817	
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	0.025	0.009	
14:0	g	0.330		0	0.825	0.281	
15.0	g						
16:0	g	2.700		0	6.750	2.295	
17:0	g						
18:0	g	1.240		0	3.100	1.054	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.780	0	14.450	4.913
14:1	g				
16:1	g	0.560	0	1.400	0.476
18:1	g	4.970	0	12.425	4.224
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.520	0	1.300	0.442
18:2	g	0.370	0	0.925	0.315
18:3	g	0.030	0	0.075	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.200	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	96	0	240	82
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.354	0	0.885	0.301
Threonine	g	1.380	0	3.450	1.173
Isoleucine	g	1.420	0	3.550	1.207
Leucine	g	2.497	0	6.242	2.122
Lysine	g	2.628	0	6.570	2.234
Methionine	g	0.809	0	2.022	0.688
Cystine	g	0.354	0	0.885	0.301
Phenylalanine	g	1.233	0	3.083	1.048
Tyrosine	g	1.061	0	2.652	0.902
Valine	g	1.536	0	3.840	1.306
Arginine	g	1.996	0	4.990	1.697
Histidine	g	1.082	0	2.705	0.920
Alanine	g	1.905	0	4.763	1.619
Aspartic acid	g	2.886	0	7.215	2.453
Glutamic acid	g	4.746	0	11.865	4.034
Glycine	g	1.723	0	4.308	1.465
Proline	g	1.395	0	3.487	1.186
Serine	g	1.208	0	3.020	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. 13681 Beef, round, eye of round, separable lean and fat, trimmed to 1/2" 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	64.61		0	18.32	293.07	
Energy	kcal	221		0	63	1002	
Energy	kj	925		0	262	4196	
Protein (N x 5.95)	g	19.91		0	5.64	90.31	
Total lipid (fat)	g	15.05		0	4.27	68.27	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00		0	0.28	4.54	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	1	23	
Iron	mg	1.36		0	0.39	6.17	
Magnesium	mg	21		0	6	95	
Phosphorus	mg	191		0	54	866	
Potassium	mg	340		0	96	1542	
Sodium	mg	50		0	14	227	
Zinc	mg	2.66		0	0.75	12.07	
Copper	mg	0.057		0	0.016	0.259	
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	0.088		0	0.025	0.399	
Riboflavin	mg	0.127		0	0.036	0.576	
Niacin	mg	3.394		0	0.962	15.395	
Pantothenic acid	mg	0.334		0	0.095	1.515	
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	6.270		0	1.778	28.441	
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	0.040		0	0.011	0.181	
12:0	g	0.030		0	0.009	0.136	
14:0	g	0.450		0	0.128	2.041	
15.0	g						
16:0	g	3.610		0	1.023	16.375	
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	6.740	0	1.911	30.573
14:1	g				
16:1	g	0.740	0	0.210	3.357
18:1	g	5.690	0	1.613	25.810
20:1	g	0.020	0	0.006	0.091
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.590	0	0.167	2.676
18:2	g	0.380	0	0.108	1.724
18:3	g	0.160	0	0.045	0.726
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	60	0	17	272
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.223	0	0.063	1.012
Threonine	g	0.870	0	0.247	3.946
Isoleucine	g	0.895	0	0.254	4.060
Leucine	g	1.573	0	0.446	7.135
Lysine	g	1.656	0	0.469	7.512
Methionine	g	0.510	0	0.145	2.313
Cystine	g	0.223	0	0.063	1.012
Phenylalanine	g	0.777	0	0.220	3.524
Tyrosine	g	0.669	0	0.190	3.035
Valine	g	0.968	0	0.274	4.391
Arginine	g	1.258	0	0.357	5.706
Histidine	g	0.682	0	0.193	3.094
Alanine	g	1.201	0	0.340	5.448
Aspartic acid	g	1.819	0	0.516	8.251
Glutamic acid	g	2.991	0	0.848	13.567
Glycine	g	1.086	0	0.308	4.926
Proline	g	0.879	0	0.249	3.987
Serine	g	0.761	0	0.216	3.452
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13682 Beef, round, eye of round, separable lean and fat, trimmed to 1/2" fat, prime, 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* 355g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.68		0	208.31	49.88	
Energy	kcal	250		0	888	213	
Energy	kj	1046		0	3713	889	
Protein (N x 5.95)	g	27.01		0	95.89	22.96	
Total lipid (fat)	g	14.95		0	53.07	12.71	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.13		0	4.01	0.96	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	21	5	
Iron	mg	1.85		0	6.57	1.57	
Magnesium	mg	25		0	89	21	
Phosphorus	mg	210		0	746	179	
Potassium	mg	366		0	1299	311	
Sodium	mg	59		0	209	50	
Zinc	mg	4.38		0	15.55	3.72	
Copper	mg	0.099		0	0.351	0.084	
Manganese	mg	0.015		0	0.053	0.013	
Selenium	:g	25.5		0	90.5	21.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.284	0.068	
Riboflavin	mg	0.162		0	0.575	0.138	
Niacin	mg	3.513		0	12.471	2.986	
Pantothenic acid	mg	0.423		0	1.502	0.360	
Vitamin B-6	mg	0.350		0	1.242	0.298	
Folate	:g	7		0	25	6	
Vitamin B-12	:g	2.11		0	7.49	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	6.020		0	21.371	5.117	
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	0.107	0.026	
12:0	g	0.030		0	0.107	0.026	
14:0	g	0.440		0	1.562	0.374	
15.0	g						
16:0	g	3.590		0	12.745	3.051	
17:0	g						
18:0	g	1.660		0	5.893	1.411	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.670	0	23.678	5.670
14:1	g				
16:1	g	0.610	0	2.165	0.518
18:1	g	5.780	0	20.519	4.913
20:1	g	0.020	0	0.071	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.540	0	1.917	0.459
18:2	g	0.370	0	1.313	0.315
18:3	g	0.130	0	0.462	0.111
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.107	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	72	0	256	61
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.302	0	1.072	0.257
Threonine	g	1.180	0	4.189	1.003
Isoleucine	g	1.214	0	4.310	1.032
Leucine	g	2.135	0	7.579	1.815
Lysine	g	2.247	0	7.977	1.910
Methionine	g	0.691	0	2.453	0.587
Cystine	g	0.302	0	1.072	0.257
Phenylalanine	g	1.054	0	3.742	0.896
Tyrosine	g	0.907	0	3.220	0.771
Valine	g	1.314	0	4.665	1.117
Arginine	g	1.707	0	6.060	1.451
Histidine	g	0.925	0	3.284	0.786
Alanine	g	1.629	0	5.783	1.385
Aspartic acid	g	2.467	0	8.758	2.097
Glutamic acid	g	4.057	0	14.402	3.448
Glycine	g	1.473	0	5.229	1.252
Proline	g	1.193	0	4.235	1.014
Serine	g	1.033	0	3.667	0.878
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13689 Beef, round, eye of round, separable lean only, trimmed to 1/2" fat, prime, raw

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* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	71.60		0	20.30	324.78	
Energy	kcal	149		0	42	676	
Energy	kj	623		0	177	2826	
Protein (N x 5.95)	g	21.75		0	6.17	98.66	
Total lipid (fat)	g	6.26		0	1.77	28.40	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.11		0	0.31	5.03	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	1	18	
Iron	mg	1.46		0	0.41	6.62	
Magnesium	mg	23		0	7	104	
Phosphorus	mg	210		0	60	953	
Potassium	mg	383		0	109	1737	
Sodium	mg	53		0	15	240	
Zinc	mg	2.92		0	0.83	13.25	
Copper	mg	0.061		0	0.017	0.277	
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	0.096		0	0.027	0.435	
Riboflavin	mg	0.136		0	0.039	0.617	
Niacin	mg	3.706		0	1.051	16.810	
Pantothenic acid	mg	0.365		0	0.103	1.656	
Vitamin B-6	mg	0.450		0	0.128	2.041	
Folate	:g	7		0	2	32	
Vitamin B-12	:g	3.20		0	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	2.280		0	0.646	10.342	
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	0.680	
15.0	g						
16:0	g	1.380		0	0.391	6.260	
17:0	g						
18:0	g	0.630		0	0.179	2.858	
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	0.250	0	0.071	1.134
18:1	g	2.350	0	0.666	10.660
20:1	g	0.010	0	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	0	0.060	0.953
18:3	g	0.010	0	0.003	0.045
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	54	0	15	245
Phytosterols	mg	0	0	0	0
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. 13690 Beef, round, eye of round, separable lean only, trimmed to 1/2" fat, prime, cooked, roasted

Refuse: 13% 2% 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* 317g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	63.53		0	201.39	54.00	
Energy	kcal	198		0	628	168	
Energy	kj	828		0	2625	704	
Protein (N x 5.95)	g	28.99		0	91.90	24.64	
Total lipid (fat)	g	8.25		0	26.15	7.01	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.21		0	3.84	1.03	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	16	4	
Iron	mg	1.95		0	6.18	1.66	
Magnesium	mg	27		0	86	23	
Phosphorus	mg	226		0	716	192	
Potassium	mg	395		0	1252	336	
Sodium	mg	62		0	197	53	
Zinc	mg	4.74		0	15.03	4.03	
Copper	mg	0.100		0	0.317	0.085	
Manganese	mg	0.016		0	0.051	0.014	
Selenium	:g	26.7		0	84.6	22.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.086		0	0.273	0.073	
Riboflavin	mg	0.171		0	0.542	0.145	
Niacin	mg	3.751		0	11.891	3.188	
Pantothenic acid	mg	0.456		0	1.446	0.388	
Vitamin B-6	mg	0.380		0	1.205	0.323	
Folate	:g	7		0	22	6	
Vitamin B-12	:g	2.17		0	6.88	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	3.160		0	10.017	2.686	
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	0.210		0	0.666	0.179	
15.0	g						
16:0	g	1.870		0	5.928	1.590	
17:0	g						
18:0	g	0.910		0	2.885	0.774	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.630	0	11.507	3.086
14:1	g				
16:1	g	0.300	0	0.951	0.255
18:1	g	3.200	0	10.144	2.720
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	0.919	0.247
18:2	g	0.220	0	0.697	0.187
18:3	g	0.020	0	0.063	0.017
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.095	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	0	219	59
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.325	0	1.030	0.276
Threonine	g	1.266	0	4.013	1.076
Isoleucine	g	1.303	0	4.131	1.108
Leucine	g	2.291	0	7.262	1.947
Lysine	g	2.412	0	7.646	2.050
Methionine	g	0.742	0	2.352	0.631
Cystine	g	0.325	0	1.030	0.276
Phenylalanine	g	1.132	0	3.588	0.962
Tyrosine	g	0.974	0	3.088	0.828
Valine	g	1.410	0	4.470	1.198
Arginine	g	1.832	0	5.807	1.557
Histidine	g	0.993	0	3.148	0.844
Alanine	g	1.749	0	5.544	1.487
Aspartic acid	g	2.648	0	8.394	2.251
Glutamic acid	g	4.355	0	13.805	3.702
Glycine	g	1.582	0	5.015	1.345
Proline	g	1.280	0	4.058	1.088
Serine	g	1.108	0	3.512	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. 13697 Beef, round, tip round, separable lean and fat, trimmed to 1/2" 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	64.01		0	18.15	290.35	
Energy	kcal	223		0	63	1012	
Energy	kj	933		0	265	4232	
Protein (N x 5.95)	g	19.14		0	5.43	86.82	
Total lipid (fat)	g	16.06		0	4.55	72.85	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.92		0	0.26	4.17	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	1	23	
Iron	mg	1.96		0	0.56	8.89	
Magnesium	mg	20		0	6	91	
Phosphorus	mg	188		0	53	853	
Potassium	mg	318		0	90	1442	
Sodium	mg	57		0	16	259	
Zinc	mg	4.27		0	1.21	19.37	
Copper	mg	0.074		0	0.021	0.336	
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	0.105		0	0.030	0.476	
Riboflavin	mg	0.176		0	0.050	0.798	
Niacin	mg	3.088		0	0.875	14.007	
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	2.95		0	0.84	13.38	
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	6.710		0	1.902	30.437	
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	0.030		0	0.009	0.136	
14:0	g	0.480		0	0.136	2.177	
15.0	g						
16:0	g	3.800		0	1.077	17.237	
17:0	g						
18:0	g	1.920		0	0.544	8.709	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.160	0	2.030	32.478
14:1	g				
16:1	g	0.770	0	0.218	3.493
18:1	g	6.070	0	1.721	27.534
20:1	g	0.020	0	0.006	0.091
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.660	0	0.187	2.994
18:2	g	0.420	0	0.119	1.905
18:3	g	0.170	0	0.048	0.771
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	66	0	19	299
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.214	0	0.061	0.971
Threonine	g	0.836	0	0.237	3.792
Isoleucine	g	0.860	0	0.244	3.901
Leucine	g	1.513	0	0.429	6.863
Lysine	g	1.592	0	0.451	7.221
Methionine	g	0.490	0	0.139	2.223
Cystine	g	0.214	0	0.061	0.971
Phenylalanine	g	0.747	0	0.212	3.388
Tyrosine	g	0.643	0	0.182	2.917
Valine	g	0.931	0	0.264	4.223
Arginine	g	1.209	0	0.343	5.484
Histidine	g	0.655	0	0.186	2.971
Alanine	g	1.154	0	0.327	5.235
Aspartic acid	g	1.748	0	0.496	7.929
Glutamic acid	g	2.875	0	0.815	13.041
Glycine	g	1.044	0	0.296	4.736
Proline	g	0.845	0	0.240	3.833
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. 13698 Beef, round, tip round, separable lean and fat, trimmed to 1/2" fat, prime, cooked, roasted

Refuse: 4% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 328g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.64		0	179.22	46.44	
Energy	kcal	284		0	932	241	
Energy	kj	1188		0	3897	1010	
Protein (N x 5.95)	g	25.96		0	85.15	22.07	
Total lipid (fat)	g	19.22		0	63.04	16.34	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.07		0	3.51	0.91	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	23	6	
Iron	mg	2.65		0	8.69	2.25	
Magnesium	mg	24		0	79	20	
Phosphorus	mg	216		0	708	184	
Potassium	mg	346		0	1135	294	
Sodium	mg	61		0	200	52	
Zinc	mg	6.21		0	20.37	5.28	
Copper	mg	0.119		0	0.390	0.101	
Manganese	mg	0.015		0	0.049	0.013	
Selenium	:g	26.2		0	85.9	22.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.088		0	0.289	0.075	
Riboflavin	mg	0.240		0	0.787	0.204	
Niacin	mg	3.407		0	11.175	2.896	
Pantothenic acid	mg	0.421		0	1.381	0.358	
Vitamin B-6	mg	0.360		0	1.181	0.306	
Folate	:g	7		0	23	6	
Vitamin B-12	:g	2.70		0	8.86	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	7.640		0	25.059	6.494	
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	0.570		0	1.870	0.484	
15.0	g						
16:0	g	4.490		0	14.727	3.817	
17:0	g						
18:0	g	2.170		0	7.118	1.844	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.350	0	27.388	7.098
14:1	g				
16:1	g	0.760	0	2.493	0.646
18:1	g	7.230	0	23.714	6.146
20:1	g	0.030	0	0.098	0.026
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.750	0	2.460	0.637
18:2	g	0.520	0	1.706	0.442
18:3	g	0.180	0	0.590	0.153
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	272	71
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.291	0	0.954	0.247
Threonine	g	1.134	0	3.720	0.964
Isoleucine	g	1.167	0	3.828	0.992
Leucine	g	2.052	0	6.731	1.744
Lysine	g	2.160	0	7.085	1.836
Methionine	g	0.665	0	2.181	0.565
Cystine	g	0.291	0	0.954	0.247
Phenylalanine	g	1.014	0	3.326	0.862
Tyrosine	g	0.872	0	2.860	0.741
Valine	g	1.263	0	4.143	1.074
Arginine	g	1.641	0	5.382	1.395
Histidine	g	0.889	0	2.916	0.756
Alanine	g	1.566	0	5.136	1.331
Aspartic acid	g	2.372	0	7.780	2.016
Glutamic acid	g	3.901	0	12.795	3.316
Glycine	g	1.417	0	4.648	1.204
Proline	g	1.147	0	3.762	0.975
Serine	g	0.993	0	3.257	0.844
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13706 Beef, round, tip round, separable lean only, trimmed to 1/2" fat, prime, cooked, roasted

Refuse: 19% 4% 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* 278g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.10		0	169.86	51.94	
Energy	kcal	213		0	592	181	
Energy	kj	891		0	2477	757	
Protein (N x 5.95)	g	28.71		0	79.81	24.40	
Total lipid (fat)	g	10.06		0	27.97	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	3.28	1.00	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	14	4	
Iron	mg	2.94		0	8.17	2.50	
Magnesium	mg	27		0	75	23	
Phosphorus	mg	242		0	673	206	
Potassium	mg	386		0	1073	328	
Sodium	mg	65		0	181	55	
Zinc	mg	7.07		0	19.65	6.01	
Copper	mg	0.125		0	0.348	0.106	
Manganese	mg	0.017		0	0.047	0.014	
Selenium	:g	27.6		0	76.7	23.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.098		0	0.272	0.083	
Riboflavin	mg	0.268		0	0.745	0.228	
Niacin	mg	3.740		0	10.397	3.179	
Pantothenic acid	mg	0.470		0	1.307	0.400	
Vitamin B-6	mg	0.400		0	1.112	0.340	
Folate	:g	8		0	22	7	
Vitamin B-12	:g	2.89		0	8.03	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	10.258	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	0.028	0.009	
14:0	g	0.250		0	0.695	0.213	
15.0	g						
16:0	g	2.110		0	5.866	1.793	
17:0	g						
18:0	g	1.150		0	3.197	0.977	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.140	0	11.509	3.519
14:1	g				
16:1	g	0.330	0	0.917	0.281
18:1	g	3.660	0	10.175	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	1.140	0.349
18:2	g	0.320	0	0.890	0.272
18:3	g	0.030	0	0.083	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.139	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	225	69
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.322	0	0.895	0.274
Threonine	g	1.254	0	3.486	1.066
Isoleucine	g	1.291	0	3.589	1.097
Leucine	g	2.269	0	6.308	1.929
Lysine	g	2.389	0	6.641	2.031
Methionine	g	0.735	0	2.043	0.625
Cystine	g	0.322	0	0.895	0.274
Phenylalanine	g	1.121	0	3.116	0.953
Tyrosine	g	0.965	0	2.683	0.820
Valine	g	1.397	0	3.884	1.187
Arginine	g	1.815	0	5.046	1.543
Histidine	g	0.983	0	2.733	0.836
Alanine	g	1.732	0	4.815	1.472
Aspartic acid	g	2.623	0	7.292	2.230
Glutamic acid	g	4.314	0	11.993	3.667
Glycine	g	1.567	0	4.356	1.332
Proline	g	1.268	0	3.525	1.078
Serine	g	1.098	0	3.052	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. 13714 Beef, round, top round, separable lean and fat, trimmed to 1/2" 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	67.26		0	19.07	305.09	
Energy	kcal	188		0	53	853	
Energy	kj	787		0	223	3570	
Protein (N x 5.95)	g	21.81		0	6.18	98.93	
Total lipid (fat)	g	10.56		0	2.99	47.90	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05		0	0.30	4.76	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	1	18	
Iron	mg	2.00		0	0.57	9.07	
Magnesium	mg	23		0	7	104	
Phosphorus	mg	209		0	59	948	
Potassium	mg	362		0	103	1642	
Sodium	mg	50		0	14	227	
Zinc	mg	2.75		0	0.78	12.47	
Copper	mg	0.078		0	0.022	0.354	
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	0.096		0	0.027	0.435	
Riboflavin	mg	0.180		0	0.051	0.816	
Niacin	mg	4.166		0	1.181	18.897	
Pantothenic acid	mg	0.346		0	0.098	1.569	
Vitamin B-6	mg	0.490		0	0.139	2.223	
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	4.280		0	1.213	19.414	
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	0.020		0	0.006	0.091	
14:0	g	0.290		0	0.082	1.315	
15.0	g						
16:0	g	2.420		0	0.686	10.977	
17:0	g						
18:0	g	1.220		0	0.346	5.534	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.520	0	1.281	20.503
14:1	g				
16:1	g	0.450	0	0.128	2.041
18:1	g	3.890	0	1.103	17.645
20:1	g	0.010	0	0.003	0.045
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.440	0	0.125	1.996
18:2	g	0.300	0	0.085	1.361
18:3	g	0.080	0	0.023	0.363
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	60	0	17	272
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.244	0	0.069	1.107
Threonine	g	0.953	0	0.270	4.323
Isoleucine	g	0.981	0	0.278	4.450
Leucine	g	1.724	0	0.489	7.820
Lysine	g	1.815	0	0.515	8.233
Methionine	g	0.558	0	0.158	2.531
Cystine	g	0.244	0	0.069	1.107
Phenylalanine	g	0.852	0	0.242	3.865
Tyrosine	g	0.733	0	0.208	3.325
Valine	g	1.061	0	0.301	4.813
Arginine	g	1.379	0	0.391	6.255
Histidine	g	0.747	0	0.212	3.388
Alanine	g	1.316	0	0.373	5.969
Aspartic acid	g	1.993	0	0.565	9.040
Glutamic acid	g	3.277	0	0.929	14.864
Glycine	g	1.190	0	0.337	5.398
Proline	g	0.963	0	0.273	4.368
Serine	g	0.834	0	0.236	3.783
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13715 Beef, round, top round, separable lean and fat, trimmed to 1/2" fat, prime, 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* 331g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.43		0	193.40	49.67	
Energy	kcal	237		0	784	201	
Energy	kj	992		0	3284	843	
Protein (N x 5.95)	g	30.73		0	101.72	26.12	
Total lipid (fat)	g	11.69		0	38.69	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	1.34		0	4.44	1.14	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	20	5	
Iron	mg	2.80		0	9.27	2.38	
Magnesium	mg	30		0	99	26	
Phosphorus	mg	238		0	788	202	
Potassium	mg	427		0	1413	363	
Sodium	mg	60		0	199	51	
Zinc	mg	5.38		0	17.81	4.57	
Copper	mg	0.121		0	0.401	0.103	
Manganese	mg	0.016		0	0.053	0.014	
Selenium	:g	27.8		0	92.0	23.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.114		0	0.377	0.097	
Riboflavin	mg	0.259		0	0.857	0.220	
Niacin	mg	5.830		0	19.297	4.955	
Pantothenic acid	mg	0.473		0	1.566	0.402	
Vitamin B-6	mg	0.540		0	1.787	0.459	
Folate	:g	11		0	36	9	
Vitamin B-12	:g	2.44		0	8.08	2.07	
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	4.320		0	14.299	3.672	
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	0.300		0	0.993	0.255	
15.0	g						
16:0	g	2.540		0	8.407	2.159	
17:0	g						
18:0	g	1.270		0	4.204	1.080	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.780	0	15.822	4.063
14:1	g				
16:1	g	0.400	0	1.324	0.340
18:1	g	4.190	0	13.869	3.562
20:1	g	0.010	0	0.033	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.520	0	1.721	0.442
18:2	g	0.360	0	1.192	0.306
18:3	g	0.070	0	0.232	0.060
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.199	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	85	0	281	72
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.344	0	1.139	0.292
Threonine	g	1.342	0	4.442	1.141
Isoleucine	g	1.381	0	4.571	1.174
Leucine	g	2.429	0	8.040	2.065
Lysine	g	2.556	0	8.460	2.173
Methionine	g	0.787	0	2.605	0.669
Cystine	g	0.344	0	1.139	0.292
Phenylalanine	g	1.200	0	3.972	1.020
Tyrosine	g	1.032	0	3.416	0.877
Valine	g	1.494	0	4.945	1.270
Arginine	g	1.942	0	6.428	1.651
Histidine	g	1.052	0	3.482	0.894
Alanine	g	1.853	0	6.133	1.575
Aspartic acid	g	2.807	0	9.291	2.386
Glutamic acid	g	4.616	0	15.279	3.924
Glycine	g	1.676	0	5.548	1.425
Proline	g	1.357	0	4.492	1.153
Serine	g	1.175	0	3.889	0.999
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13724 Beef, round, top round, separable lean only, trimmed to 1/2" fat, prime, cooked, broiled

Refuse: 7% 2% connective tissue, 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* 315g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.35		0	190.10	51.30	
Energy	kcal	215		0	677	183	
Energy	kj	900		0	2835	765	
Protein (N x 5.95)	g	31.69		0	99.82	26.94	
Total lipid (fat)	g	8.87		0	27.94	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	4.35	1.17	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	19	5	
Iron	mg	2.88		0	9.07	2.45	
Magnesium	mg	31		0	98	26	
Phosphorus	mg	246		0	775	209	
Potassium	mg	442		0	1392	376	
Sodium	mg	61		0	192	52	
Zinc	mg	5.57		0	17.55	4.73	
Copper	mg	0.123		0	0.387	0.105	
Manganese	mg	0.017		0	0.054	0.014	
Selenium	:g	28.1		0	88.5	23.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.118		0	0.372	0.100	
Riboflavin	mg	0.268		0	0.844	0.228	
Niacin	mg	6.037		0	19.017	5.131	
Pantothenic acid	mg	0.489		0	1.540	0.416	
Vitamin B-6	mg	0.560		0	1.764	0.476	
Folate	:g	12		0	38	10	
Vitamin B-12	:g	2.48		0	7.81	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	9.765	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	0.630	0.170	
15.0	g						
16:0	g	1.800		0	5.670	1.530	
17:0	g						
18:0	g	0.960		0	3.024	0.816	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.470	0	10.931	2.950
14:1	g				
16:1	g	0.270	0	0.851	0.230
18:1	g	3.080	0	9.702	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	1.323	0.357
18:2	g	0.300	0	0.945	0.255
18:3	g	0.030	0	0.094	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.189	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	265	71
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.355	0	1.118	0.302
Threonine	g	1.384	0	4.360	1.176
Isoleucine	g	1.425	0	4.489	1.211
Leucine	g	2.505	0	7.891	2.129
Lysine	g	2.637	0	8.307	2.241
Methionine	g	0.811	0	2.555	0.689
Cystine	g	0.355	0	1.118	0.302
Phenylalanine	g	1.237	0	3.897	1.051
Tyrosine	g	1.065	0	3.355	0.905
Valine	g	1.542	0	4.857	1.311
Arginine	g	2.003	0	6.309	1.703
Histidine	g	1.085	0	3.418	0.922
Alanine	g	1.912	0	6.023	1.625
Aspartic acid	g	2.896	0	9.122	2.462
Glutamic acid	g	4.762	0	15.000	4.048
Glycine	g	1.729	0	5.446	1.470
Proline	g	1.400	0	4.410	1.190
Serine	g	1.212	0	3.818	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. 13746 Beef, short loin, tenderloin, separable lean and fat, trimmed to 1/2" fat, prime, 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* 454g	Measure 2* 156g	Measure 3*
Proximates:							
Water	g	58.14		0	263.72	90.70	
Energy	kcal	288		0	1306	449	
Energy	kj	1205		0	5466	1880	
Protein (N x 5.95)	g	17.80		0	80.74	27.77	
Total lipid (fat)	g	23.55		0	106.82	36.74	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.86		0	3.90	1.34	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	32	11	
Iron	mg	2.29		0	10.39	3.57	
Magnesium	mg	19		0	86	30	
Phosphorus	mg	177		0	803	276	
Potassium	mg	296		0	1343	462	
Sodium	mg	48		0	218	75	
Zinc	mg	2.97		0	13.47	4.63	
Copper	mg	0.091		0	0.413	0.142	
Manganese	mg	0.012		0	0.054	0.019	
Selenium	:g	16.9		0	76.7	26.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.113		0	0.513	0.176	
Riboflavin	mg	0.204		0	0.925	0.318	
Niacin	mg	2.938		0	13.327	4.583	
Pantothenic acid	mg	0.298		0	1.352	0.465	
Vitamin B-6	mg	0.370		0	1.678	0.577	
Folate	:g	6		0	27	9	
Vitamin B-12	:g	2.56		0	11.61	3.99	
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	10.040		0	45.541	15.662	
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	0.363	0.125	
12:0	g	0.050		0	0.227	0.078	
14:0	g	0.730		0	3.311	1.139	
15.0	g						
16:0	g	5.670		0	25.719	8.845	
17:0	g						
18:0	g	2.980		0	13.517	4.649	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.360	0	46.993	16.162
14:1	g				
16:1	g	1.100	0	4.990	1.716
18:1	g	8.800	0	39.917	13.728
20:1	g	0.030	0	0.136	0.047
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.930	0	4.218	1.451
18:2	g	0.600	0	2.722	0.936
18:3	g	0.280	0	1.270	0.437
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.181	0.062
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	322	111
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.199	0	0.903	0.310
Threonine	g	0.778	0	3.529	1.214
Isoleucine	g	0.800	0	3.629	1.248
Leucine	g	1.407	0	6.382	2.195
Lysine	g	1.481	0	6.718	2.310
Methionine	g	0.456	0	2.068	0.711
Cystine	g	0.199	0	0.903	0.310
Phenylalanine	g	0.695	0	3.153	1.084
Tyrosine	g	0.598	0	2.713	0.933
Valine	g	0.866	0	3.928	1.351
Arginine	g	1.125	0	5.103	1.755
Histidine	g	0.609	0	2.762	0.950
Alanine	g	1.074	0	4.872	1.675
Aspartic acid	g	1.626	0	7.376	2.537
Glutamic acid	g	2.674	0	12.129	4.171
Glycine	g	0.971	0	4.404	1.515
Proline	g	0.786	0	3.565	1.226
Serine	g	0.681	0	3.089	1.062
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 steak

NDB No. 13747 Beef, short loin, tenderloin, separable lean and fat, trimmed to 1/2" fat, prime, cooked, broiled

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* 85g	Measure 2* 114g	Measure 3*
Proximates:							
Water	g	50.99		0	43.34	58.13	
Energy	kcal	318		0	270	363	
Energy	kj	1331		0	1131	1517	
Protein (N x 5.95)	g	24.89		0	21.16	28.37	
Total lipid (fat)	g	23.43		0	19.92	26.71	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.14		0	0.97	1.30	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	7	9	
Iron	mg	3.10		0	2.63	3.53	
Magnesium	mg	26		0	22	30	
Phosphorus	mg	207		0	176	236	
Potassium	mg	362		0	308	413	
Sodium	mg	59		0	50	67	
Zinc	mg	4.79		0	4.07	5.46	
Copper	mg	0.162		0	0.138	0.185	
Manganese	mg	0.015		0	0.013	0.017	
Selenium	:g	24.1		0	20.5	27.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.111		0	0.094	0.127	
Riboflavin	mg	0.258		0	0.219	0.294	
Niacin	mg	3.469		0	2.949	3.955	
Pantothenic acid	mg	0.334		0	0.284	0.381	
Vitamin B-6	mg	0.380		0	0.323	0.433	
Folate	:g	7		0	6	8	
Vitamin B-12	:g	2.39		0	2.03	2.72	
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	9.590		0	8.152	10.933	
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	0.068	
12:0	g	0.050		0	0.043	0.057	
14:0	g	0.710		0	0.603	0.809	
15.0	g						
16:0	g	5.540		0	4.709	6.316	
17:0	g						
18:0	g	2.810		0	2.389	3.203	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.970	0	8.475	11.366
14:1	g				
16:1	g	0.870	0	0.740	0.992
18:1	g	8.690	0	7.386	9.907
20:1	g	0.030	0	0.026	0.034
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.910	0	0.774	1.037
18:2	g	0.610	0	0.518	0.695
18:3	g	0.230	0	0.196	0.262
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.043	0.057
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	98
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.279	0	0.237	0.318
Threonine	g	1.087	0	0.924	1.239
Isoleucine	g	1.119	0	0.951	1.276
Leucine	g	1.967	0	1.672	2.242
Lysine	g	2.071	0	1.760	2.361
Methionine	g	0.637	0	0.541	0.726
Cystine	g	0.279	0	0.237	0.318
Phenylalanine	g	0.972	0	0.826	1.108
Tyrosine	g	0.836	0	0.711	0.953
Valine	g	1.211	0	1.029	1.381
Arginine	g	1.573	0	1.337	1.793
Histidine	g	0.852	0	0.724	0.971
Alanine	g	1.501	0	1.276	1.711
Aspartic acid	g	2.274	0	1.933	2.592
Glutamic acid	g	3.739	0	3.178	4.262
Glycine	g	1.358	0	1.154	1.548
Proline	g	1.099	0	0.934	1.253
Serine	g	0.952	0	0.809	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: 3 oz

Measure 2: 1 raw steak with refuse, 162 g; yields excluding refuse

NDB No. 13748 Beef, short loin, tenderloin, separable lean and fat, trimmed to 1/2" fat, prime, 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* 85g	Measure 2* 116g	Measure 3*
Proximates:							
Water	g	46.93		0	39.89	54.44	
Energy	kcal	358		0	304	415	
Energy	kj	1498		0	1273	1738	
Protein (N x 5.95)	g	23.44		0	19.92	27.19	
Total lipid (fat)	g	28.65		0	24.35	33.23	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99		0	0.84	1.15	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	8	10	
Iron	mg	3.03		0	2.58	3.51	
Magnesium	mg	22		0	19	26	
Phosphorus	mg	197		0	167	229	
Potassium	mg	326		0	277	378	
Sodium	mg	55		0	47	64	
Zinc	mg	4.25		0	3.61	4.93	
Copper	mg	0.147		0	0.125	0.171	
Manganese	mg	0.014		0	0.012	0.016	
Selenium	:g	22.8		0	19.4	26.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.087		0	0.074	0.101	
Riboflavin	mg	0.264		0	0.224	0.306	
Niacin	mg	2.943		0	2.502	3.414	
Pantothenic acid	mg	0.379		0	0.322	0.440	
Vitamin B-6	mg	0.320		0	0.272	0.371	
Folate	:g	7		0	6	8	
Vitamin B-12	:g	2.49		0	2.12	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	11.740		0	9.979	13.618	
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	0.060	0.081	
12:0	g	0.070		0	0.060	0.081	
14:0	g	0.870		0	0.740	1.009	
15.0	g						
16:0	g	6.790		0	5.771	7.876	
17:0	g						
18:0	g	3.430		0	2.916	3.979	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.230	0	10.396	14.187
14:1	g				
16:1	g	1.070	0	0.910	1.241
18:1	g	10.640	0	9.044	12.342
20:1	g	0.040	0	0.034	0.046
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.110	0	0.944	1.288
18:2	g	0.750	0	0.637	0.870
18:3	g	0.280	0	0.238	0.325
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.043	0.058
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	75	102
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.262	0	0.223	0.304
Threonine	g	1.023	0	0.870	1.187
Isoleucine	g	1.053	0	0.895	1.221
Leucine	g	1.852	0	1.574	2.148
Lysine	g	1.949	0	1.657	2.261
Methionine	g	0.600	0	0.510	0.696
Cystine	g	0.262	0	0.223	0.304
Phenylalanine	g	0.915	0	0.778	1.061
Tyrosine	g	0.787	0	0.669	0.913
Valine	g	1.140	0	0.969	1.322
Arginine	g	1.481	0	1.259	1.718
Histidine	g	0.802	0	0.682	0.930
Alanine	g	1.413	0	1.201	1.639
Aspartic acid	g	2.141	0	1.820	2.484
Glutamic acid	g	3.520	0	2.992	4.083
Glycine	g	1.278	0	1.086	1.482
Proline	g	1.035	0	0.880	1.201
Serine	g	0.896	0	0.762	1.039
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: 3 oz

Measure 2: 1 raw steak with refuse, 162 g; yields excluding refuse

NDB No. 13759 Beef, short loin, tenderloin, separable lean only, trimmed to 1/2" fat, prime, cooked, broiled

Refuse: 29% 4% 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* 92g	Measure 3*
Proximates:							
Water	g	58.65		0	49.85	53.96	
Energy	kcal	232		0	197	213	
Energy	kj	971		0	825	893	
Protein (N x 5.95)	g	28.25		0	24.01	25.99	
Total lipid (fat)	g	12.36		0	10.51	11.37	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30		0	1.10	1.20	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	6	6	
Iron	mg	3.58		0	3.04	3.29	
Magnesium	mg	30		0	26	28	
Phosphorus	mg	238		0	202	219	
Potassium	mg	419		0	356	385	
Sodium	mg	63		0	54	58	
Zinc	mg	5.59		0	4.75	5.14	
Copper	mg	0.179		0	0.152	0.165	
Manganese	mg	0.017		0	0.014	0.016	
Selenium	:g	24.4		0	20.7	22.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.111	0.120	
Riboflavin	mg	0.298		0	0.253	0.274	
Niacin	mg	3.922		0	3.334	3.608	
Pantothenic acid	mg	0.378		0	0.321	0.348	
Vitamin B-6	mg	0.440		0	0.374	0.405	
Folate	:g	7		0	6	6	
Vitamin B-12	:g	2.57		0	2.18	2.36	
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	4.444	
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	0.009	
12:0	g	0.010		0	0.009	0.009	
14:0	g	0.320		0	0.272	0.294	
15.0	g						
16:0	g	2.650		0	2.252	2.438	
17:0	g						
18:0	g	1.620		0	1.377	1.490	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.810	0	4.088	4.425
14:1	g				
16:1	g	0.330	0	0.281	0.304
18:1	g	4.330	0	3.681	3.984
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	0.451
18:2	g	0.380	0	0.323	0.350
18:3	g	0.030	0	0.026	0.028
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.051	0.055
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	77
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.316	0	0.269	0.291
Threonine	g	1.234	0	1.049	1.135
Isoleucine	g	1.270	0	1.080	1.168
Leucine	g	2.233	0	1.898	2.054
Lysine	g	2.350	0	1.998	2.162
Methionine	g	0.723	0	0.615	0.665
Cystine	g	0.316	0	0.269	0.291
Phenylalanine	g	1.103	0	0.938	1.015
Tyrosine	g	0.949	0	0.807	0.873
Valine	g	1.374	0	1.168	1.264
Arginine	g	1.785	0	1.517	1.642
Histidine	g	0.967	0	0.822	0.890
Alanine	g	1.704	0	1.448	1.568
Aspartic acid	g	2.581	0	2.194	2.375
Glutamic acid	g	4.244	0	3.607	3.904
Glycine	g	1.541	0	1.310	1.418
Proline	g	1.248	0	1.061	1.148
Serine	g	1.080	0	0.918	0.994
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: 3 oz

Measure 2: 1 raw steak with refuse, 162 g; yields excluding refuse

NDB No. 13760 Beef, short loin, tenderloin, separable lean only, trimmed to 1/2" fat, prime, cooked, roasted

Refuse: 29% 6% connective tissue, 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* 85g	Measure 2* 88g	Measure 3*
Proximates:							
Water	g	56.03		0	47.63	49.31	
Energy	kcal	255		0	217	224	
Energy	kj	1067		0	907	939	
Protein (N x 5.95)	g	27.54		0	23.41	24.24	
Total lipid (fat)	g	15.27		0	12.98	13.44	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.16		0	0.99	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	6	6	
Iron	mg	3.66		0	3.11	3.22	
Magnesium	mg	27		0	23	24	
Phosphorus	mg	236		0	201	208	
Potassium	mg	393		0	334	346	
Sodium	mg	59		0	50	52	
Zinc	mg	5.17		0	4.39	4.55	
Copper	mg	0.167		0	0.142	0.147	
Manganese	mg	0.016		0	0.014	0.014	
Selenium	:g	23.7		0	20.1	20.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.105		0	0.089	0.092	
Riboflavin	mg	0.320		0	0.272	0.282	
Niacin	mg	3.390		0	2.882	2.983	
Pantothenic acid	mg	0.453		0	0.385	0.399	
Vitamin B-6	mg	0.380		0	0.323	0.334	
Folate	:g	8		0	7	7	
Vitamin B-12	:g	2.77		0	2.35	2.44	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.140		0	0.119	0.123	
Lipids:							
Saturated, total	g	5.970		0	5.074	5.254	
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	0.009	
12:0	g	0.010		0	0.009	0.009	
14:0	g	0.400		0	0.340	0.352	
15.0	g						
16:0	g	3.270		0	2.780	2.878	
17:0	g						
18:0	g	2.000		0	1.700	1.760	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.940	0	5.049	5.227
14:1	g				
16:1	g	0.410	0	0.349	0.361
18:1	g	5.340	0	4.539	4.699
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	0.510	0.528
18:2	g	0.470	0	0.400	0.414
18:3	g	0.040	0	0.034	0.035
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.060	0.062
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	76
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.308	0	0.262	0.271
Threonine	g	1.203	0	1.023	1.059
Isoleucine	g	1.238	0	1.052	1.089
Leucine	g	2.177	0	1.850	1.916
Lysine	g	2.291	0	1.947	2.016
Methionine	g	0.705	0	0.599	0.620
Cystine	g	0.308	0	0.262	0.271
Phenylalanine	g	1.075	0	0.914	0.946
Tyrosine	g	0.925	0	0.786	0.814
Valine	g	1.339	0	1.138	1.178
Arginine	g	1.740	0	1.479	1.531
Histidine	g	0.943	0	0.802	0.830
Alanine	g	1.661	0	1.412	1.462
Aspartic acid	g	2.516	0	2.139	2.214
Glutamic acid	g	4.137	0	3.516	3.641
Glycine	g	1.502	0	1.277	1.322
Proline	g	1.216	0	1.034	1.070
Serine	g	1.053	0	0.895	0.927
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of 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, 162 g; yields excluding refuse

NDB No. 13767 Beef, short loin, top loin, separable lean and fat, trimmed to 1/2" 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* 304g	Measure 3*
Proximates:							
Water	g	54.42		0	246.85	165.44	
Energy	kcal	322		0	1461	979	
Energy	kj	1347		0	6110	4095	
Protein (N x 5.95)	g	17.87		0	81.06	54.32	
Total lipid (fat)	g	27.27		0	123.70	82.90	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.72		0	3.27	2.19	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	32	21	
Iron	mg	1.50		0	6.80	4.56	
Magnesium	mg	17		0	77	52	
Phosphorus	mg	153		0	694	465	
Potassium	mg	271		0	1229	824	
Sodium	mg	51		0	231	155	
Zinc	mg	2.91		0	13.20	8.85	
Copper	mg	0.066		0	0.299	0.201	
Manganese	mg	0.012		0	0.054	0.036	
Selenium	:g	16.7		0	75.8	50.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.081		0	0.367	0.246	
Riboflavin	mg	0.129		0	0.585	0.392	
Niacin	mg	3.618		0	16.411	10.999	
Pantothenic acid	mg	0.299		0	1.356	0.909	
Vitamin B-6	mg	0.370		0	1.678	1.125	
Folate	:g	6		0	27	18	
Vitamin B-12	:g	2.61		0	11.84	7.93	
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	11.690		0	53.026	35.538	
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	0.408	0.274	
12:0	g	0.060		0	0.272	0.182	
14:0	g	0.890		0	4.037	2.706	
15.0	g						
16:0	g	6.720		0	30.482	20.429	
17:0	g						
18:0	g	3.320		0	15.060	10.093	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.390	0	56.201	37.666
14:1	g				
16:1	g	1.350	0	6.124	4.104
18:1	g	10.450	0	47.401	31.768
20:1	g	0.040	0	0.181	0.122
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.990	0	4.491	3.010
18:2	g	0.630	0	2.858	1.915
18:3	g	0.310	0	1.406	0.942
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.136	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	70	0	318	213
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.200	0	0.907	0.608
Threonine	g	0.780	0	3.538	2.371
Isoleucine	g	0.803	0	3.642	2.441
Leucine	g	1.412	0	6.405	4.292
Lysine	g	1.486	0	6.740	4.517
Methionine	g	0.457	0	2.073	1.389
Cystine	g	0.200	0	0.907	0.608
Phenylalanine	g	0.697	0	3.162	2.119
Tyrosine	g	0.600	0	2.722	1.824
Valine	g	0.869	0	3.942	2.642
Arginine	g	1.129	0	5.121	3.432
Histidine	g	0.612	0	2.776	1.860
Alanine	g	1.077	0	4.885	3.274
Aspartic acid	g	1.632	0	7.403	4.961
Glutamic acid	g	2.684	0	12.175	8.159
Glycine	g	0.975	0	4.423	2.964
Proline	g	0.789	0	3.579	2.399
Serine	g	0.683	0	3.098	2.076
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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, 320 g; yields excluding refuse

NDB No. 13768 Beef, short loin, top loin, separable lean and fat, trimmed to 1/2" 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* 228g	Measure 3*
Proximates:							
Water	g	48.76		0	41.45	111.17	
Energy	kcal	339		0	288	773	
Energy	kj	1418		0	1205	3233	
Protein (N x 5.95)	g	24.72		0	21.01	56.36	
Total lipid (fat)	g	25.91		0	22.02	59.07	
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	0.87	2.33	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	8	21	
Iron	mg	2.17		0	1.84	4.95	
Magnesium	mg	23		0	20	52	
Phosphorus	mg	187		0	159	426	
Potassium	mg	336		0	286	766	
Sodium	mg	62		0	53	141	
Zinc	mg	4.39		0	3.73	10.01	
Copper	mg	0.103		0	0.088	0.235	
Manganese	mg	0.014		0	0.012	0.032	
Selenium	:g	24.3		0	20.7	55.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.077		0	0.065	0.176	
Riboflavin	mg	0.174		0	0.148	0.397	
Niacin	mg	4.519		0	3.841	10.303	
Pantothenic acid	mg	0.319		0	0.271	0.727	
Vitamin B-6	mg	0.360		0	0.306	0.821	
Folate	:g	7		0	6	16	
Vitamin B-12	:g	1.92		0	1.63	4.38	
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	10.720		0	9.112	24.442	
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	0.137	
12:0	g	0.060		0	0.051	0.137	
14:0	g	0.820		0	0.697	1.870	
15.0	g						
16:0	g	6.280		0	5.338	14.318	
17:0	g						
18:0	g	3.030		0	2.575	6.908	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.350	0	9.648	25.878
14:1	g				
16:1	g	1.020	0	0.867	2.326
18:1	g	9.830	0	8.355	22.412
20:1	g	0.040	0	0.034	0.091
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.950	0	0.808	2.166
18:2	g	0.630	0	0.536	1.436
18:3	g	0.250	0	0.213	0.570
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.043	0.114
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	68	182
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.277	0	0.235	0.632
Threonine	g	1.080	0	0.918	2.462
Isoleucine	g	1.111	0	0.944	2.533
Leucine	g	1.954	0	1.661	4.455
Lysine	g	2.057	0	1.748	4.690
Methionine	g	0.633	0	0.538	1.443
Cystine	g	0.277	0	0.235	0.632
Phenylalanine	g	0.965	0	0.820	2.200
Tyrosine	g	0.831	0	0.706	1.895
Valine	g	1.202	0	1.022	2.741
Arginine	g	1.562	0	1.328	3.561
Histidine	g	0.846	0	0.719	1.929
Alanine	g	1.491	0	1.267	3.399
Aspartic acid	g	2.258	0	1.919	5.148
Glutamic acid	g	3.714	0	3.157	8.468
Glycine	g	1.349	0	1.147	3.076
Proline	g	1.092	0	0.928	2.490
Serine	g	0.945	0	0.803	2.155
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of 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, 320 g; yields excluding refuse

NDB No. 13776 Beef, short loin, top loin, separable lean only, trimmed to 1/2" fat, prime, cooked, broiled

Refuse: 28% 8% connective tissue, 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* 85g	Measure 2* 179g	Measure 3*
Proximates:							
Water	g	57.12		0	48.55	102.24	
Energy	kcal	245		0	208	439	
Energy	kj	1025		0	871	1835	
Protein (N x 5.95)	g	28.62		0	24.33	51.23	
Total lipid (fat)	g	13.61		0	11.57	24.36	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.17		0	0.99	2.09	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	7	14	
Iron	mg	2.47		0	2.10	4.42	
Magnesium	mg	27		0	23	48	
Phosphorus	mg	218		0	185	390	
Potassium	mg	396		0	337	709	
Sodium	mg	68		0	58	122	
Zinc	mg	5.22		0	4.44	9.34	
Copper	mg	0.107		0	0.091	0.192	
Manganese	mg	0.016		0	0.014	0.029	
Selenium	:g	22.8		0	19.4	40.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.077	0.161	
Riboflavin	mg	0.198		0	0.168	0.354	
Niacin	mg	5.341		0	4.540	9.560	
Pantothenic acid	mg	0.366		0	0.311	0.655	
Vitamin B-6	mg	0.420		0	0.357	0.752	
Folate	:g	8		0	7	14	
Vitamin B-12	:g	2.00		0	1.70	3.58	
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	5.450		0	4.633	9.756	
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	0.018	
12:0	g	0.010		0	0.009	0.018	
14:0	g	0.400		0	0.340	0.716	
15.0	g						
16:0	g	3.100		0	2.635	5.549	
17:0	g						
18:0	g	1.690		0	1.437	3.025	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.670	0	4.819	10.149
14:1	g				
16:1	g	0.440	0	0.374	0.788
18:1	g	5.030	0	4.276	9.004
20:1	g	0.010	0	0.009	0.018
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.470	0	0.400	0.841
18:2	g	0.350	0	0.298	0.626
18:3	g	0.030	0	0.026	0.054
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.051	0.107
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	136
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.321	0	0.273	0.575
Threonine	g	1.250	0	1.063	2.237
Isoleucine	g	1.287	0	1.094	2.304
Leucine	g	2.262	0	1.923	4.049
Lysine	g	2.381	0	2.024	4.262
Methionine	g	0.733	0	0.623	1.312
Cystine	g	0.321	0	0.273	0.575
Phenylalanine	g	1.117	0	0.949	1.999
Tyrosine	g	0.962	0	0.818	1.722
Valine	g	1.392	0	1.183	2.492
Arginine	g	1.809	0	1.538	3.238
Histidine	g	0.980	0	0.833	1.754
Alanine	g	1.726	0	1.467	3.090
Aspartic acid	g	2.615	0	2.223	4.681
Glutamic acid	g	4.300	0	3.655	7.697
Glycine	g	1.561	0	1.327	2.794
Proline	g	1.264	0	1.074	2.263
Serine	g	1.094	0	0.930	1.958
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of 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, 320 g; yields excluding refuse

NDB No. 13795 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 12% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	62.02		0	17.58	281.32	
Energy	kcal	234		0	66	1061	
Energy	kj	979		0	278	4441	
Protein (N x 5.95)	g	18.68		0	5.30	84.73	
Total lipid (fat)	g	17.15		0	4.86	77.79	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.91		0	0.26	4.13	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	1.91		0	0.54	8.66	
Magnesium	mg	19		0	5	86	
Phosphorus	mg	177		0	50	803	
Potassium	mg	306		0	87	1388	
Sodium	mg	58		0	16	263	
Zinc	mg	3.75		0	1.06	17.01	
Copper	mg	0.071		0	0.020	0.322	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	:g	14.0		0	4.0	63.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.028	0.454	
Riboflavin	mg	0.160		0	0.045	0.726	
Niacin	mg	3.230		0	0.916	14.651	
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	2.95		0	0.84	13.38	
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	6.910		0	1.959	31.344	
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	0.540		0	0.153	2.449	
15.0	g						
16:0	g	4.170		0	1.182	18.915	
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	7.420	0	2.104	33.657
14:1	g				
16:1	g	0.850	0	0.241	3.856
18:1	g	6.550	0	1.857	29.711
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	66	0	19	299
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.209	0	0.059	0.948
Threonine	g	0.816	0	0.231	3.701
Isoleucine	g	0.840	0	0.238	3.810
Leucine	g	1.477	0	0.419	6.700
Lysine	g	1.555	0	0.441	7.053
Methionine	g	0.478	0	0.136	2.168
Cystine	g	0.209	0	0.059	0.948
Phenylalanine	g	0.729	0	0.207	3.307
Tyrosine	g	0.628	0	0.178	2.849
Valine	g	0.909	0	0.258	4.123
Arginine	g	1.181	0	0.335	5.357
Histidine	g	0.640	0	0.181	2.903
Alanine	g	1.127	0	0.320	5.112
Aspartic acid	g	1.707	0	0.484	7.743
Glutamic acid	g	2.807	0	0.796	12.733
Glycine	g	1.019	0	0.289	4.622
Proline	g	0.825	0	0.234	3.742
Serine	g	0.715	0	0.203	3.243
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13796 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked

Refuse: 13% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 285g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	52.77		0	150.39	44.85	
Energy	kcal	291		0	829	247	
Energy	kj	1218		0	3471	1035	
Protein (N x 5.95)	g	26.42		0	75.30	22.46	
Total lipid (fat)	g	19.71		0	56.17	16.75	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.09		0	3.11	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	26	8	
Iron	mg	2.68		0	7.64	2.28	
Magnesium	mg	23		0	66	20	
Phosphorus	mg	208		0	593	177	
Potassium	mg	319		0	909	271	
Sodium	mg	63		0	180	54	
Zinc	mg	6.00		0	17.10	5.10	
Copper	mg	0.112		0	0.319	0.095	
Manganese	mg	0.015		0	0.043	0.013	
Selenium	:g	19.8		0	56.4	16.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.257	0.077	
Riboflavin	mg	0.220		0	0.627	0.187	
Niacin	mg	3.720		0	10.602	3.162	
Pantothenic acid	mg	0.360		0	1.026	0.306	
Vitamin B-6	mg	0.340		0	0.969	0.289	
Folate	:g	7		0	20	6	
Vitamin B-12	:g	2.47		0	7.04	2.10	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.190		0	0.542	0.161	
Lipids:							
Saturated, total	g	7.770		0	22.144	6.604	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.142	0.043	
12:0	g	0.050		0	0.142	0.043	
14:0	g	0.620		0	1.767	0.527	
15.0	g						
16:0	g	4.760		0	13.566	4.046	
17:0	g						
18:0	g	2.290		0	6.526	1.947	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.460	0	24.111	7.191
14:1	g				
16:1	g	0.800	0	2.280	0.680
18:1	g	7.620	0	21.717	6.477
20:1	g	0.030	0	0.086	0.026
22.1	g				
Polyunsaturated, total	g	0.710	0	2.023	0.603
18:2	g	0.490	0	1.397	0.417
18:3	g	0.190	0	0.542	0.161
18:4	g				
20:4	g	0.030	0	0.086	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	87	0	248	74
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.296	0	0.844	0.252
Threonine	g	1.154	0	3.289	0.981
Isoleucine	g	1.188	0	3.386	1.010
Leucine	g	2.088	0	5.951	1.775
Lysine	g	2.198	0	6.264	1.868
Methionine	g	0.676	0	1.927	0.575
Cystine	g	0.296	0	0.844	0.252
Phenylalanine	g	1.031	0	2.938	0.876
Tyrosine	g	0.888	0	2.531	0.755
Valine	g	1.285	0	3.662	1.092
Arginine	g	1.669	0	4.757	1.419
Histidine	g	0.904	0	2.576	0.768
Alanine	g	1.593	0	4.540	1.354
Aspartic acid	g	2.413	0	6.877	2.051
Glutamic acid	g	3.969	0	11.312	3.374
Glycine	g	1.441	0	4.107	1.225
Proline	g	1.167	0	3.326	0.992
Serine	g	1.010	0	2.879	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. 13797 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 12% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	61.34		0	17.39	278.24	
Energy	kcal	243		0	69	1102	
Energy	kj	1017		0	288	4613	
Protein (N x 5.95)	g	18.57		0	5.26	84.23	
Total lipid (fat)	g	18.19		0	5.16	82.51	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90		0	0.26	4.08	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	1.89		0	0.54	8.57	
Magnesium	mg	19		0	5	86	
Phosphorus	mg	176		0	50	798	
Potassium	mg	304		0	86	1379	
Sodium	mg	57		0	16	259	
Zinc	mg	3.72		0	1.05	16.87	
Copper	mg	0.071		0	0.020	0.322	
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	0.090		0	0.026	0.408	
Riboflavin	mg	0.160		0	0.045	0.726	
Niacin	mg	3.210		0	0.910	14.561	
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	2.93		0	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	0.180		0	0.051	0.816	
Lipids:							
Saturated, total	g	7.320		0	2.075	33.204	
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	4.420		0	1.253	20.049	
17:0	g						
18:0	g	2.220		0	0.629	10.070	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.880	0	2.234	35.744
14:1	g				
16:1	g	0.900	0	0.255	4.082
18:1	g	6.950	0	1.970	31.525
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.670	0	0.190	3.039
18:2	g	0.440	0	0.125	1.996
18:3	g	0.200	0	0.057	0.907
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	0.208	0	0.059	0.943
Threonine	g	0.811	0	0.230	3.679
Isoleucine	g	0.835	0	0.237	3.788
Leucine	g	1.467	0	0.416	6.654
Lysine	g	1.545	0	0.438	7.008
Methionine	g	0.475	0	0.135	2.155
Cystine	g	0.208	0	0.059	0.943
Phenylalanine	g	0.725	0	0.206	3.289
Tyrosine	g	0.624	0	0.177	2.830
Valine	g	0.903	0	0.256	4.096
Arginine	g	1.173	0	0.333	5.321
Histidine	g	0.636	0	0.180	2.885
Alanine	g	1.120	0	0.318	5.080
Aspartic acid	g	1.696	0	0.481	7.693
Glutamic acid	g	2.789	0	0.791	12.651
Glycine	g	1.013	0	0.287	4.595
Proline	g	0.820	0	0.232	3.720
Serine	g	0.710	0	0.201	3.221
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13798 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked

Refuse: 13% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 285g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	52.03		0	148.29	44.23	
Energy	kcal	301		0	858	256	
Energy	kj	1259		0	3588	1070	
Protein (N x 5.95)	g	26.21		0	74.70	22.28	
Total lipid (fat)	g	20.91		0	59.59	17.77	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08		0	3.08	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	26	8	
Iron	mg	2.66		0	7.58	2.26	
Magnesium	mg	23		0	66	20	
Phosphorus	mg	206		0	587	175	
Potassium	mg	317		0	903	269	
Sodium	mg	62		0	177	53	
Zinc	mg	5.93		0	16.90	5.04	
Copper	mg	0.111		0	0.316	0.094	
Manganese	mg	0.015		0	0.043	0.013	
Selenium	:g	23.9		0	68.1	20.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.257	0.077	
Riboflavin	mg	0.220		0	0.627	0.187	
Niacin	mg	3.700		0	10.545	3.145	
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	2.46		0	7.01	2.09	
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	8.240		0	23.484	7.004	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.142	0.043	
12:0	g	0.050		0	0.142	0.043	
14:0	g	0.650		0	1.853	0.553	
15.0	g						
16:0	g	5.040		0	14.364	4.284	
17:0	g						
18:0	g	2.430		0	6.926	2.066	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.970	0	25.565	7.625
14:1	g				
16:1	g	0.850	0	2.422	0.723
18:1	g	8.080	0	23.028	6.868
20:1	g	0.030	0	0.086	0.026
22.1	g				
Polyunsaturated, total	g	0.750	0	2.138	0.637
18:2	g	0.510	0	1.454	0.434
18:3	g	0.210	0	0.598	0.179
18:4	g				
20:4	g	0.030	0	0.086	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	87	0	248	74
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.294	0	0.838	0.250
Threonine	g	1.145	0	3.263	0.973
Isoleucine	g	1.179	0	3.360	1.002
Leucine	g	2.072	0	5.905	1.761
Lysine	g	2.181	0	6.216	1.854
Methionine	g	0.671	0	1.912	0.570
Cystine	g	0.294	0	0.838	0.250
Phenylalanine	g	1.023	0	2.916	0.870
Tyrosine	g	0.881	0	2.511	0.749
Valine	g	1.275	0	3.634	1.084
Arginine	g	1.657	0	4.722	1.408
Histidine	g	0.898	0	2.559	0.763
Alanine	g	1.581	0	4.506	1.344
Aspartic acid	g	2.395	0	6.826	2.036
Glutamic acid	g	3.938	0	11.223	3.347
Glycine	g	1.430	0	4.075	1.216
Proline	g	1.158	0	3.300	0.984
Serine	g	1.002	0	2.856	0.852
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13799 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw

Refuse: 11% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	63.03		0	17.87	285.90	
Energy	kcal	223		0	63	1012	
Energy	kj	933		0	265	4232	
Protein (N x 5.95)	g	18.87		0	5.35	85.59	
Total lipid (fat)	g	15.75		0	4.47	71.44	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.93		0	0.26	4.22	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	1.92		0	0.54	8.71	
Magnesium	mg	19		0	5	86	
Phosphorus	mg	178		0	50	807	
Potassium	mg	309		0	88	1402	
Sodium	mg	58		0	16	263	
Zinc	mg	3.79		0	1.07	17.19	
Copper	mg	0.071		0	0.020	0.322	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	:g	14.6		0	4.1	66.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.028	0.454	
Riboflavin	mg	0.160		0	0.045	0.726	
Niacin	mg	3.250		0	0.921	14.742	
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	2.97		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	0.170		0	0.048	0.771	
Lipids:							
Saturated, total	g	6.370		0	1.806	28.894	
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	0.500		0	0.142	2.268	
15.0	g						
16:0	g	3.840		0	1.089	17.418	
17:0	g						
18:0	g	1.930		0	0.547	8.754	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.820	0	1.933	30.936
14:1	g				
16:1	g	0.780	0	0.221	3.538
18:1	g	6.010	0	1.704	27.261
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.580	0	0.164	2.631
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	0.020	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	0.211	0	0.060	0.957
Threonine	g	0.824	0	0.234	3.738
Isoleucine	g	0.848	0	0.240	3.847
Leucine	g	1.491	0	0.423	6.763
Lysine	g	1.570	0	0.445	7.122
Methionine	g	0.483	0	0.137	2.191
Cystine	g	0.211	0	0.060	0.957
Phenylalanine	g	0.737	0	0.209	3.343
Tyrosine	g	0.634	0	0.180	2.876
Valine	g	0.918	0	0.260	4.164
Arginine	g	1.192	0	0.338	5.407
Histidine	g	0.646	0	0.183	2.930
Alanine	g	1.138	0	0.323	5.162
Aspartic acid	g	1.724	0	0.489	7.820
Glutamic acid	g	2.834	0	0.803	12.855
Glycine	g	1.029	0	0.292	4.668
Proline	g	0.833	0	0.236	3.778
Serine	g	0.721	0	0.204	3.270
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13800 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked

Refuse: 13% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 286g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.73		0	153.67	45.67	
Energy	kcal	278		0	795	236	
Energy	kj	1163		0	3326	989	
Protein (N x 5.95)	g	26.63		0	76.16	22.64	
Total lipid (fat)	g	18.21		0	52.08	15.48	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.09		0	3.12	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	26	8	
Iron	mg	2.70		0	7.72	2.30	
Magnesium	mg	23		0	66	20	
Phosphorus	mg	209		0	598	178	
Potassium	mg	321		0	918	273	
Sodium	mg	63		0	180	54	
Zinc	mg	6.07		0	17.36	5.16	
Copper	mg	0.113		0	0.323	0.096	
Manganese	mg	0.015		0	0.043	0.013	
Selenium	:g	20.7		0	59.2	17.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.257	0.077	
Riboflavin	mg	0.220		0	0.629	0.187	
Niacin	mg	3.740		0	10.696	3.179	
Pantothenic acid	mg	0.360		0	1.030	0.306	
Vitamin B-6	mg	0.340		0	0.972	0.289	
Folate	:g	8		0	23	7	
Vitamin B-12	:g	2.48		0	7.09	2.11	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.190		0	0.543	0.161	
Lipids:							
Saturated, total	g	7.200		0	20.592	6.120	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.143	0.043	
12:0	g	0.040		0	0.114	0.034	
14:0	g	0.570		0	1.630	0.484	
15.0	g						
16:0	g	4.410		0	12.613	3.749	
17:0	g						
18:0	g	2.130		0	6.092	1.810	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.810	0	22.337	6.639
14:1	g				
16:1	g	0.740	0	2.116	0.629
18:1	g	7.030	0	20.106	5.976
20:1	g	0.030	0	0.086	0.026
22.1	g				
Polyunsaturated, total	g	0.660	0	1.888	0.561
18:2	g	0.450	0	1.287	0.383
18:3	g	0.180	0	0.515	0.153
18:4	g				
20:4	g	0.030	0	0.086	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	86	0	246	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.298	0	0.852	0.253
Threonine	g	1.163	0	3.326	0.989
Isoleucine	g	1.197	0	3.423	1.017
Leucine	g	2.105	0	6.020	1.789
Lysine	g	2.216	0	6.338	1.884
Methionine	g	0.682	0	1.951	0.580
Cystine	g	0.298	0	0.852	0.253
Phenylalanine	g	1.040	0	2.974	0.884
Tyrosine	g	0.895	0	2.560	0.761
Valine	g	1.295	0	3.704	1.101
Arginine	g	1.683	0	4.813	1.431
Histidine	g	0.912	0	2.608	0.775
Alanine	g	1.607	0	4.596	1.366
Aspartic acid	g	2.433	0	6.958	2.068
Glutamic acid	g	4.001	0	11.443	3.401
Glycine	g	1.453	0	4.156	1.235
Proline	g	1.176	0	3.363	1.000
Serine	g	1.018	0	2.911	0.865
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13801 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, raw

Refuse: 9% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	59.75		0	16.94	271.03	
Energy	kcal	265		0	75	1202	
Energy	kj	1109		0	314	5030	
Protein (N x 5.95)	g	18.72		0	5.31	84.91	
Total lipid (fat)	g	20.49		0	5.81	92.94	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.87		0	0.25	3.95	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	1.83		0	0.52	8.30	
Magnesium	mg	19		0	5	86	
Phosphorus	mg	176		0	50	798	
Potassium	mg	308		0	87	1397	
Sodium	mg	54		0	15	245	
Zinc	mg	3.49		0	0.99	15.83	
Copper	mg	0.069		0	0.020	0.313	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	:g	14.8		0	4.2	67.1	
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	3.410		0	0.967	15.468	
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	2.84		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	0.180		0	0.051	0.816	
Lipids:							
Saturated, total	g	8.370		0	2.373	37.966	
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	0.650		0	0.184	2.948	
15.0	g						
16:0	g	4.980		0	1.412	22.589	
17:0	g						
18:0	g	2.520		0	0.714	11.431	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.870	0	2.515	40.234
14:1	g				
16:1	g	0.980	0	0.278	4.445
18:1	g	7.760	0	2.200	35.199
20:1	g	0.030	0	0.009	0.136
22.1	g				
Polyunsaturated, total	g	0.760	0	0.215	3.447
18:2	g	0.510	0	0.145	2.313
18:3	g	0.220	0	0.062	0.998
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	0.210	0	0.060	0.953
Threonine	g	0.818	0	0.232	3.710
Isoleucine	g	0.842	0	0.239	3.819
Leucine	g	1.479	0	0.419	6.709
Lysine	g	1.557	0	0.441	7.063
Methionine	g	0.479	0	0.136	2.173
Cystine	g	0.210	0	0.060	0.953
Phenylalanine	g	0.731	0	0.207	3.316
Tyrosine	g	0.629	0	0.178	2.853
Valine	g	0.910	0	0.258	4.128
Arginine	g	1.183	0	0.335	5.366
Histidine	g	0.641	0	0.182	2.908
Alanine	g	1.129	0	0.320	5.121
Aspartic acid	g	1.710	0	0.485	7.757
Glutamic acid	g	2.812	0	0.797	12.755
Glycine	g	1.021	0	0.289	4.631
Proline	g	0.827	0	0.234	3.751
Serine	g	0.716	0	0.203	3.248
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13802 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, cooked

Refuse: 12% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 296g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	52.87		0	156.50	44.94	
Energy	kcal	299		0	885	254	
Energy	kj	1251		0	3703	1063	
Protein (N x 5.95)	g	26.22		0	77.61	22.29	
Total lipid (fat)	g	20.75		0	61.42	17.64	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10		0	3.26	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	27	8	
Iron	mg	2.50		0	7.40	2.13	
Magnesium	mg	24		0	71	20	
Phosphorus	mg	203		0	601	173	
Potassium	mg	356		0	1054	303	
Sodium	mg	63		0	186	54	
Zinc	mg	5.62		0	16.64	4.78	
Copper	mg	0.104		0	0.308	0.088	
Manganese	mg	0.015		0	0.044	0.013	
Selenium	:g	19.8		0	58.6	16.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.266	0.077	
Riboflavin	mg	0.210		0	0.622	0.179	
Niacin	mg	4.390		0	12.994	3.731	
Pantothenic acid	mg	0.380		0	1.125	0.323	
Vitamin B-6	mg	0.370		0	1.095	0.315	
Folate	:g	8		0	24	7	
Vitamin B-12	:g	2.49		0	7.37	2.12	
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	0.562	0.161	
Lipids:							
Saturated, total	g	8.320		0	24.627	7.072	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.148	0.043	
12:0	g	0.040		0	0.118	0.034	
14:0	g	0.650		0	1.924	0.553	
15.0	g						
16:0	g	4.980		0	14.741	4.233	
17:0	g						
18:0	g	2.460		0	7.282	2.091	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.840	0	26.166	7.514
14:1	g				
16:1	g	0.810	0	2.398	0.689
18:1	g	7.880	0	23.325	6.698
20:1	g	0.030	0	0.089	0.026
22.1	g				
Polyunsaturated, total	g	0.750	0	2.220	0.637
18:2	g	0.520	0	1.539	0.442
18:3	g	0.180	0	0.533	0.153
18:4	g				
20:4	g	0.040	0	0.118	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	83	0	246	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.294	0	0.870	0.250
Threonine	g	1.145	0	3.389	0.973
Isoleucine	g	1.179	0	3.490	1.002
Leucine	g	2.073	0	6.136	1.762
Lysine	g	2.182	0	6.459	1.855
Methionine	g	0.671	0	1.986	0.570
Cystine	g	0.294	0	0.870	0.250
Phenylalanine	g	1.024	0	3.031	0.870
Tyrosine	g	0.881	0	2.608	0.749
Valine	g	1.275	0	3.774	1.084
Arginine	g	1.657	0	4.905	1.408
Histidine	g	0.898	0	2.658	0.763
Alanine	g	1.582	0	4.683	1.345
Aspartic acid	g	2.396	0	7.092	2.037
Glutamic acid	g	3.940	0	11.662	3.349
Glycine	g	1.431	0	4.236	1.216
Proline	g	1.158	0	3.428	0.984
Serine	g	1.003	0	2.969	0.853
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13803 Beef, brisket, whole, separable lean and fat, trimmed to 1/8" 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	61.08		0	17.32	277.06	
Energy	kcal	251		0	71	1139	
Energy	kj	1050		0	298	4763	
Protein (N x 5.95)	g	18.42		0	5.22	83.55	
Total lipid (fat)	g	19.06		0	5.40	86.46	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.88		0	0.25	3.99	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	2	27	
Iron	mg	1.70		0	0.48	7.71	
Magnesium	mg	19		0	5	86	
Phosphorus	mg	177		0	50	803	
Potassium	mg	282		0	80	1279	
Sodium	mg	69		0	20	313	
Zinc	mg	3.71		0	1.05	16.83	
Copper	mg	0.071		0	0.020	0.322	
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	0.090		0	0.026	0.408	
Riboflavin	mg	0.150		0	0.043	0.680	
Niacin	mg	3.480		0	0.987	15.785	
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	2.25		0	0.64	10.21	
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	7.530		0	2.135	34.156	
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	0.620		0	0.176	2.812	
15.0	g						
16:0	g	4.590		0	1.301	20.820	
17:0	g						
18:0	g	2.220		0	0.629	10.070	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.520	0	2.415	38.647
14:1	g				
16:1	g	1.000	0	0.284	4.536
18:1	g	7.490	0	2.123	33.975
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	0.420	0	0.119	1.905
18:3	g	0.210	0	0.060	0.953
18:4	g				
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	68	0	19	308
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.206	0	0.058	0.934
Threonine	g	0.804	0	0.228	3.647
Isoleucine	g	0.828	0	0.235	3.756
Leucine	g	1.456	0	0.413	6.604
Lysine	g	1.532	0	0.434	6.949
Methionine	g	0.471	0	0.134	2.136
Cystine	g	0.206	0	0.058	0.934
Phenylalanine	g	0.719	0	0.204	3.261
Tyrosine	g	0.619	0	0.175	2.808
Valine	g	0.896	0	0.254	4.064
Arginine	g	1.164	0	0.330	5.280
Histidine	g	0.631	0	0.179	2.862
Alanine	g	1.111	0	0.315	5.039
Aspartic acid	g	1.682	0	0.477	7.630
Glutamic acid	g	2.767	0	0.784	12.551
Glycine	g	1.005	0	0.285	4.559
Proline	g	0.813	0	0.230	3.688
Serine	g	0.704	0	0.200	3.193
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13804 Beef, brisket, whole, separable lean and fat, trimmed to 1/8" 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* 329g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	49.58		0	163.12	42.14	
Energy	kcal	331		0	1089	281	
Energy	kj	1385		0	4557	1177	
Protein (N x 5.95)	g	25.85		0	85.05	21.97	
Total lipid (fat)	g	24.50		0	80.61	20.82	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.92		0	3.03	0.78	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	23	6	
Iron	mg	2.46		0	8.09	2.09	
Magnesium	mg	20		0	66	17	
Phosphorus	mg	207		0	681	176	
Potassium	mg	251		0	826	213	
Sodium	mg	64		0	211	54	
Zinc	mg	5.77		0	18.98	4.90	
Copper	mg	0.104		0	0.342	0.088	
Manganese	mg	0.015		0	0.049	0.013	
Selenium	:g	22.8		0	75.0	19.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.197	0.051	
Riboflavin	mg	0.200		0	0.658	0.170	
Niacin	mg	3.270		0	10.758	2.780	
Pantothenic acid	mg	0.310		0	1.020	0.264	
Vitamin B-6	mg	0.260		0	0.855	0.221	
Folate	:g	7		0	23	6	
Vitamin B-12	:g	2.40		0	7.90	2.04	
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	0.658	0.170	
Lipids:							
Saturated, total	g	9.440		0	31.058	8.024	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.197	0.051	
12:0	g	0.060		0	0.197	0.051	
14:0	g	0.780		0	2.566	0.663	
15.0	g						
16:0	g	5.870		0	19.312	4.989	
17:0	g						
18:0	g	2.680		0	8.817	2.278	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.890	0	35.828	9.257
14:1	g				
16:1	g	1.100	0	3.619	0.935
18:1	g	9.740	0	32.045	8.279
20:1	g	0.040	0	0.132	0.034
22.1	g				
Polyunsaturated, total	g	0.850	0	2.797	0.723
18:2	g	0.580	0	1.908	0.493
18:3	g	0.230	0	0.757	0.196
18:4	g				
20:4	g	0.040	0	0.132	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	93	0	306	79
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.290	0	0.954	0.247
Threonine	g	1.129	0	3.714	0.960
Isoleucine	g	1.162	0	3.823	0.988
Leucine	g	2.043	0	6.721	1.737
Lysine	g	2.151	0	7.077	1.828
Methionine	g	0.662	0	2.178	0.563
Cystine	g	0.290	0	0.954	0.247
Phenylalanine	g	1.009	0	3.320	0.858
Tyrosine	g	0.869	0	2.859	0.739
Valine	g	1.258	0	4.139	1.069
Arginine	g	1.634	0	5.376	1.389
Histidine	g	0.885	0	2.912	0.752
Alanine	g	1.559	0	5.129	1.325
Aspartic acid	g	2.362	0	7.771	2.008
Glutamic acid	g	3.884	0	12.778	3.301
Glycine	g	1.411	0	4.642	1.199
Proline	g	1.142	0	3.757	0.971
Serine	g	0.989	0	3.254	0.841
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13805 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" 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	62.32		0	17.67	70.42	
Energy	kcal	235		0	67	266	
Energy	kj	983		0	279	1111	
Protein (N x 5.95)	g	19.25		0	5.46	21.75	
Total lipid (fat)	g	16.94		0	4.80	19.14	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.95		0	0.27	1.07	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	2	7	
Iron	mg	1.72		0	0.49	1.94	
Magnesium	mg	21		0	6	24	
Phosphorus	mg	188		0	53	212	
Potassium	mg	301		0	85	340	
Sodium	mg	67		0	19	76	
Zinc	mg	3.13		0	0.89	3.54	
Copper	mg	0.071		0	0.020	0.080	
Manganese	mg	0.013		0	0.004	0.015	
Selenium	:g	16.8		0	4.8	19.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.026	0.102	
Riboflavin	mg	0.160		0	0.045	0.181	
Niacin	mg	3.860		0	1.094	4.362	
Pantothenic acid	mg	0.320		0	0.091	0.362	
Vitamin B-6	mg	0.400		0	0.113	0.452	
Folate	:g	6		0	2	7	
Vitamin B-12	:g	2.26		0	0.64	2.55	
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	0.051	0.203	
Lipids:							
Saturated, total	g	6.550		0	1.857	7.401	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.014	0.057	
12:0	g	0.030		0	0.009	0.034	
14:0	g	0.520		0	0.147	0.588	
15.0	g						
16:0	g	3.970		0	1.125	4.486	
17:0	g						
18:0	g	1.960		0	0.556	2.215	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.400	0	2.098	8.362
14:1	g				
16:1	g	0.870	0	0.247	0.983
18:1	g	6.510	0	1.846	7.356
20:1	g	0.020	0	0.006	0.023
22.1	g				
Polyunsaturated, total	g	0.620	0	0.176	0.701
18:2	g	0.400	0	0.113	0.452
18:3	g	0.190	0	0.054	0.215
18:4	g				
20:4	g	0.030	0	0.009	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	66	0	19	75
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.216	0	0.061	0.244
Threonine	g	0.841	0	0.238	0.950
Isoleucine	g	0.866	0	0.246	0.979
Leucine	g	1.522	0	0.431	1.720
Lysine	g	1.602	0	0.454	1.810
Methionine	g	0.493	0	0.140	0.557
Cystine	g	0.216	0	0.061	0.244
Phenylalanine	g	0.752	0	0.213	0.850
Tyrosine	g	0.647	0	0.183	0.731
Valine	g	0.936	0	0.265	1.058
Arginine	g	1.217	0	0.345	1.375
Histidine	g	0.659	0	0.187	0.745
Alanine	g	1.161	0	0.329	1.312
Aspartic acid	g	1.759	0	0.499	1.988
Glutamic acid	g	2.893	0	0.820	3.269
Glycine	g	1.050	0	0.298	1.187
Proline	g	0.850	0	0.241	0.961
Serine	g	0.736	0	0.209	0.832
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13806 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 336g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	51.24		0	172.17	43.55	
Energy	kcal	309		0	1038	263	
Energy	kj	1293		0	4344	1099	
Protein (N x 5.95)	g	27.55		0	92.57	23.42	
Total lipid (fat)	g	21.22		0	71.30	18.04	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98		0	3.29	0.83	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	24	6	
Iron	mg	2.50		0	8.40	2.13	
Magnesium	mg	21		0	71	18	
Phosphorus	mg	223		0	749	190	
Potassium	mg	264		0	887	224	
Sodium	mg	59		0	198	50	
Zinc	mg	5.42		0	18.21	4.61	
Copper	mg	0.109		0	0.366	0.093	
Manganese	mg	0.015		0	0.050	0.013	
Selenium	:g	23.9		0	80.3	20.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.202	0.051	
Riboflavin	mg	0.190		0	0.638	0.161	
Niacin	mg	3.420		0	11.491	2.907	
Pantothenic acid	mg	0.330		0	1.109	0.281	
Vitamin B-6	mg	0.280		0	0.941	0.238	
Folate	:g	7		0	24	6	
Vitamin B-12	:g	2.44		0	8.20	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	0.672	0.170	
Lipids:							
Saturated, total	g	7.980		0	26.813	6.783	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.168	0.043	
12:0	g	0.050		0	0.168	0.043	
14:0	g	0.640		0	2.150	0.544	
15.0	g						
16:0	g	4.970		0	16.699	4.224	
17:0	g						
18:0	g	2.270		0	7.627	1.930	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.290	0	31.214	7.896
14:1	g				
16:1	g	0.940	0	3.158	0.799
18:1	g	8.320	0	27.955	7.072
20:1	g	0.030	0	0.101	0.026
22.1	g				
Polyunsaturated, total	g	0.800	0	2.688	0.680
18:2	g	0.540	0	1.814	0.459
18:3	g	0.210	0	0.706	0.179
18:4	g				
20:4	g	0.050	0	0.168	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	95	0	319	81
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.309	0	1.038	0.263
Threonine	g	1.204	0	4.045	1.023
Isoleucine	g	1.239	0	4.163	1.053
Leucine	g	2.178	0	7.318	1.851
Lysine	g	2.292	0	7.701	1.948
Methionine	g	0.705	0	2.369	0.599
Cystine	g	0.309	0	1.038	0.263
Phenylalanine	g	1.076	0	3.615	0.915
Tyrosine	g	0.926	0	3.111	0.787
Valine	g	1.340	0	4.502	1.139
Arginine	g	1.741	0	5.850	1.480
Histidine	g	0.943	0	3.168	0.802
Alanine	g	1.662	0	5.584	1.413
Aspartic acid	g	2.517	0	8.457	2.139
Glutamic acid	g	4.140	0	13.910	3.519
Glycine	g	1.503	0	5.050	1.278
Proline	g	1.217	0	4.089	1.034
Serine	g	1.054	0	3.541	0.896
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13807 Beef, brisket, point half, separable lean and fat, trimmed to 1/8" 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	59.96		0	17.00	271.98	
Energy	kcal	265		0	75	1202	
Energy	kj	1109		0	314	5030	
Protein (N x 5.95)	g	17.65		0	5.00	80.06	
Total lipid (fat)	g	20.98		0	5.95	95.17	
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	6		0	2	27	
Iron	mg	1.69		0	0.48	7.67	
Magnesium	mg	18		0	5	82	
Phosphorus	mg	166		0	47	753	
Potassium	mg	264		0	75	1198	
Sodium	mg	72		0	20	327	
Zinc	mg	4.24		0	1.20	19.23	
Copper	mg	0.071		0	0.020	0.322	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	:g	15.2		0	4.3	68.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.023	0.363	
Riboflavin	mg	0.150		0	0.043	0.680	
Niacin	mg	3.120		0	0.885	14.152	
Pantothenic acid	mg	0.300		0	0.085	1.361	
Vitamin B-6	mg	0.360		0	0.102	1.633	
Folate	:g	6		0	2	27	
Vitamin B-12	:g	2.24		0	0.64	10.16	
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	0.051	0.816	
Lipids:							
Saturated, total	g	8.420		0	2.387	38.193	
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	0.700		0	0.198	3.175	
15.0	g						
16:0	g	5.150		0	1.460	23.360	
17:0	g						
18:0	g	2.450		0	0.695	11.113	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.530	0	2.702	43.228
14:1	g				
16:1	g	1.120	0	0.318	5.080
18:1	g	8.380	0	2.376	38.012
20:1	g	0.030	0	0.009	0.136
22.1	g				
Polyunsaturated, total	g	0.690	0	0.196	3.130
18:2	g	0.440	0	0.125	1.996
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	71	0	20	322
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.198	0	0.056	0.898
Threonine	g	0.771	0	0.219	3.497
Isoleucine	g	0.794	0	0.225	3.602
Leucine	g	1.395	0	0.395	6.328
Lysine	g	1.469	0	0.416	6.663
Methionine	g	0.452	0	0.128	2.050
Cystine	g	0.198	0	0.056	0.898
Phenylalanine	g	0.689	0	0.195	3.125
Tyrosine	g	0.593	0	0.168	2.690
Valine	g	0.859	0	0.244	3.896
Arginine	g	1.116	0	0.316	5.062
Histidine	g	0.604	0	0.171	2.740
Alanine	g	1.065	0	0.302	4.831
Aspartic acid	g	1.613	0	0.457	7.317
Glutamic acid	g	2.652	0	0.752	12.029
Glycine	g	0.963	0	0.273	4.368
Proline	g	0.780	0	0.221	3.538
Serine	g	0.675	0	0.191	3.062
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13808 Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Refuse: 1% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 332g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	48.30		0	160.36	41.05	
Energy	kcal	349		0	1159	297	
Energy	kj	1460		0	4847	1241	
Protein (N x 5.95)	g	24.40		0	81.01	20.74	
Total lipid (fat)	g	27.17		0	90.20	23.09	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.87		0	2.89	0.74	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	27	7	
Iron	mg	2.43		0	8.07	2.07	
Magnesium	mg	19		0	63	16	
Phosphorus	mg	194		0	644	165	
Potassium	mg	241		0	800	205	
Sodium	mg	69		0	229	59	
Zinc	mg	6.13		0	20.35	5.21	
Copper	mg	0.100		0	0.332	0.085	
Manganese	mg	0.015		0	0.050	0.013	
Selenium	:g	21.7		0	72.0	18.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.199	0.051	
Riboflavin	mg	0.200		0	0.664	0.170	
Niacin	mg	3.140		0	10.425	2.669	
Pantothenic acid	mg	0.300		0	0.996	0.255	
Vitamin B-6	mg	0.250		0	0.830	0.213	
Folate	:g	7		0	23	6	
Vitamin B-12	:g	2.38		0	7.90	2.02	
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	0.697	0.179	
Lipids:							
Saturated, total	g	10.640		0	35.325	9.044	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.199	0.051	
12:0	g	0.060		0	0.199	0.051	
14:0	g	0.900		0	2.988	0.765	
15.0	g						
16:0	g	6.600		0	21.912	5.610	
17:0	g						
18:0	g	3.010		0	9.993	2.559	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.210	0	40.537	10.379
14:1	g				
16:1	g	1.240	0	4.117	1.054
18:1	g	10.920	0	36.254	9.282
20:1	g	0.050	0	0.166	0.043
22.1	g				
Polyunsaturated, total	g	0.880	0	2.922	0.748
18:2	g	0.610	0	2.025	0.518
18:3	g	0.240	0	0.797	0.204
18:4	g				
20:4	g	0.030	0	0.100	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	92	0	305	78
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.273	0	0.906	0.232
Threonine	g	1.066	0	3.539	0.906
Isoleucine	g	1.097	0	3.642	0.932
Leucine	g	1.928	0	6.401	1.639
Lysine	g	2.030	0	6.740	1.725
Methionine	g	0.625	0	2.075	0.531
Cystine	g	0.273	0	0.906	0.232
Phenylalanine	g	0.952	0	3.161	0.809
Tyrosine	g	0.820	0	2.722	0.697
Valine	g	1.187	0	3.941	1.009
Arginine	g	1.542	0	5.119	1.311
Histidine	g	0.835	0	2.772	0.710
Alanine	g	1.472	0	4.887	1.251
Aspartic acid	g	2.229	0	7.400	1.895
Glutamic acid	g	3.665	0	12.168	3.115
Glycine	g	1.331	0	4.419	1.131
Proline	g	1.077	0	3.576	0.915
Serine	g	0.933	0	3.098	0.793
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13809 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 16% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	62.89		0	17.83	285.27	
Energy	kcal	234		0	66	1061	
Energy	kj	979		0	278	4441	
Protein (N x 5.95)	g	18.78		0	5.32	85.19	
Total lipid (fat)	g	17.03		0	4.83	77.25	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90		0	0.26	4.08	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	2.14		0	0.61	9.71	
Magnesium	mg	20		0	6	91	
Phosphorus	mg	177		0	50	803	
Potassium	mg	314		0	89	1424	
Sodium	mg	60		0	17	272	
Zinc	mg	4.12		0	1.17	18.69	
Copper	mg	0.082		0	0.023	0.372	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	:g	16.4		0	4.6	74.4	
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	3.290		0	0.933	14.923	
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	3.10		0	0.88	14.06	
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	0.051	0.816	
Lipids:							
Saturated, total	g	6.880		0	1.950	31.208	
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	0.540		0	0.153	2.449	
15.0	g						
16:0	g	4.150		0	1.177	18.824	
17:0	g						
18:0	g	2.090		0	0.593	9.480	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.220	0	2.047	32.750
14:1	g				
16:1	g	0.870	0	0.247	3.946
18:1	g	6.340	0	1.797	28.758
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.670	0	0.190	3.039
18:2	g	0.430	0	0.122	1.950
18:3	g	0.220	0	0.062	0.998
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	0.210	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	1.485	0	0.421	6.736
Lysine	g	1.563	0	0.443	7.090
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	0.914	0	0.259	4.146
Arginine	g	1.187	0	0.337	5.384
Histidine	g	0.643	0	0.182	2.917
Alanine	g	1.133	0	0.321	5.139
Aspartic acid	g	1.716	0	0.486	7.784
Glutamic acid	g	2.822	0	0.800	12.801
Glycine	g	1.025	0	0.291	4.649
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. 13810 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" 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* 258g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	49.96		0	128.90	42.47	
Energy	kcal	309		0	797	263	
Energy	kj	1293		0	3336	1099	
Protein (N x 5.95)	g	28.54		0	73.63	24.26	
Total lipid (fat)	g	20.71		0	53.43	17.60	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98		0	2.53	0.83	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	26	9	
Iron	mg	3.24		0	8.36	2.75	
Magnesium	mg	20		0	52	17	
Phosphorus	mg	230		0	593	196	
Potassium	mg	255		0	658	217	
Sodium	mg	61		0	157	52	
Zinc	mg	7.21		0	18.60	6.13	
Copper	mg	0.140		0	0.361	0.119	
Manganese	mg	0.017		0	0.044	0.014	
Selenium	:g	24.8		0	64.0	21.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.181	0.060	
Riboflavin	mg	0.250		0	0.645	0.213	
Niacin	mg	3.280		0	8.462	2.788	
Pantothenic acid	mg	0.340		0	0.877	0.289	
Vitamin B-6	mg	0.290		0	0.748	0.247	
Folate	:g	9		0	23	8	
Vitamin B-12	:g	3.04		0	7.84	2.58	
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	0.516	0.170	
Lipids:							
Saturated, total	g	8.110		0	20.924	6.893	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.129	0.043	
12:0	g	0.060		0	0.155	0.051	
14:0	g	0.640		0	1.651	0.544	
15.0	g						
16:0	g	5.000		0	12.900	4.250	
17:0	g						
18:0	g	2.360		0	6.089	2.006	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.870	0	22.885	7.539
14:1	g				
16:1	g	0.870	0	2.245	0.740
18:1	g	7.960	0	20.537	6.766
20:1	g	0.030	0	0.077	0.026
22.1	g				
Polyunsaturated, total	g	0.790	0	2.038	0.672
18:2	g	0.530	0	1.367	0.451
18:3	g	0.230	0	0.593	0.196
18:4	g				
20:4	g	0.030	0	0.077	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	100	0	258	85
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.320	0	0.826	0.272
Threonine	g	1.247	0	3.217	1.060
Isoleucine	g	1.283	0	3.310	1.091
Leucine	g	2.256	0	5.820	1.918
Lysine	g	2.375	0	6.128	2.019
Methionine	g	0.731	0	1.886	0.621
Cystine	g	0.320	0	0.826	0.272
Phenylalanine	g	1.114	0	2.874	0.947
Tyrosine	g	0.959	0	2.474	0.815
Valine	g	1.388	0	3.581	1.180
Arginine	g	1.804	0	4.654	1.533
Histidine	g	0.977	0	2.521	0.830
Alanine	g	1.722	0	4.443	1.464
Aspartic acid	g	2.608	0	6.729	2.217
Glutamic acid	g	4.289	0	11.066	3.646
Glycine	g	1.557	0	4.017	1.323
Proline	g	1.261	0	3.253	1.072
Serine	g	1.092	0	2.817	0.928
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13811 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" 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	62.12		0	17.61	281.78	
Energy	kcal	244		0	69	1107	
Energy	kj	1021		0	289	4631	
Protein (N x 5.95)	g	18.65		0	5.29	84.60	
Total lipid (fat)	g	18.26		0	5.18	82.83	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90		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	16.3		0	4.6	73.9	
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	0.180		0	0.051	0.816	
Lipids:							
Saturated, total	g	7.360		0	2.087	33.385	
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	0.580		0	0.164	2.631	
15.0	g						
16:0	g	4.440		0	1.259	20.140	
17:0	g						
18:0	g	2.240		0	0.635	10.161	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.730	0	2.191	35.063
14:1	g				
16:1	g	0.920	0	0.261	4.173
18:1	g	6.780	0	1.922	30.754
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.720	0	0.204	3.266
18:2	g	0.460	0	0.130	2.087
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. 13812 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" 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* 258g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	48.94		0	126.27	41.60	
Energy	kcal	323		0	833	275	
Energy	kj	1351		0	3486	1148	
Protein (N x 5.95)	g	28.19		0	72.73	23.96	
Total lipid (fat)	g	22.48		0	58.00	19.11	
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	2.50	0.82	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	26	9	
Iron	mg	3.20		0	8.26	2.72	
Magnesium	mg	20		0	52	17	
Phosphorus	mg	227		0	586	193	
Potassium	mg	252		0	650	214	
Sodium	mg	61		0	157	52	
Zinc	mg	7.09		0	18.29	6.03	
Copper	mg	0.138		0	0.356	0.117	
Manganese	mg	0.016		0	0.041	0.014	
Selenium	:g	24.8		0	64.0	21.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.181	0.060	
Riboflavin	mg	0.250		0	0.645	0.213	
Niacin	mg	3.250		0	8.385	2.763	
Pantothenic acid	mg	0.330		0	0.851	0.281	
Vitamin B-6	mg	0.290		0	0.748	0.247	
Folate	:g	9		0	23	8	
Vitamin B-12	:g	3.02		0	7.79	2.57	
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	0.542	0.179	
Lipids:							
Saturated, total	g	8.800		0	22.704	7.480	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.155	0.051	
12:0	g	0.060		0	0.155	0.051	
14:0	g	0.700		0	1.806	0.595	
15.0	g						
16:0	g	5.420		0	13.984	4.607	
17:0	g						
18:0	g	2.560		0	6.605	2.176	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.620	0	24.820	8.177
14:1	g				
16:1	g	0.950	0	2.451	0.808
18:1	g	8.640	0	22.291	7.344
20:1	g	0.040	0	0.103	0.034
22.1	g				
Polyunsaturated, total	g	0.860	0	2.219	0.731
18:2	g	0.580	0	1.496	0.493
18:3	g	0.250	0	0.645	0.213
18:4	g				
20:4	g	0.040	0	0.103	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	100	0	258	85
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.316	0	0.815	0.269
Threonine	g	1.231	0	3.176	1.046
Isoleucine	g	1.267	0	3.269	1.077
Leucine	g	2.228	0	5.748	1.894
Lysine	g	2.345	0	6.050	1.993
Methionine	g	0.722	0	1.863	0.614
Cystine	g	0.316	0	0.815	0.269
Phenylalanine	g	1.100	0	2.838	0.935
Tyrosine	g	0.947	0	2.443	0.805
Valine	g	1.371	0	3.537	1.165
Arginine	g	1.781	0	4.595	1.514
Histidine	g	0.965	0	2.490	0.820
Alanine	g	1.700	0	4.386	1.445
Aspartic acid	g	2.575	0	6.644	2.189
Glutamic acid	g	4.235	0	10.926	3.600
Glycine	g	1.538	0	3.968	1.307
Proline	g	1.245	0	3.212	1.058
Serine	g	1.078	0	2.781	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 with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13813 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw

Refuse: 16% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	63.87		0	18.11	289.71	
Energy	kcal	220		0	62	998	
Energy	kj	920		0	261	4173	
Protein (N x 5.95)	g	18.97		0	5.38	86.05	
Total lipid (fat)	g	15.44		0	4.38	70.04	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.91		0	0.26	4.13	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	2.17		0	0.62	9.84	
Magnesium	mg	20		0	6	91	
Phosphorus	mg	178		0	50	807	
Potassium	mg	318		0	90	1442	
Sodium	mg	60		0	17	272	
Zinc	mg	4.17		0	1.18	18.92	
Copper	mg	0.083		0	0.024	0.376	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	:g	16.4		0	4.6	74.4	
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	3.320		0	0.941	15.060	
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	3.12		0	0.88	14.15	
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	6.250		0	1.772	28.350	
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	0.490		0	0.139	2.223	
15.0	g						
16:0	g	3.770		0	1.069	17.101	
17:0	g						
18:0	g	1.900		0	0.539	8.618	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.570	0	1.863	29.802
14:1	g				
16:1	g	0.790	0	0.224	3.583
18:1	g	5.760	0	1.633	26.127
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.600	0	0.170	2.722
18:2	g	0.380	0	0.108	1.724
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	67	0	19	304
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.212	0	0.060	0.962
Threonine	g	0.828	0	0.235	3.756
Isoleucine	g	0.853	0	0.242	3.869
Leucine	g	1.499	0	0.425	6.799
Lysine	g	1.578	0	0.447	7.158
Methionine	g	0.486	0	0.138	2.204
Cystine	g	0.212	0	0.060	0.962
Phenylalanine	g	0.740	0	0.210	3.357
Tyrosine	g	0.637	0	0.181	2.889
Valine	g	0.922	0	0.261	4.182
Arginine	g	1.199	0	0.340	5.439
Histidine	g	0.649	0	0.184	2.944
Alanine	g	1.144	0	0.324	5.189
Aspartic acid	g	1.733	0	0.491	7.861
Glutamic acid	g	2.849	0	0.808	12.923
Glycine	g	1.035	0	0.293	4.695
Proline	g	0.838	0	0.238	3.801
Serine	g	0.725	0	0.206	3.289
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13814 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, 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	51.23		0	131.66	43.55	
Energy	kcal	291		0	748	247	
Energy	kj	1218		0	3130	1035	
Protein (N x 5.95)	g	28.99		0	74.50	24.64	
Total lipid (fat)	g	18.56		0	47.70	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	0.99		0	2.54	0.84	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	26	9	
Iron	mg	3.30		0	8.48	2.81	
Magnesium	mg	21		0	54	18	
Phosphorus	mg	233		0	599	198	
Potassium	mg	258		0	663	219	
Sodium	mg	61		0	157	52	
Zinc	mg	7.35		0	18.89	6.25	
Copper	mg	0.143		0	0.368	0.122	
Manganese	mg	0.017		0	0.044	0.014	
Selenium	:g	24.9		0	64.0	21.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.180	0.060	
Riboflavin	mg	0.250		0	0.642	0.213	
Niacin	mg	3.330		0	8.558	2.831	
Pantothenic acid	mg	0.340		0	0.874	0.289	
Vitamin B-6	mg	0.300		0	0.771	0.255	
Folate	:g	10		0	26	9	
Vitamin B-12	:g	3.08		0	7.92	2.62	
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	0.514	0.170	
Lipids:							
Saturated, total	g	7.270		0	18.684	6.179	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.129	0.043	
12:0	g	0.050		0	0.129	0.043	
14:0	g	0.580		0	1.491	0.493	
15.0	g						
16:0	g	4.480		0	11.514	3.808	
17:0	g						
18:0	g	2.110		0	5.423	1.793	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.950	0	20.431	6.758
14:1	g				
16:1	g	0.780	0	2.005	0.663
18:1	g	7.130	0	18.324	6.060
20:1	g	0.030	0	0.077	0.026
22.1	g				
Polyunsaturated, total	g	0.710	0	1.825	0.603
18:2	g	0.480	0	1.234	0.408
18:3	g	0.200	0	0.514	0.170
18:4	g				
20:4	g	0.030	0	0.077	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	100	0	257	85
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.325	0	0.835	0.276
Threonine	g	1.266	0	3.254	1.076
Isoleucine	g	1.303	0	3.349	1.108
Leucine	g	2.292	0	5.890	1.948
Lysine	g	2.412	0	6.199	2.050
Methionine	g	0.742	0	1.907	0.631
Cystine	g	0.325	0	0.835	0.276
Phenylalanine	g	1.132	0	2.909	0.962
Tyrosine	g	0.974	0	2.503	0.828
Valine	g	1.410	0	3.624	1.198
Arginine	g	1.832	0	4.708	1.557
Histidine	g	0.993	0	2.552	0.844
Alanine	g	1.749	0	4.495	1.487
Aspartic acid	g	2.649	0	6.808	2.252
Glutamic acid	g	4.356	0	11.195	3.703
Glycine	g	1.582	0	4.066	1.345
Proline	g	1.280	0	3.290	1.088
Serine	g	1.109	0	2.850	0.943
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13815 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" 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	61.23		0	17.36	277.74	
Energy	kcal	248		0	70	1125	
Energy	kj	1038		0	294	4708	
Protein (N x 5.95)	g	17.16		0	4.86	77.84	
Total lipid (fat)	g	19.41		0	5.50	88.04	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.82		0	0.23	3.72	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	
Iron	mg	2.04		0	0.58	9.25	
Magnesium	mg	17		0	5	77	
Phosphorus	mg	162		0	46	735	
Potassium	mg	271		0	77	1229	
Sodium	mg	68		0	19	308	
Zinc	mg	4.98		0	1.41	22.59	
Copper	mg	0.073		0	0.021	0.331	
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	0.100		0	0.028	0.454	
Riboflavin	mg	0.170		0	0.048	0.771	
Niacin	mg	2.180		0	0.618	9.888	
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	3.40		0	0.96	15.42	
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	0.051	0.816	
Lipids:							
Saturated, total	g	7.820		0	2.217	35.472	
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	0.620		0	0.176	2.812	
15.0	g						
16:0	g	4.690		0	1.330	21.274	
17:0	g						
18:0	g	2.410		0	0.683	10.932	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.520	0	2.415	38.647
14:1	g				
16:1	g	0.950	0	0.269	4.309
18:1	g	7.540	0	2.138	34.201
20:1	g	0.030	0	0.009	0.136
22.1	g				
Polyunsaturated, total	g	0.710	0	0.201	3.221
18:2	g	0.470	0	0.133	2.132
18:3	g	0.220	0	0.062	0.998
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	0.192	0	0.054	0.871
Threonine	g	0.750	0	0.213	3.402
Isoleucine	g	0.772	0	0.219	3.502
Leucine	g	1.357	0	0.385	6.155
Lysine	g	1.428	0	0.405	6.477
Methionine	g	0.439	0	0.124	1.991
Cystine	g	0.192	0	0.054	0.871
Phenylalanine	g	0.670	0	0.190	3.039
Tyrosine	g	0.577	0	0.164	2.617
Valine	g	0.835	0	0.237	3.788
Arginine	g	1.085	0	0.308	4.922
Histidine	g	0.588	0	0.167	2.667
Alanine	g	1.035	0	0.293	4.695
Aspartic acid	g	1.568	0	0.445	7.112
Glutamic acid	g	2.579	0	0.731	11.698
Glycine	g	0.936	0	0.265	4.246
Proline	g	0.758	0	0.215	3.438
Serine	g	0.656	0	0.186	2.976
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13816 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" 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* 247g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	47.67		0	117.74	40.52	
Energy	kcal	341		0	842	290	
Energy	kj	1427		0	3525	1213	
Protein (N x 5.95)	g	26.78		0	66.15	22.76	
Total lipid (fat)	g	25.12		0	62.05	21.35	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.88		0	2.17	0.75	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	32	11	
Iron	mg	3.13		0	7.73	2.66	
Magnesium	mg	19		0	47	16	
Phosphorus	mg	202		0	499	172	
Potassium	mg	233		0	576	198	
Sodium	mg	65		0	161	55	
Zinc	mg	8.41		0	20.77	7.15	
Copper	mg	0.126		0	0.311	0.107	
Manganese	mg	0.016		0	0.040	0.014	
Selenium	:g	24.6		0	60.8	20.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.173	0.060	
Riboflavin	mg	0.240		0	0.593	0.204	
Niacin	mg	2.430		0	6.002	2.066	
Pantothenic acid	mg	0.310		0	0.766	0.264	
Vitamin B-6	mg	0.260		0	0.642	0.221	
Folate	:g	5		0	12	4	
Vitamin B-12	:g	2.29		0	5.66	1.95	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.210		0	0.519	0.179	
Lipids:							
Saturated, total	g	10.000		0	24.700	8.500	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.148	0.051	
12:0	g	0.060		0	0.148	0.051	
14:0	g	0.800		0	1.976	0.680	
15.0	g						
16:0	g	6.080		0	15.018	5.168	
17:0	g						
18:0	g	3.000		0	7.410	2.550	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.860	0	26.824	9.231
14:1	g				
16:1	g	1.020	0	2.519	0.867
18:1	g	9.790	0	24.181	8.322
20:1	g	0.040	0	0.099	0.034
22.1	g				
Polyunsaturated, total	g	0.900	0	2.223	0.765
18:2	g	0.620	0	1.531	0.527
18:3	g	0.250	0	0.618	0.213
18:4	g				
20:4	g	0.030	0	0.074	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	104	0	257	88
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.300	0	0.741	0.255
Threonine	g	1.170	0	2.890	0.995
Isoleucine	g	1.204	0	2.974	1.023
Leucine	g	2.116	0	5.227	1.799
Lysine	g	2.228	0	5.503	1.894
Methionine	g	0.685	0	1.692	0.582
Cystine	g	0.300	0	0.741	0.255
Phenylalanine	g	1.045	0	2.581	0.888
Tyrosine	g	0.900	0	2.223	0.765
Valine	g	1.302	0	3.216	1.107
Arginine	g	1.692	0	4.179	1.438
Histidine	g	0.917	0	2.265	0.779
Alanine	g	1.615	0	3.989	1.373
Aspartic acid	g	2.446	0	6.042	2.079
Glutamic acid	g	4.023	0	9.937	3.420
Glycine	g	1.461	0	3.609	1.242
Proline	g	1.182	0	2.920	1.005
Serine	g	1.024	0	2.529	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. 13817 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" 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	59.93		0	16.99	271.84	
Energy	kcal	265		0	75	1202	
Energy	kj	1109		0	314	5030	
Protein (N x 5.95)	g	16.98		0	4.81	77.02	
Total lipid (fat)	g	21.31		0	6.04	96.66	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.81		0	0.23	3.67	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	
Iron	mg	2.01		0	0.57	9.12	
Magnesium	mg	17		0	5	77	
Phosphorus	mg	160		0	45	726	
Potassium	mg	267		0	76	1211	
Sodium	mg	67		0	19	304	
Zinc	mg	4.90		0	1.39	22.23	
Copper	mg	0.072		0	0.020	0.327	
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	0.090		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	3.36		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	0.190		0	0.054	0.862	
Lipids:							
Saturated, total	g	8.590		0	2.435	38.964	
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	0.680		0	0.193	3.084	
15.0	g						
16:0	g	5.150		0	1.460	23.360	
17:0	g						
18:0	g	2.650		0	0.751	12.020	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.360	0	2.654	42.457
14:1	g				
16:1	g	1.040	0	0.295	4.717
18:1	g	8.280	0	2.347	37.558
20:1	g	0.030	0	0.009	0.136
22.1	g				
Polyunsaturated, total	g	0.780	0	0.221	3.538
18:2	g	0.520	0	0.147	2.359
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	0.190	0	0.054	0.862
Threonine	g	0.742	0	0.210	3.366
Isoleucine	g	0.764	0	0.217	3.466
Leucine	g	1.342	0	0.380	6.087
Lysine	g	1.413	0	0.401	6.409
Methionine	g	0.435	0	0.123	1.973
Cystine	g	0.190	0	0.054	0.862
Phenylalanine	g	0.663	0	0.188	3.007
Tyrosine	g	0.571	0	0.162	2.590
Valine	g	0.826	0	0.234	3.747
Arginine	g	1.073	0	0.304	4.867
Histidine	g	0.581	0	0.165	2.635
Alanine	g	1.024	0	0.290	4.645
Aspartic acid	g	1.552	0	0.440	7.040
Glutamic acid	g	2.552	0	0.723	11.576
Glycine	g	0.927	0	0.263	4.205
Proline	g	0.750	0	0.213	3.402
Serine	g	0.649	0	0.184	2.944
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 oz
Measure 2: 1 lb

NDB No. 13818 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" 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* 247g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	46.32		0	114.41	39.37	
Energy	kcal	359		0	887	305	
Energy	kj	1502		0	3710	1277	
Protein (N x 5.95)	g	26.37		0	65.13	22.41	
Total lipid (fat)	g	27.26		0	67.33	23.17	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.87		0	2.15	0.74	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	32	11	
Iron	mg	3.08		0	7.61	2.62	
Magnesium	mg	19		0	47	16	
Phosphorus	mg	198		0	489	168	
Potassium	mg	230		0	568	196	
Sodium	mg	64		0	158	54	
Zinc	mg	8.23		0	20.33	7.00	
Copper	mg	0.124		0	0.306	0.105	
Manganese	mg	0.015		0	0.037	0.013	
Selenium	:g	24.5		0	60.5	20.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.173	0.060	
Riboflavin	mg	0.240		0	0.593	0.204	
Niacin	mg	2.410		0	5.953	2.049	
Pantothenic acid	mg	0.310		0	0.766	0.264	
Vitamin B-6	mg	0.260		0	0.642	0.221	
Folate	:g	5		0	12	4	
Vitamin B-12	:g	2.27		0	5.61	1.93	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.210		0	0.519	0.179	
Lipids:							
Saturated, total	g	10.860		0	26.824	9.231	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.173	0.060	
12:0	g	0.060		0	0.148	0.051	
14:0	g	0.870		0	2.149	0.740	
15.0	g						
16:0	g	6.600		0	16.302	5.610	
17:0	g						
18:0	g	3.250		0	8.027	2.763	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.780	0	29.097	10.013
14:1	g				
16:1	g	1.110	0	2.742	0.944
18:1	g	10.630	0	26.256	9.036
20:1	g	0.050	0	0.124	0.043
22.1	g				
Polyunsaturated, total	g	0.970	0	2.396	0.825
18:2	g	0.670	0	1.655	0.570
18:3	g	0.270	0	0.667	0.230
18:4	g				
20:4	g	0.040	0	0.099	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	103	0	254	88
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.295	0	0.729	0.251
Threonine	g	1.152	0	2.845	0.979
Isoleucine	g	1.185	0	2.927	1.007
Leucine	g	2.084	0	5.147	1.771
Lysine	g	2.194	0	5.419	1.865
Methionine	g	0.675	0	1.667	0.574
Cystine	g	0.295	0	0.729	0.251
Phenylalanine	g	1.029	0	2.542	0.875
Tyrosine	g	0.886	0	2.188	0.753
Valine	g	1.283	0	3.169	1.091
Arginine	g	1.666	0	4.115	1.416
Histidine	g	0.903	0	2.230	0.768
Alanine	g	1.590	0	3.927	1.352
Aspartic acid	g	2.409	0	5.950	2.048
Glutamic acid	g	3.961	0	9.784	3.367
Glycine	g	1.439	0	3.554	1.223
Proline	g	1.164	0	2.875	0.989
Serine	g	1.008	0	2.490	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. 13819 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" 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	62.83		0	17.81	285.00	
Energy	kcal	230		0	65	1043	
Energy	kj	962		0	273	4364	
Protein (N x 5.95)	g	17.37		0	4.92	78.79	
Total lipid (fat)	g	17.33		0	4.91	78.61	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.84		0	0.24	3.81	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	
Iron	mg	2.07		0	0.59	9.39	
Magnesium	mg	17		0	5	77	
Phosphorus	mg	164		0	46	744	
Potassium	mg	276		0	78	1252	
Sodium	mg	69		0	20	313	
Zinc	mg	5.07		0	1.44	23.00	
Copper	mg	0.074		0	0.021	0.336	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	΄g	16.3		0	4.6	73.9	
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	2.200		0	0.624	9.979	
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	3.44		0	0.98	15.60	
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	0.051	0.816	
Lipids:							
Saturated, total	g	6.990		0	1.982	31.707	
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	0.550		0	0.156	2.495	
15.0	g						
16:0	g	4.190		0	1.188	19.006	
17:0	g						
18:0	g	2.150		0	0.610	9.752	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.600	0	2.155	34.474
14:1	g				
16:1	g	0.850	0	0.241	3.856
18:1	g	6.720	0	1.905	30.482
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	0.420	0	0.119	1.905
18:3	g	0.190	0	0.054	0.862
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	0.194	0	0.055	0.880
Threonine	g	0.759	0	0.215	3.443
Isoleucine	g	0.781	0	0.221	3.543
Leucine	g	1.373	0	0.389	6.228
Lysine	g	1.445	0	0.410	6.555
Methionine	g	0.445	0	0.126	2.019
Cystine	g	0.194	0	0.055	0.880
Phenylalanine	g	0.678	0	0.192	3.075
Tyrosine	g	0.583	0	0.165	2.644
Valine	g	0.845	0	0.240	3.833
Arginine	g	1.098	0	0.311	4.981
Histidine	g	0.595	0	0.169	2.699
Alanine	g	1.048	0	0.297	4.754
Aspartic acid	g	1.587	0	0.450	7.199
Glutamic acid	g	2.609	0	0.740	11.834
Glycine	g	0.947	0	0.268	4.296
Proline	g	0.767	0	0.217	3.479
Serine	g	0.664	0	0.188	3.012
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13820 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" 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* 247g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	49.40		0	122.02	41.99	
Energy	kcal	318		0	785	270	
Energy	kj	1331		0	3288	1131	
Protein (N x 5.95)	g	27.33		0	67.51	23.23	
Total lipid (fat)	g	22.35		0	55.20	19.00	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.89		0	2.20	0.76	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	32	11	
Iron	mg	3.20		0	7.90	2.72	
Magnesium	mg	20		0	49	17	
Phosphorus	mg	206		0	509	175	
Potassium	mg	237		0	585	201	
Sodium	mg	66		0	163	56	
Zinc	mg	8.65		0	21.37	7.35	
Copper	mg	0.129		0	0.319	0.110	
Manganese	mg	0.016		0	0.040	0.014	
Selenium	:g	24.7		0	61.0	21.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.173	0.060	
Riboflavin	mg	0.250		0	0.618	0.213	
Niacin	mg	2.460		0	6.076	2.091	
Pantothenic acid	mg	0.320		0	0.790	0.272	
Vitamin B-6	mg	0.260		0	0.642	0.221	
Folate	:g	5		0	12	4	
Vitamin B-12	:g	2.31		0	5.71	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	0.494	0.170	
Lipids:							
Saturated, total	g	8.890		0	21.958	7.557	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.148	0.051	
12:0	g	0.050		0	0.124	0.043	
14:0	g	0.710		0	1.754	0.603	
15.0	g						
16:0	g	5.400		0	13.338	4.590	
17:0	g						
18:0	g	2.670		0	6.595	2.269	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.660	0	23.860	8.211
14:1	g				
16:1	g	0.900	0	2.223	0.765
18:1	g	8.720	0	21.538	7.412
20:1	g	0.040	0	0.099	0.034
22.1	g				
Polyunsaturated, total	g	0.800	0	1.976	0.680
18:2	g	0.550	0	1.359	0.468
18:3	g	0.220	0	0.543	0.187
18:4	g				
20:4	g	0.030	0	0.074	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	104	0	257	88
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.306	0	0.756	0.260
Threonine	g	1.194	0	2.949	1.015
Isoleucine	g	1.229	0	3.036	1.045
Leucine	g	2.160	0	5.335	1.836
Lysine	g	2.274	0	5.617	1.933
Methionine	g	0.700	0	1.729	0.595
Cystine	g	0.306	0	0.756	0.260
Phenylalanine	g	1.067	0	2.635	0.907
Tyrosine	g	0.918	0	2.267	0.780
Valine	g	1.329	0	3.283	1.130
Arginine	g	1.727	0	4.266	1.468
Histidine	g	0.936	0	2.312	0.796
Alanine	g	1.648	0	4.071	1.401
Aspartic acid	g	2.497	0	6.168	2.122
Glutamic acid	g	4.106	0	10.142	3.490
Glycine	g	1.491	0	3.683	1.267
Proline	g	1.207	0	2.981	1.026
Serine	g	1.045	0	2.581	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. 13824 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 16% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	55.24		0	15.66	250.57	
Energy	kcal	306		0	87	1388	
Energy	kj	1280		0	363	5806	
Protein (N x 5.95)	g	16.53		0	4.69	74.98	
Total lipid (fat)	g	26.10		0	7.40	118.39	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.78		0	0.22	3.54	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	3	41	
Iron	mg	1.74		0	0.49	7.89	
Magnesium	mg	16		0	5	73	
Phosphorus	mg	156		0	44	708	
Potassium	mg	272		0	77	1234	
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	16.2		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	2.800		0	0.794	12.701	
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	2.82		0	0.80	12.79	
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	0.060	0.953	
Lipids:							
Saturated, total	g	10.760		0	3.050	48.807	
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	0.860		0	0.244	3.901	
15.0	g						
16:0	g	6.470		0	1.834	29.348	
17:0	g						
18:0	g	3.280		0	0.930	14.878	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.240	0	3.187	50.985
14:1	g				
16:1	g	1.320	0	0.374	5.988
18:1	g	9.870	0	2.798	44.770
20:1	g	0.040	0	0.011	0.181
22.1	g				
Polyunsaturated, total	g	0.940	0	0.266	4.264
18:2	g	0.600	0	0.170	2.722
18:3	g	0.320	0	0.091	1.452
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	0.722	0	0.205	3.275
Isoleucine	g	0.743	0	0.211	3.370
Leucine	g	1.306	0	0.370	5.924
Lysine	g	1.375	0	0.390	6.237
Methionine	g	0.423	0	0.120	1.919
Cystine	g	0.185	0	0.052	0.839
Phenylalanine	g	0.645	0	0.183	2.926
Tyrosine	g	0.555	0	0.157	2.517
Valine	g	0.804	0	0.228	3.647
Arginine	g	1.045	0	0.296	4.740
Histidine	g	0.566	0	0.160	2.567
Alanine	g	0.997	0	0.283	4.522
Aspartic acid	g	1.510	0	0.428	6.849
Glutamic acid	g	2.483	0	0.704	11.263
Glycine	g	0.902	0	0.256	4.091
Proline	g	0.730	0	0.207	3.311
Serine	g	0.632	0	0.179	2.867
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13825 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 267g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	48.47		0	129.41	41.20	
Energy	kcal	337		0	900	286	
Energy	kj	1410		0	3765	1199	
Protein (N x 5.95)	g	22.42		0	59.86	19.06	
Total lipid (fat)	g	26.75		0	71.42	22.74	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	2.78	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	29	9	
Iron	mg	2.19		0	5.85	1.86	
Magnesium	mg	20		0	53	17	
Phosphorus	mg	179		0	478	152	
Potassium	mg	315		0	841	268	
Sodium	mg	63		0	168	54	
Zinc	mg	5.28		0	14.10	4.49	
Copper	mg	0.082		0	0.219	0.070	
Manganese	mg	0.013		0	0.035	0.011	
Selenium	:g	21.6		0	57.7	18.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.214	0.068	
Riboflavin	mg	0.170		0	0.454	0.145	
Niacin	mg	3.270		0	8.731	2.780	
Pantothenic acid	mg	0.330		0	0.881	0.281	
Vitamin B-6	mg	0.270		0	0.721	0.230	
Folate	:g	6		0	16	5	
Vitamin B-12	:g	2.89		0	7.72	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	0.587	0.187	
Lipids:							
Saturated, total	g	10.850		0	28.969	9.223	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.214	0.068	
12:0	g	0.070		0	0.187	0.060	
14:0	g	0.870		0	2.323	0.740	
15.0	g						
16:0	g	6.660		0	17.782	5.661	
17:0	g						
18:0	g	3.170		0	8.464	2.694	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.380	0	30.385	9.673
14:1	g				
16:1	g	1.130	0	3.017	0.961
18:1	g	10.200	0	27.234	8.670
20:1	g	0.050	0	0.134	0.043
22.1	g				
Polyunsaturated, total	g	0.980	0	2.617	0.833
18:2	g	0.660	0	1.762	0.561
18:3	g	0.290	0	0.774	0.247
18:4	g				
20:4	g	0.030	0	0.080	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	82	0	219	70
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.251	0	0.670	0.213
Threonine	g	0.979	0	2.614	0.832
Isoleucine	g	1.008	0	2.691	0.857
Leucine	g	1.772	0	4.731	1.506
Lysine	g	1.865	0	4.980	1.585
Methionine	g	0.574	0	1.533	0.488
Cystine	g	0.251	0	0.670	0.213
Phenylalanine	g	0.875	0	2.336	0.744
Tyrosine	g	0.753	0	2.011	0.640
Valine	g	1.090	0	2.910	0.927
Arginine	g	1.417	0	3.783	1.204
Histidine	g	0.768	0	2.051	0.653
Alanine	g	1.352	0	3.610	1.149
Aspartic acid	g	2.048	0	5.468	1.741
Glutamic acid	g	3.368	0	8.993	2.863
Glycine	g	1.223	0	3.265	1.040
Proline	g	0.990	0	2.643	0.842
Serine	g	0.857	0	2.288	0.728
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13826 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Refuse: 17% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 289g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	48.12		0	139.07	40.90	
Energy	kcal	351		0	1014	298	
Energy	kj	1469		0	4245	1249	
Protein (N x 5.95)	g	22.77		0	65.81	19.35	
Total lipid (fat)	g	28.11		0	81.24	23.89	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99		0	2.86	0.84	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	32	9	
Iron	mg	2.37		0	6.85	2.01	
Magnesium	mg	20		0	58	17	
Phosphorus	mg	177		0	512	150	
Potassium	mg	305		0	881	259	
Sodium	mg	64		0	185	54	
Zinc	mg	5.45		0	15.75	4.63	
Copper	mg	0.084		0	0.243	0.071	
Manganese	mg	0.014		0	0.040	0.012	
Selenium	:g	22.2		0	64.2	18.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.202	0.060	
Riboflavin	mg	0.180		0	0.520	0.153	
Niacin	mg	3.460		0	9.999	2.941	
Pantothenic acid	mg	0.320		0	0.925	0.272	
Vitamin B-6	mg	0.230		0	0.665	0.196	
Folate	:g	7		0	20	6	
Vitamin B-12	:g	2.56		0	7.40	2.18	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.230		0	0.665	0.196	
Lipids:							
Saturated, total	g	11.330		0	32.744	9.630	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.231	0.068	
12:0	g	0.070		0	0.202	0.060	
14:0	g	0.910		0	2.630	0.774	
15.0	g						
16:0	g	6.950		0	20.085	5.907	
17:0	g						
18:0	g	3.310		0	9.566	2.814	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.080	0	34.911	10.268
14:1	g				
16:1	g	1.190	0	3.439	1.011
18:1	g	10.840	0	31.328	9.214
20:1	g	0.050	0	0.145	0.043
22.1	g				
Polyunsaturated, total	g	1.000	0	2.890	0.850
18:2	g	0.660	0	1.907	0.561
18:3	g	0.310	0	0.896	0.264
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	243	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.255	0	0.737	0.217
Threonine	g	0.994	0	2.873	0.845
Isoleucine	g	1.024	0	2.959	0.870
Leucine	g	1.800	0	5.202	1.530
Lysine	g	1.894	0	5.474	1.610
Methionine	g	0.583	0	1.685	0.496
Cystine	g	0.255	0	0.737	0.217
Phenylalanine	g	0.889	0	2.569	0.756
Tyrosine	g	0.765	0	2.211	0.650
Valine	g	1.107	0	3.199	0.941
Arginine	g	1.439	0	4.159	1.223
Histidine	g	0.780	0	2.254	0.663
Alanine	g	1.373	0	3.968	1.167
Aspartic acid	g	2.080	0	6.011	1.768
Glutamic acid	g	3.421	0	9.887	2.908
Glycine	g	1.242	0	3.589	1.056
Proline	g	1.005	0	2.904	0.854
Serine	g	0.871	0	2.517	0.740
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13827 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 17% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	53.85		0	15.27	244.26	
Energy	kcal	322		0	91	1461	
Energy	kj	1347		0	382	6110	
Protein (N x 5.95)	g	16.34		0	4.63	74.12	
Total lipid (fat)	g	27.93		0	7.92	126.69	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.77		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	267		0	76	1211	
Sodium	mg	54		0	15	245	
Zinc	mg	3.66		0	1.04	16.60	
Copper	mg	0.058		0	0.016	0.263	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	:g	16.3		0	4.6	73.9	
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	2.79		0	0.79	12.66	
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	0.060	0.953	
Lipids:							
Saturated, total	g	11.510		0	3.263	52.209	
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	0.920		0	0.261	4.173	
15.0	g						
16:0	g	6.920		0	1.962	31.389	
17:0	g						
18:0	g	3.510		0	0.995	15.921	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.020	0	3.408	54.523
14:1	g				
16:1	g	1.410	0	0.400	6.396
18:1	g	10.570	0	2.997	47.946
20:1	g	0.040	0	0.011	0.181
22.1	g				
Polyunsaturated, total	g	1.010	0	0.286	4.581
18:2	g	0.640	0	0.181	2.903
18:3	g	0.340	0	0.096	1.542
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	0.714	0	0.202	3.239
Isoleucine	g	0.734	0	0.208	3.329
Leucine	g	1.291	0	0.366	5.856
Lysine	g	1.359	0	0.385	6.164
Methionine	g	0.418	0	0.119	1.896
Cystine	g	0.183	0	0.052	0.830
Phenylalanine	g	0.638	0	0.181	2.894
Tyrosine	g	0.549	0	0.156	2.490
Valine	g	0.795	0	0.225	3.606
Arginine	g	1.032	0	0.293	4.681
Histidine	g	0.559	0	0.158	2.536
Alanine	g	0.985	0	0.279	4.468
Aspartic acid	g	1.492	0	0.423	6.768
Glutamic acid	g	2.454	0	0.696	11.131
Glycine	g	0.891	0	0.253	4.042
Proline	g	0.721	0	0.204	3.270
Serine	g	0.625	0	0.177	2.835
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13828 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 267g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	47.33		0	126.37	40.23	
Energy	kcal	352		0	940	299	
Energy	kj	1473		0	3933	1252	
Protein (N x 5.95)	g	22.26		0	59.43	18.92	
Total lipid (fat)	g	28.50		0	76.09	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	1.03		0	2.75	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	29	9	
Iron	mg	2.18		0	5.82	1.85	
Magnesium	mg	20		0	53	17	
Phosphorus	mg	178		0	475	151	
Potassium	mg	313		0	836	266	
Sodium	mg	63		0	168	54	
Zinc	mg	5.23		0	13.96	4.45	
Copper	mg	0.081		0	0.216	0.069	
Manganese	mg	0.013		0	0.035	0.011	
Selenium	:g	21.8		0	58.2	18.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.214	0.068	
Riboflavin	mg	0.170		0	0.454	0.145	
Niacin	mg	3.250		0	8.678	2.763	
Pantothenic acid	mg	0.320		0	0.854	0.272	
Vitamin B-6	mg	0.270		0	0.721	0.230	
Folate	:g	6		0	16	5	
Vitamin B-12	:g	2.87		0	7.66	2.44	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.220		0	0.587	0.187	
Lipids:							
Saturated, total	g	11.570		0	30.892	9.835	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.214	0.068	
12:0	g	0.080		0	0.214	0.068	
14:0	g	0.930		0	2.483	0.791	
15.0	g						
16:0	g	7.090		0	18.930	6.026	
17:0	g						
18:0	g	3.390		0	9.051	2.882	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.120	0	32.360	10.302
14:1	g				
16:1	g	1.200	0	3.204	1.020
18:1	g	10.860	0	28.996	9.231
20:1	g	0.050	0	0.134	0.043
22.1	g				
Polyunsaturated, total	g	1.040	0	2.777	0.884
18:2	g	0.700	0	1.869	0.595
18:3	g	0.310	0	0.828	0.264
18:4	g				
20:4	g	0.030	0	0.080	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	82	0	219	70
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.249	0	0.665	0.212
Threonine	g	0.972	0	2.595	0.826
Isoleucine	g	1.001	0	2.673	0.851
Leucine	g	1.760	0	4.699	1.496
Lysine	g	1.852	0	4.945	1.574
Methionine	g	0.570	0	1.522	0.484
Cystine	g	0.249	0	0.665	0.212
Phenylalanine	g	0.869	0	2.320	0.739
Tyrosine	g	0.748	0	1.997	0.636
Valine	g	1.083	0	2.892	0.921
Arginine	g	1.407	0	3.757	1.196
Histidine	g	0.762	0	2.035	0.648
Alanine	g	1.343	0	3.586	1.142
Aspartic acid	g	2.034	0	5.431	1.729
Glutamic acid	g	3.345	0	8.931	2.843
Glycine	g	1.215	0	3.244	1.033
Proline	g	0.983	0	2.625	0.836
Serine	g	0.851	0	2.272	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. 13829 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Refuse: 17% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 289g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	46.87		0	135.45	39.84	
Energy	kcal	365		0	1055	310	
Energy	kj	1527		0	4413	1298	
Protein (N x 5.95)	g	22.60		0	65.31	19.21	
Total lipid (fat)	g	29.79		0	86.09	25.32	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98		0	2.83	0.83	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	32	9	
Iron	mg	2.35		0	6.79	2.00	
Magnesium	mg	20		0	58	17	
Phosphorus	mg	176		0	509	150	
Potassium	mg	302		0	873	257	
Sodium	mg	64		0	185	54	
Zinc	mg	5.40		0	15.61	4.59	
Copper	mg	0.084		0	0.243	0.071	
Manganese	mg	0.013		0	0.038	0.011	
Selenium	:g	22.4		0	64.7	19.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.202	0.060	
Riboflavin	mg	0.170		0	0.491	0.145	
Niacin	mg	3.430		0	9.913	2.916	
Pantothenic acid	mg	0.310		0	0.896	0.264	
Vitamin B-6	mg	0.230		0	0.665	0.196	
Folate	:g	7		0	20	6	
Vitamin B-12	:g	2.55		0	7.37	2.17	
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	0.665	0.196	
Lipids:							
Saturated, total	g	12.010		0	34.709	10.209	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.090		0	0.260	0.077	
12:0	g	0.080		0	0.231	0.068	
14:0	g	0.970		0	2.803	0.825	
15.0	g						
16:0	g	7.360		0	21.270	6.256	
17:0	g						
18:0	g	3.520		0	10.173	2.992	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.800	0	36.992	10.880
14:1	g				
16:1	g	1.260	0	3.641	1.071
18:1	g	11.480	0	33.177	9.758
20:1	g	0.060	0	0.173	0.051
22.1	g				
Polyunsaturated, total	g	1.050	0	3.034	0.893
18:2	g	0.700	0	2.023	0.595
18:3	g	0.330	0	0.954	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	243	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.253	0	0.731	0.215
Threonine	g	0.987	0	2.852	0.839
Isoleucine	g	1.016	0	2.936	0.864
Leucine	g	1.786	0	5.162	1.518
Lysine	g	1.880	0	5.433	1.598
Methionine	g	0.579	0	1.673	0.492
Cystine	g	0.253	0	0.731	0.215
Phenylalanine	g	0.882	0	2.549	0.750
Tyrosine	g	0.759	0	2.194	0.645
Valine	g	1.099	0	3.176	0.934
Arginine	g	1.428	0	4.127	1.214
Histidine	g	0.774	0	2.237	0.658
Alanine	g	1.363	0	3.939	1.159
Aspartic acid	g	2.065	0	5.968	1.755
Glutamic acid	g	3.396	0	9.814	2.887
Glycine	g	1.233	0	3.563	1.048
Proline	g	0.998	0	2.884	0.848
Serine	g	0.864	0	2.497	0.734
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13830 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw

Refuse: 16% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	57.48		0	16.30	260.73	
Energy	kcal	288		0	82	1306	
Energy	kj	1205		0	342	5466	
Protein (N x 5.95)	g	16.75		0	4.75	75.98	
Total lipid (fat)	g	23.95		0	6.79	108.64	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.79		0	0.22	3.58	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	3	41	
Iron	mg	1.77		0	0.50	8.03	
Magnesium	mg	17		0	5	77	
Phosphorus	mg	159		0	45	721	
Potassium	mg	278		0	79	1261	
Sodium	mg	55		0	16	249	
Zinc	mg	3.79		0	1.07	17.19	
Copper	mg	0.059		0	0.017	0.268	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	:g	15.8		0	4.5	71.7	
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	2.850		0	0.808	12.928	
Pantothenic acid	mg	0.310		0	0.088	1.406	
Vitamin B-6	mg	0.320		0	0.091	1.452	
Folate	:g	5		0	1	23	
Vitamin B-12	:g	2.86		0	0.81	12.97	
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	0.057	0.907	
Lipids:							
Saturated, total	g	9.880		0	2.801	44.816	
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	0.790		0	0.224	3.583	
15.0	g						
16:0	g	5.940		0	1.684	26.944	
17:0	g						
18:0	g	3.010		0	0.853	13.653	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.320	0	2.926	46.812
14:1	g				
16:1	g	1.220	0	0.346	5.534
18:1	g	9.070	0	2.571	41.142
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	0.300	0	0.085	1.361
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	0.188	0	0.053	0.853
Threonine	g	0.732	0	0.208	3.320
Isoleucine	g	0.753	0	0.213	3.416
Leucine	g	1.324	0	0.375	6.006
Lysine	g	1.394	0	0.395	6.323
Methionine	g	0.429	0	0.122	1.946
Cystine	g	0.188	0	0.053	0.853
Phenylalanine	g	0.654	0	0.185	2.967
Tyrosine	g	0.563	0	0.160	2.554
Valine	g	0.815	0	0.231	3.697
Arginine	g	1.059	0	0.300	4.804
Histidine	g	0.574	0	0.163	2.604
Alanine	g	1.011	0	0.287	4.586
Aspartic acid	g	1.531	0	0.434	6.945
Glutamic acid	g	2.517	0	0.714	11.417
Glycine	g	0.914	0	0.259	4.146
Proline	g	0.740	0	0.210	3.357
Serine	g	0.641	0	0.182	2.908
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13831 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Refuse: 22% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 264g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	50.41		0	133.08	42.85	
Energy	kcal	315		0	832	268	
Energy	kj	1318		0	3480	1120	
Protein (N x 5.95)	g	22.73		0	60.01	19.32	
Total lipid (fat)	g	24.20		0	63.89	20.57	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05		0	2.77	0.89	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	29	9	
Iron	mg	2.22		0	5.86	1.89	
Magnesium	mg	20		0	53	17	
Phosphorus	mg	182		0	480	155	
Potassium	mg	321		0	847	273	
Sodium	mg	64		0	169	54	
Zinc	mg	5.38		0	14.20	4.57	
Copper	mg	0.083		0	0.219	0.071	
Manganese	mg	0.014		0	0.037	0.012	
Selenium	:g	21.1		0	55.7	17.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.211	0.068	
Riboflavin	mg	0.170		0	0.449	0.145	
Niacin	mg	3.310		0	8.738	2.814	
Pantothenic acid	mg	0.330		0	0.871	0.281	
Vitamin B-6	mg	0.280		0	0.739	0.238	
Folate	:g	6		0	16	5	
Vitamin B-12	:g	2.93		0	7.74	2.49	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.210		0	0.554	0.179	
Lipids:							
Saturated, total	g	9.810		0	25.898	8.338	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.185	0.060	
12:0	g	0.060		0	0.158	0.051	
14:0	g	0.790		0	2.086	0.672	
15.0	g						
16:0	g	6.020		0	15.893	5.117	
17:0	g						
18:0	g	2.870		0	7.577	2.440	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.280	0	27.139	8.738
14:1	g				
16:1	g	1.010	0	2.666	0.859
18:1	g	9.220	0	24.341	7.837
20:1	g	0.040	0	0.106	0.034
22.1	g				
Polyunsaturated, total	g	0.890	0	2.350	0.757
18:2	g	0.600	0	1.584	0.510
18:3	g	0.260	0	0.686	0.221
18:4	g				
20:4	g	0.030	0	0.079	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	81	0	214	69
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.255	0	0.673	0.217
Threonine	g	0.993	0	2.622	0.844
Isoleucine	g	1.022	0	2.698	0.869
Leucine	g	1.796	0	4.741	1.527
Lysine	g	1.891	0	4.992	1.607
Methionine	g	0.582	0	1.536	0.495
Cystine	g	0.255	0	0.673	0.217
Phenylalanine	g	0.887	0	2.342	0.754
Tyrosine	g	0.764	0	2.017	0.649
Valine	g	1.105	0	2.917	0.939
Arginine	g	1.436	0	3.791	1.221
Histidine	g	0.778	0	2.054	0.661
Alanine	g	1.371	0	3.619	1.165
Aspartic acid	g	2.076	0	5.481	1.765
Glutamic acid	g	3.414	0	9.013	2.902
Glycine	g	1.240	0	3.274	1.054
Proline	g	1.004	0	2.651	0.853
Serine	g	0.869	0	2.294	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 with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13832 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Refuse: 17% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 289g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	49.90		0	144.21	42.41	
Energy	kcal	330		0	954	281	
Energy	kj	1381		0	3991	1174	
Protein (N x 5.95)	g	23.10		0	66.76	19.64	
Total lipid (fat)	g	25.63		0	74.07	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	1.00		0	2.89	0.85	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	32	9	
Iron	mg	2.41		0	6.96	2.05	
Magnesium	mg	20		0	58	17	
Phosphorus	mg	180		0	520	153	
Potassium	mg	310		0	896	264	
Sodium	mg	65		0	188	55	
Zinc	mg	5.57		0	16.10	4.73	
Copper	mg	0.085		0	0.246	0.072	
Manganese	mg	0.014		0	0.040	0.012	
Selenium	:g	21.7		0	62.7	18.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.202	0.060	
Riboflavin	mg	0.180		0	0.520	0.153	
Niacin	mg	3.510		0	10.144	2.983	
Pantothenic acid	mg	0.320		0	0.925	0.272	
Vitamin B-6	mg	0.240		0	0.694	0.204	
Folate	:g	7		0	20	6	
Vitamin B-12	:g	2.58		0	7.46	2.19	
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	0.636	0.187	
Lipids:							
Saturated, total	g	10.320		0	29.825	8.772	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.202	0.060	
12:0	g	0.070		0	0.202	0.060	
14:0	g	0.830		0	2.399	0.706	
15.0	g						
16:0	g	6.330		0	18.294	5.380	
17:0	g						
18:0	g	3.020		0	8.728	2.567	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.010	0	31.819	9.358
14:1	g				
16:1	g	1.080	0	3.121	0.918
18:1	g	9.890	0	28.582	8.407
20:1	g	0.050	0	0.145	0.043
22.1	g				
Polyunsaturated, total	g	0.910	0	2.630	0.774
18:2	g	0.610	0	1.763	0.518
18:3	g	0.280	0	0.809	0.238
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	243	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.259	0	0.749	0.220
Threonine	g	1.009	0	2.916	0.858
Isoleucine	g	1.039	0	3.003	0.883
Leucine	g	1.826	0	5.277	1.552
Lysine	g	1.922	0	5.555	1.634
Methionine	g	0.591	0	1.708	0.502
Cystine	g	0.259	0	0.749	0.220
Phenylalanine	g	0.902	0	2.607	0.767
Tyrosine	g	0.776	0	2.243	0.660
Valine	g	1.124	0	3.248	0.955
Arginine	g	1.460	0	4.219	1.241
Histidine	g	0.791	0	2.286	0.672
Alanine	g	1.393	0	4.026	1.184
Aspartic acid	g	2.110	0	6.098	1.793
Glutamic acid	g	3.471	0	10.031	2.950
Glycine	g	1.260	0	3.641	1.071
Proline	g	1.020	0	2.948	0.867
Serine	g	0.883	0	2.552	0.751
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 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13833 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, 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	51.51		0	14.60	233.65	
Energy	kcal	355		0	101	1610	
Energy	kj	1485		0	421	6736	
Protein (N x 5.95)	g	16.15		0	4.58	73.26	
Total lipid (fat)	g	31.66		0	8.98	143.61	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.76		0	0.22	3.45	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	3	41	
Iron	mg	1.70		0	0.48	7.71	
Magnesium	mg	16		0	5	73	
Phosphorus	mg	152		0	43	689	
Potassium	mg	263		0	75	1193	
Sodium	mg	53		0	15	240	
Zinc	mg	3.60		0	1.02	16.33	
Copper	mg	0.057		0	0.016	0.259	
Manganese	mg	0.011		0	0.003	0.050	
Selenium	:g	20.7		0	5.9	93.9	
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	2.750		0	0.780	12.474	
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	2.76		0	0.78	12.52	
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	0.062	0.998	
Lipids:							
Saturated, total	g	13.220		0	3.748	59.966	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.110		0	0.031	0.499	
12:0	g	0.070		0	0.020	0.318	
14:0	g	1.030		0	0.292	4.672	
15.0	g						
16:0	g	7.820		0	2.217	35.472	
17:0	g						
18:0	g	3.990		0	1.131	18.099	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.770	0	3.904	62.461
14:1	g				
16:1	g	1.570	0	0.445	7.122
18:1	g	11.970	0	3.393	54.296
20:1	g	0.050	0	0.014	0.227
22.1	g				
Polyunsaturated, total	g	1.150	0	0.326	5.216
18:2	g	0.750	0	0.213	3.402
18:3	g	0.370	0	0.105	1.678
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	0.181	0	0.051	0.821
Threonine	g	0.705	0	0.200	3.198
Isoleucine	g	0.726	0	0.206	3.293
Leucine	g	1.276	0	0.362	5.788
Lysine	g	1.344	0	0.381	6.096
Methionine	g	0.413	0	0.117	1.873
Cystine	g	0.181	0	0.051	0.821
Phenylalanine	g	0.630	0	0.179	2.858
Tyrosine	g	0.543	0	0.154	2.463
Valine	g	0.785	0	0.223	3.561
Arginine	g	1.021	0	0.289	4.631
Histidine	g	0.553	0	0.157	2.508
Alanine	g	0.974	0	0.276	4.418
Aspartic acid	g	1.475	0	0.418	6.691
Glutamic acid	g	2.426	0	0.688	11.004
Glycine	g	0.881	0	0.250	3.996
Proline	g	0.713	0	0.202	3.234
Serine	g	0.618	0	0.175	2.803
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 oz
Measure 2: 1 lb

NDB No. 13834 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

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* 274g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	44.87		0	122.94	38.14	
Energy	kcal	386		0	1058	328	
Energy	kj	1615		0	4425	1373	
Protein (N x 5.95)	g	21.95		0	60.14	18.66	
Total lipid (fat)	g	32.38		0	88.72	27.52	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.96		0	2.63	0.82	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	30	9	
Iron	mg	2.13		0	5.84	1.81	
Magnesium	mg	20		0	55	17	
Phosphorus	mg	169		0	463	144	
Potassium	mg	310		0	849	264	
Sodium	mg	62		0	170	53	
Zinc	mg	5.19		0	14.22	4.41	
Copper	mg	0.081		0	0.222	0.069	
Manganese	mg	0.014		0	0.038	0.012	
Selenium	:g	27.7		0	75.9	23.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.219	0.068	
Riboflavin	mg	0.180		0	0.493	0.153	
Niacin	mg	3.190		0	8.741	2.711	
Pantothenic acid	mg	0.320		0	0.877	0.272	
Vitamin B-6	mg	0.300		0	0.822	0.255	
Folate	:g	6		0	16	5	
Vitamin B-12	:g	2.84		0	7.78	2.41	
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	0.630	0.196	
Lipids:							
Saturated, total	g	13.420		0	36.771	11.407	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.219	0.068	
12:0	g	0.080		0	0.219	0.068	
14:0	g	1.060		0	2.904	0.901	
15.0	g						
16:0	g	8.000		0	21.920	6.800	
17:0	g						
18:0	g	3.930		0	10.768	3.341	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.130	0	38.716	12.011
14:1	g				
16:1	g	1.310	0	3.589	1.114
18:1	g	12.550	0	34.387	10.668
20:1	g	0.060	0	0.164	0.051
22.1	g				
Polyunsaturated, total	g	1.120	0	3.069	0.952
18:2	g	0.760	0	2.082	0.646
18:3	g	0.310	0	0.849	0.264
18:4	g				
20:4	g	0.040	0	0.110	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	85	0	233	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.246	0	0.674	0.209
Threonine	g	0.959	0	2.628	0.815
Isoleucine	g	0.987	0	2.704	0.839
Leucine	g	1.735	0	4.754	1.475
Lysine	g	1.826	0	5.003	1.552
Methionine	g	0.562	0	1.540	0.478
Cystine	g	0.246	0	0.674	0.209
Phenylalanine	g	0.857	0	2.348	0.728
Tyrosine	g	0.738	0	2.022	0.627
Valine	g	1.068	0	2.926	0.908
Arginine	g	1.387	0	3.800	1.179
Histidine	g	0.752	0	2.060	0.639
Alanine	g	1.324	0	3.628	1.125
Aspartic acid	g	2.005	0	5.494	1.704
Glutamic acid	g	3.298	0	9.037	2.803
Glycine	g	1.198	0	3.283	1.018
Proline	g	0.969	0	2.655	0.824
Serine	g	0.839	0	2.299	0.713
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13835 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Refuse: 20% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 278g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	43.40		0	120.65	36.89	
Energy	kcal	400		0	1112	340	
Energy	kj	1674		0	4654	1423	
Protein (N x 5.95)	g	22.57		0	62.74	19.18	
Total lipid (fat)	g	33.70		0	93.69	28.65	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.91		0	2.53	0.77	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	31	9	
Iron	mg	2.17		0	6.03	1.84	
Magnesium	mg	20		0	56	17	
Phosphorus	mg	175		0	487	149	
Potassium	mg	304		0	845	258	
Sodium	mg	65		0	181	55	
Zinc	mg	5.39		0	14.98	4.58	
Copper	mg	0.083		0	0.231	0.071	
Manganese	mg	0.013		0	0.036	0.011	
Selenium	:g	28.4		0	79.0	24.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.195	0.060	
Riboflavin	mg	0.180		0	0.500	0.153	
Niacin	mg	3.400		0	9.452	2.890	
Pantothenic acid	mg	0.360		0	1.001	0.306	
Vitamin B-6	mg	0.260		0	0.723	0.221	
Folate	:g	7		0	19	6	
Vitamin B-12	:g	2.56		0	7.12	2.18	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.230		0	0.639	0.196	
Lipids:							
Saturated, total	g	13.960		0	38.809	11.866	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.222	0.068	
12:0	g	0.080		0	0.222	0.068	
14:0	g	1.100		0	3.058	0.935	
15.0	g						
16:0	g	8.330		0	23.157	7.080	
17:0	g						
18:0	g	4.070		0	11.315	3.460	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.690	0	40.838	12.486
14:1	g				
16:1	g	1.370	0	3.809	1.165
18:1	g	13.040	0	36.251	11.084
20:1	g	0.050	0	0.139	0.043
22.1	g				
Polyunsaturated, total	g	1.170	0	3.253	0.995
18:2	g	0.790	0	2.196	0.672
18:3	g	0.320	0	0.890	0.272
18:4	g				
20:4	g	0.040	0	0.111	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	85	0	236	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.253	0	0.703	0.215
Threonine	g	0.986	0	2.741	0.838
Isoleucine	g	1.015	0	2.822	0.863
Leucine	g	1.784	0	4.960	1.516
Lysine	g	1.878	0	5.221	1.596
Methionine	g	0.578	0	1.607	0.491
Cystine	g	0.253	0	0.703	0.215
Phenylalanine	g	0.881	0	2.449	0.749
Tyrosine	g	0.758	0	2.107	0.644
Valine	g	1.098	0	3.052	0.933
Arginine	g	1.427	0	3.967	1.213
Histidine	g	0.773	0	2.149	0.657
Alanine	g	1.361	0	3.784	1.157
Aspartic acid	g	2.062	0	5.732	1.753
Glutamic acid	g	3.391	0	9.427	2.882
Glycine	g	1.231	0	3.422	1.046
Proline	g	0.997	0	2.772	0.847
Serine	g	0.863	0	2.399	0.734
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13836 Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" 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	59.15		0	16.77	268.30	
Energy	kcal	262		0	74	1188	
Energy	kj	1096		0	311	4971	
Protein (N x 5.95)	g	17.78		0	5.04	80.65	
Total lipid (fat)	g	20.63		0	5.85	93.58	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.87		0	0.25	3.95	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	
Iron	mg	1.90		0	0.54	8.62	
Magnesium	mg	18		0	5	82	
Phosphorus	mg	171		0	48	776	
Potassium	mg	313		0	89	1420	
Sodium	mg	56		0	16	254	
Zinc	mg	3.94		0	1.12	17.87	
Copper	mg	0.060		0	0.017	0.272	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	:g	16.8		0	4.8	76.2	
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	3.280		0	0.930	14.878	
Pantothenic acid	mg	0.300		0	0.085	1.361	
Vitamin B-6	mg	0.370		0	0.105	1.678	
Folate	:g	5		0	1	23	
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	0.180		0	0.051	0.816	
Lipids:							
Saturated, total	g	8.390		0	2.379	38.057	
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	0.660		0	0.187	2.994	
15.0	g						
16:0	g	5.040		0	1.429	22.861	
17:0	g						
18:0	g	2.590		0	0.734	11.748	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.950	0	2.537	40.597
14:1	g				
16:1	g	1.000	0	0.284	4.536
18:1	g	7.930	0	2.248	35.970
20:1	g	0.030	0	0.009	0.136
22.1	g				
Polyunsaturated, total	g	0.720	0	0.204	3.266
18:2	g	0.480	0	0.136	2.177
18:3	g	0.220	0	0.062	0.998
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	0.199	0	0.056	0.903
Threonine	g	0.777	0	0.220	3.524
Isoleucine	g	0.800	0	0.227	3.629
Leucine	g	1.406	0	0.399	6.378
Lysine	g	1.480	0	0.420	6.713
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	0.598	0	0.170	2.713
Valine	g	0.865	0	0.245	3.924
Arginine	g	1.124	0	0.319	5.098
Histidine	g	0.609	0	0.173	2.762
Alanine	g	1.073	0	0.304	4.867
Aspartic acid	g	1.625	0	0.461	7.371
Glutamic acid	g	2.672	0	0.758	12.120
Glycine	g	0.970	0	0.275	4.400
Proline	g	0.785	0	0.223	3.561
Serine	g	0.680	0	0.193	3.084
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13837 Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" 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* 320g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	52.12		0	166.78	44.30	
Energy	kcal	300		0	960	255	
Energy	kj	1255		0	4016	1067	
Protein (N x 5.95)	g	25.19		0	80.61	21.41	
Total lipid (fat)	g	21.32		0	68.22	18.12	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10		0	3.52	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	42	11	
Iron	mg	2.32		0	7.42	1.97	
Magnesium	mg	24		0	77	20	
Phosphorus	mg	186		0	595	158	
Potassium	mg	349		0	1117	297	
Sodium	mg	64		0	205	54	
Zinc	mg	6.07		0	19.42	5.16	
Copper	mg	0.091		0	0.291	0.077	
Manganese	mg	0.015		0	0.048	0.013	
Selenium	:g	31.9		0	102.1	27.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.288	0.077	
Riboflavin	mg	0.200		0	0.640	0.170	
Niacin	mg	4.270		0	13.664	3.629	
Pantothenic acid	mg	0.310		0	0.992	0.264	
Vitamin B-6	mg	0.360		0	1.152	0.306	
Folate	:g	7		0	22	6	
Vitamin B-12	:g	3.04		0	9.73	2.58	
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	0.608	0.161	
Lipids:							
Saturated, total	g	8.630		0	27.616	7.336	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.160	0.043	
12:0	g	0.050		0	0.160	0.043	
14:0	g	0.690		0	2.208	0.587	
15.0	g						
16:0	g	5.250		0	16.800	4.463	
17:0	g						
18:0	g	2.580		0	8.256	2.193	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.120	0	29.184	7.752
14:1	g				
16:1	g	0.850	0	2.720	0.723
18:1	g	8.250	0	26.400	7.013
20:1	g	0.030	0	0.096	0.026
22.1	g				
Polyunsaturated, total	g	0.720	0	2.304	0.612
18:2	g	0.500	0	1.600	0.425
18:3	g	0.190	0	0.608	0.161
18:4	g				
20:4	g	0.030	0	0.096	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	82	0	262	70
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.282	0	0.902	0.240
Threonine	g	1.100	0	3.520	0.935
Isoleucine	g	1.132	0	3.622	0.962
Leucine	g	1.991	0	6.371	1.692
Lysine	g	2.095	0	6.704	1.781
Methionine	g	0.645	0	2.064	0.548
Cystine	g	0.282	0	0.902	0.240
Phenylalanine	g	0.983	0	3.146	0.836
Tyrosine	g	0.846	0	2.707	0.719
Valine	g	1.225	0	3.920	1.041
Arginine	g	1.592	0	5.094	1.353
Histidine	g	0.862	0	2.758	0.733
Alanine	g	1.519	0	4.861	1.291
Aspartic acid	g	2.301	0	7.363	1.956
Glutamic acid	g	3.784	0	12.109	3.216
Glycine	g	1.374	0	4.397	1.168
Proline	g	1.112	0	3.558	0.945
Serine	g	0.963	0	3.082	0.819
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 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13838 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 16% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	54.51		0	15.45	247.26	
Energy	kcal	316		0	90	1433	
Energy	kj	1322		0	375	5997	
Protein (N x 5.95)	g	16.26		0	4.61	73.76	
Total lipid (fat)	g	27.29		0	7.74	123.79	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.76		0	0.22	3.45	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	2	36	
Iron	mg	1.71		0	0.48	7.76	
Magnesium	mg	16		0	5	73	
Phosphorus	mg	153		0	43	694	
Potassium	mg	260		0	74	1179	
Sodium	mg	55		0	16	249	
Zinc	mg	3.75		0	1.06	17.01	
Copper	mg	0.059		0	0.017	0.268	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	:g	15.8		0	4.5	71.7	
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	2.71		0	0.77	12.29	
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	0.060	0.953	
Lipids:							
Saturated, total	g	11.290		0	3.201	51.211	
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	0.900		0	0.255	4.082	
15.0	g						
16:0	g	6.780		0	1.922	30.754	
17:0	g						
18:0	g	3.440		0	0.975	15.604	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.690	0	3.314	53.026
14:1	g				
16:1	g	1.390	0	0.394	6.305
18:1	g	10.260	0	2.909	46.539
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	0.630	0	0.179	2.858
18:3	g	0.340	0	0.096	1.542
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	0.182	0	0.052	0.826
Threonine	g	0.710	0	0.201	3.221
Isoleucine	g	0.731	0	0.207	3.316
Leucine	g	1.285	0	0.364	5.829
Lysine	g	1.353	0	0.384	6.137
Methionine	g	0.416	0	0.118	1.887
Cystine	g	0.182	0	0.052	0.826
Phenylalanine	g	0.635	0	0.180	2.880
Tyrosine	g	0.546	0	0.155	2.477
Valine	g	0.791	0	0.224	3.588
Arginine	g	1.027	0	0.291	4.658
Histidine	g	0.557	0	0.158	2.527
Alanine	g	0.981	0	0.278	4.450
Aspartic acid	g	1.485	0	0.421	6.736
Glutamic acid	g	2.442	0	0.692	11.077
Glycine	g	0.887	0	0.251	4.023
Proline	g	0.718	0	0.204	3.257
Serine	g	0.622	0	0.176	2.821
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13839 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 267g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	48.74		0	130.14	41.43	
Energy	kcal	338		0	902	287	
Energy	kj	1414		0	3775	1202	
Protein (N x 5.95)	g	21.55		0	57.54	18.32	
Total lipid (fat)	g	27.22		0	72.68	23.14	
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		0	2.78	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	27	9	
Iron	mg	2.19		0	5.85	1.86	
Magnesium	mg	19		0	51	16	
Phosphorus	mg	182		0	486	155	
Potassium	mg	309		0	825	263	
Sodium	mg	64		0	171	54	
Zinc	mg	5.07		0	13.54	4.31	
Copper	mg	0.079		0	0.211	0.067	
Manganese	mg	0.013		0	0.035	0.011	
Selenium	:g	21.0		0	56.1	17.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.187	0.060	
Riboflavin	mg	0.160		0	0.427	0.136	
Niacin	mg	2.780		0	7.423	2.363	
Pantothenic acid	mg	0.350		0	0.934	0.298	
Vitamin B-6	mg	0.230		0	0.614	0.196	
Folate	:g	6		0	16	5	
Vitamin B-12	:g	2.89		0	7.72	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	0.587	0.187	
Lipids:							
Saturated, total	g	11.060		0	29.530	9.401	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.214	0.068	
12:0	g	0.070		0	0.187	0.060	
14:0	g	0.880		0	2.350	0.748	
15.0	g						
16:0	g	6.790		0	18.129	5.771	
17:0	g						
18:0	g	3.230		0	8.624	2.746	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.510	0	30.732	9.784
14:1	g				
16:1	g	1.170	0	3.124	0.995
18:1	g	10.290	0	27.474	8.746
20:1	g	0.050	0	0.134	0.043
22.1	g				
Polyunsaturated, total	g	1.030	0	2.750	0.876
18:2	g	0.690	0	1.842	0.587
18:3	g	0.300	0	0.801	0.255
18:4	g				
20:4	g	0.040	0	0.107	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	80	0	214	68
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.241	0	0.643	0.205
Threonine	g	0.941	0	2.512	0.800
Isoleucine	g	0.969	0	2.587	0.824
Leucine	g	1.704	0	4.550	1.448
Lysine	g	1.793	0	4.787	1.524
Methionine	g	0.552	0	1.474	0.469
Cystine	g	0.241	0	0.643	0.205
Phenylalanine	g	0.841	0	2.245	0.715
Tyrosine	g	0.724	0	1.933	0.615
Valine	g	1.048	0	2.798	0.891
Arginine	g	1.362	0	3.637	1.158
Histidine	g	0.738	0	1.970	0.627
Alanine	g	1.300	0	3.471	1.105
Aspartic acid	g	1.969	0	5.257	1.674
Glutamic acid	g	3.238	0	8.645	2.752
Glycine	g	1.176	0	3.140	1.000
Proline	g	0.952	0	2.542	0.809
Serine	g	0.824	0	2.200	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. 13840 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Refuse: 16% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 292g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	47.73		0	139.37	40.57	
Energy	kcal	355		0	1037	302	
Energy	kj	1485		0	4336	1262	
Protein (N x 5.95)	g	23.01		0	67.19	19.56	
Total lipid (fat)	g	28.51		0	83.25	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	0.91		0	2.66	0.77	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	29	9	
Iron	mg	2.35		0	6.86	2.00	
Magnesium	mg	20		0	58	17	
Phosphorus	mg	173		0	505	147	
Potassium	mg	293		0	856	249	
Sodium	mg	64		0	187	54	
Zinc	mg	5.84		0	17.05	4.96	
Copper	mg	0.089		0	0.260	0.076	
Manganese	mg	0.014		0	0.041	0.012	
Selenium	:g	21.6		0	63.1	18.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.204	0.060	
Riboflavin	mg	0.190		0	0.555	0.161	
Niacin	mg	3.670		0	10.716	3.119	
Pantothenic acid	mg	0.370		0	1.080	0.315	
Vitamin B-6	mg	0.230		0	0.672	0.196	
Folate	:g	7		0	20	6	
Vitamin B-12	:g	2.34		0	6.83	1.99	
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	0.672	0.196	
Lipids:							
Saturated, total	g	11.500		0	33.580	9.775	
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	0.204	0.060	
14:0	g	0.930		0	2.716	0.791	
15.0	g						
16:0	g	7.030		0	20.528	5.976	
17:0	g						
18:0	g	3.390		0	9.899	2.882	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.200	0	35.624	10.370
14:1	g				
16:1	g	1.180	0	3.446	1.003
18:1	g	10.970	0	32.032	9.325
20:1	g	0.050	0	0.146	0.043
22.1	g				
Polyunsaturated, total	g	0.990	0	2.891	0.842
18:2	g	0.660	0	1.927	0.561
18:3	g	0.300	0	0.876	0.255
18:4	g				
20:4	g	0.030	0	0.088	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	85	0	248	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.258	0	0.753	0.219
Threonine	g	1.005	0	2.935	0.854
Isoleucine	g	1.034	0	3.019	0.879
Leucine	g	1.818	0	5.309	1.545
Lysine	g	1.914	0	5.589	1.627
Methionine	g	0.589	0	1.720	0.501
Cystine	g	0.258	0	0.753	0.219
Phenylalanine	g	0.898	0	2.622	0.763
Tyrosine	g	0.773	0	2.257	0.657
Valine	g	1.119	0	3.267	0.951
Arginine	g	1.454	0	4.246	1.236
Histidine	g	0.788	0	2.301	0.670
Alanine	g	1.388	0	4.053	1.180
Aspartic acid	g	2.102	0	6.138	1.787
Glutamic acid	g	3.457	0	10.094	2.938
Glycine	g	1.255	0	3.665	1.067
Proline	g	1.016	0	2.967	0.864
Serine	g	0.880	0	2.570	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: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13841 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 16% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	53.00		0	15.03	240.41	
Energy	kcal	333		0	94	1510	
Energy	kj	1393		0	395	6319	
Protein (N x 5.95)	g	16.03		0	4.54	72.71	
Total lipid (fat)	g	29.34		0	8.32	133.09	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.75		0	0.21	3.40	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	2	36	
Iron	mg	1.68		0	0.48	7.62	
Magnesium	mg	15		0	4	68	
Phosphorus	mg	150		0	43	680	
Potassium	mg	254		0	72	1152	
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	0.011		0	0.003	0.050	
Selenium	:g	15.7		0	4.5	71.2	
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	2.570		0	0.729	11.658	
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	2.67		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	0.220		0	0.062	0.998	
Lipids:							
Saturated, total	g	12.130		0	3.439	55.022	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.110		0	0.031	0.499	
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	7.290		0	2.067	33.067	
17:0	g						
18:0	g	3.700		0	1.049	16.783	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.560	0	3.561	56.972
14:1	g				
16:1	g	1.490	0	0.422	6.759
18:1	g	11.020	0	3.124	49.987
20:1	g	0.040	0	0.011	0.181
22.1	g				
Polyunsaturated, total	g	1.070	0	0.303	4.854
18:2	g	0.680	0	0.193	3.084
18:3	g	0.360	0	0.102	1.633
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	0.180	0	0.051	0.816
Threonine	g	0.700	0	0.198	3.175
Isoleucine	g	0.721	0	0.204	3.270
Leucine	g	1.267	0	0.359	5.747
Lysine	g	1.334	0	0.378	6.051
Methionine	g	0.410	0	0.116	1.860
Cystine	g	0.180	0	0.051	0.816
Phenylalanine	g	0.626	0	0.177	2.840
Tyrosine	g	0.539	0	0.153	2.445
Valine	g	0.780	0	0.221	3.538
Arginine	g	1.013	0	0.287	4.595
Histidine	g	0.549	0	0.156	2.490
Alanine	g	0.967	0	0.274	4.386
Aspartic acid	g	1.464	0	0.415	6.641
Glutamic acid	g	2.408	0	0.683	10.923
Glycine	g	0.875	0	0.248	3.969
Proline	g	0.708	0	0.201	3.211
Serine	g	0.613	0	0.174	2.781
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13842 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 267g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	45.96		0	122.71	39.07	
Energy	kcal	370		0	988	315	
Energy	kj	1548		0	4133	1316	
Protein (N x 5.95)	g	20.86		0	55.70	17.73	
Total lipid (fat)	g	31.18		0	83.25	26.50	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00		0	2.67	0.85	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	27	9	
Iron	mg	2.12		0	5.66	1.80	
Magnesium	mg	18		0	48	15	
Phosphorus	mg	175		0	467	149	
Potassium	mg	297		0	793	252	
Sodium	mg	63		0	168	54	
Zinc	mg	4.83		0	12.90	4.11	
Copper	mg	0.076		0	0.203	0.065	
Manganese	mg	0.013		0	0.035	0.011	
Selenium	:g	21.0		0	56.1	17.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.187	0.060	
Riboflavin	mg	0.160		0	0.427	0.136	
Niacin	mg	2.700		0	7.209	2.295	
Pantothenic acid	mg	0.340		0	0.908	0.289	
Vitamin B-6	mg	0.230		0	0.614	0.196	
Folate	:g	5		0	13	4	
Vitamin B-12	:g	2.81		0	7.50	2.39	
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	0.641	0.204	
Lipids:							
Saturated, total	g	12.670		0	33.829	10.770	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.090		0	0.240	0.077	
12:0	g	0.090		0	0.240	0.077	
14:0	g	1.010		0	2.697	0.859	
15.0	g						
16:0	g	7.790		0	20.799	6.622	
17:0	g						
18:0	g	3.690		0	9.852	3.136	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.210	0	35.271	11.229
14:1	g				
16:1	g	1.350	0	3.605	1.148
18:1	g	11.800	0	31.506	10.030
20:1	g	0.060	0	0.160	0.051
22.1	g				
Polyunsaturated, total	g	1.180	0	3.151	1.003
18:2	g	0.780	0	2.083	0.663
18:3	g	0.350	0	0.934	0.298
18:4	g				
20:4	g	0.040	0	0.107	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	81	0	216	69
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.234	0	0.625	0.199
Threonine	g	0.911	0	2.432	0.774
Isoleucine	g	0.938	0	2.504	0.797
Leucine	g	1.648	0	4.400	1.401
Lysine	g	1.735	0	4.632	1.475
Methionine	g	0.534	0	1.426	0.454
Cystine	g	0.234	0	0.625	0.199
Phenylalanine	g	0.814	0	2.173	0.692
Tyrosine	g	0.701	0	1.872	0.596
Valine	g	1.014	0	2.707	0.862
Arginine	g	1.318	0	3.519	1.120
Histidine	g	0.714	0	1.906	0.607
Alanine	g	1.258	0	3.359	1.069
Aspartic acid	g	1.905	0	5.086	1.619
Glutamic acid	g	3.133	0	8.365	2.663
Glycine	g	1.138	0	3.038	0.967
Proline	g	0.921	0	2.459	0.783
Serine	g	0.798	0	2.131	0.678
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13843 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Refuse: 15% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 296g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	45.90		0	135.86	39.02	
Energy	kcal	378		0	1119	321	
Energy	kj	1582		0	4683	1345	
Protein (N x 5.95)	g	22.50		0	66.60	19.13	
Total lipid (fat)	g	31.28		0	92.59	26.59	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.89		0	2.63	0.76	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	30	9	
Iron	mg	2.30		0	6.81	1.95	
Magnesium	mg	19		0	56	16	
Phosphorus	mg	169		0	500	144	
Potassium	mg	286		0	847	243	
Sodium	mg	63		0	186	54	
Zinc	mg	5.65		0	16.72	4.80	
Copper	mg	0.087		0	0.258	0.074	
Manganese	mg	0.013		0	0.038	0.011	
Selenium	:g	21.6		0	63.9	18.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.207	0.060	
Riboflavin	mg	0.180		0	0.533	0.153	
Niacin	mg	3.590		0	10.626	3.051	
Pantothenic acid	mg	0.360		0	1.066	0.306	
Vitamin B-6	mg	0.220		0	0.651	0.187	
Folate	:g	7		0	21	6	
Vitamin B-12	:g	2.31		0	6.84	1.96	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.240		0	0.710	0.204	
Lipids:							
Saturated, total	g	12.620		0	37.355	10.727	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.090		0	0.266	0.077	
12:0	g	0.080		0	0.237	0.068	
14:0	g	1.020		0	3.019	0.867	
15.0	g						
16:0	g	7.720		0	22.851	6.562	
17:0	g						
18:0	g	3.710		0	10.982	3.154	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.390	0	39.634	11.382
14:1	g				
16:1	g	1.300	0	3.848	1.105
18:1	g	12.030	0	35.609	10.226
20:1	g	0.060	0	0.178	0.051
22.1	g				
Polyunsaturated, total	g	1.090	0	3.226	0.927
18:2	g	0.730	0	2.161	0.620
18:3	g	0.330	0	0.977	0.281
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	0.252	0	0.746	0.214
Threonine	g	0.983	0	2.910	0.836
Isoleucine	g	1.012	0	2.996	0.860
Leucine	g	1.778	0	5.263	1.511
Lysine	g	1.872	0	5.541	1.591
Methionine	g	0.576	0	1.705	0.490
Cystine	g	0.252	0	0.746	0.214
Phenylalanine	g	0.878	0	2.599	0.746
Tyrosine	g	0.756	0	2.238	0.643
Valine	g	1.094	0	3.238	0.930
Arginine	g	1.422	0	4.209	1.209
Histidine	g	0.770	0	2.279	0.655
Alanine	g	1.357	0	4.017	1.153
Aspartic acid	g	2.056	0	6.086	1.748
Glutamic acid	g	3.380	0	10.005	2.873
Glycine	g	1.228	0	3.635	1.044
Proline	g	0.994	0	2.942	0.845
Serine	g	0.860	0	2.546	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. 13844 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw

Refuse: 17% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	56.35		0	15.98	255.60	
Energy	kcal	295		0	84	1338	
Energy	kj	1234		0	350	5597	
Protein (N x 5.95)	g	16.52		0	4.68	74.93	
Total lipid (fat)	g	24.85		0	7.04	112.72	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.77		0	0.22	3.49	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	2	36	
Iron	mg	1.74		0	0.49	7.89	
Magnesium	mg	16		0	5	73	
Phosphorus	mg	155		0	44	703	
Potassium	mg	266		0	75	1207	
Sodium	mg	56		0	16	254	
Zinc	mg	3.84		0	1.09	17.42	
Copper	mg	0.060		0	0.017	0.272	
Manganese	mg	0.012		0	0.003	0.054	
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	0.140		0	0.040	0.635	
Niacin	mg	2.640		0	0.748	11.975	
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	2.75		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	0.200		0	0.057	0.907	
Lipids:							
Saturated, total	g	10.280		0	2.914	46.630	
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	6.180		0	1.752	28.032	
17:0	g						
18:0	g	3.130		0	0.887	14.198	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.650	0	3.019	48.308
14:1	g				
16:1	g	1.270	0	0.360	5.761
18:1	g	9.340	0	2.648	42.366
20:1	g	0.040	0	0.011	0.181
22.1	g				
Polyunsaturated, total	g	0.910	0	0.258	4.128
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	0.722	0	0.205	3.275
Isoleucine	g	0.743	0	0.211	3.370
Leucine	g	1.306	0	0.370	5.924
Lysine	g	1.374	0	0.390	6.232
Methionine	g	0.423	0	0.120	1.919
Cystine	g	0.185	0	0.052	0.839
Phenylalanine	g	0.645	0	0.183	2.926
Tyrosine	g	0.555	0	0.157	2.517
Valine	g	0.803	0	0.228	3.642
Arginine	g	1.044	0	0.296	4.736
Histidine	g	0.566	0	0.160	2.567
Alanine	g	0.996	0	0.282	4.518
Aspartic acid	g	1.509	0	0.428	6.845
Glutamic acid	g	2.482	0	0.704	11.258
Glycine	g	0.901	0	0.255	4.087
Proline	g	0.729	0	0.207	3.307
Serine	g	0.632	0	0.179	2.867
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13845 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 267g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	50.25		0	134.17	42.71	
Energy	kcal	324		0	865	275	
Energy	kj	1356		0	3621	1153	
Protein (N x 5.95)	g	21.55		0	57.54	18.32	
Total lipid (fat)	g	25.71		0	68.65	21.85	
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	2.78	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	27	9	
Iron	mg	2.19		0	5.85	1.86	
Magnesium	mg	19		0	51	16	
Phosphorus	mg	182		0	486	155	
Potassium	mg	309		0	825	263	
Sodium	mg	64		0	171	54	
Zinc	mg	5.07		0	13.54	4.31	
Copper	mg	0.079		0	0.211	0.067	
Manganese	mg	0.013		0	0.035	0.011	
Selenium	:g	21.2		0	56.6	18.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.187	0.060	
Riboflavin	mg	0.160		0	0.427	0.136	
Niacin	mg	2.780		0	7.423	2.363	
Pantothenic acid	mg	0.350		0	0.934	0.298	
Vitamin B-6	mg	0.230		0	0.614	0.196	
Folate	:g	6		0	16	5	
Vitamin B-12	:g	2.89		0	7.72	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	0.587	0.187	
Lipids:							
Saturated, total	g	10.430		0	27.848	8.865	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.187	0.060	
12:0	g	0.070		0	0.187	0.060	
14:0	g	0.830		0	2.216	0.706	
15.0	g						
16:0	g	6.410		0	17.115	5.449	
17:0	g						
18:0	g	3.040		0	8.117	2.584	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.850	0	28.969	9.223
14:1	g				
16:1	g	1.090	0	2.910	0.927
18:1	g	9.710	0	25.926	8.254
20:1	g	0.050	0	0.134	0.043
22.1	g				
Polyunsaturated, total	g	0.970	0	2.590	0.825
18:2	g	0.660	0	1.762	0.561
18:3	g	0.280	0	0.748	0.238
18:4	g				
20:4	g	0.040	0	0.107	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	80	0	214	68
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.241	0	0.643	0.205
Threonine	g	0.941	0	2.512	0.800
Isoleucine	g	0.969	0	2.587	0.824
Leucine	g	1.704	0	4.550	1.448
Lysine	g	1.793	0	4.787	1.524
Methionine	g	0.552	0	1.474	0.469
Cystine	g	0.241	0	0.643	0.205
Phenylalanine	g	0.841	0	2.245	0.715
Tyrosine	g	0.724	0	1.933	0.615
Valine	g	1.048	0	2.798	0.891
Arginine	g	1.362	0	3.637	1.158
Histidine	g	0.738	0	1.970	0.627
Alanine	g	1.300	0	3.471	1.105
Aspartic acid	g	1.969	0	5.257	1.674
Glutamic acid	g	3.238	0	8.645	2.752
Glycine	g	1.176	0	3.140	1.000
Proline	g	0.952	0	2.542	0.809
Serine	g	0.824	0	2.200	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. 13846 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Refuse: 16% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 292g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	49.40		0	144.25	41.99	
Energy	kcal	333		0	972	283	
Energy	kj	1393		0	4068	1184	
Protein (N x 5.95)	g	23.40		0	68.33	19.89	
Total lipid (fat)	g	25.84		0	75.45	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	0.93		0	2.72	0.79	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	26	8	
Iron	mg	2.39		0	6.98	2.03	
Magnesium	mg	20		0	58	17	
Phosphorus	mg	176		0	514	150	
Potassium	mg	299		0	873	254	
Sodium	mg	65		0	190	55	
Zinc	mg	5.98		0	17.46	5.08	
Copper	mg	0.090		0	0.263	0.077	
Manganese	mg	0.014		0	0.041	0.012	
Selenium	:g	21.7		0	63.4	18.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.204	0.060	
Riboflavin	mg	0.190		0	0.555	0.161	
Niacin	mg	3.740		0	10.921	3.179	
Pantothenic acid	mg	0.380		0	1.110	0.323	
Vitamin B-6	mg	0.230		0	0.672	0.196	
Folate	:g	8		0	23	7	
Vitamin B-12	:g	2.37		0	6.92	2.01	
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	0.642	0.187	
Lipids:							
Saturated, total	g	10.420		0	30.426	8.857	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.204	0.060	
12:0	g	0.070		0	0.204	0.060	
14:0	g	0.840		0	2.453	0.714	
15.0	g						
16:0	g	6.370		0	18.600	5.415	
17:0	g						
18:0	g	3.070		0	8.964	2.609	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.060	0	32.295	9.401
14:1	g				
16:1	g	1.070	0	3.124	0.910
18:1	g	9.940	0	29.025	8.449
20:1	g	0.050	0	0.146	0.043
22.1	g				
Polyunsaturated, total	g	0.900	0	2.628	0.765
18:2	g	0.600	0	1.752	0.510
18:3	g	0.270	0	0.788	0.230
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	245	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.262	0	0.765	0.223
Threonine	g	1.022	0	2.984	0.869
Isoleucine	g	1.052	0	3.072	0.894
Leucine	g	1.849	0	5.399	1.572
Lysine	g	1.946	0	5.682	1.654
Methionine	g	0.599	0	1.749	0.509
Cystine	g	0.262	0	0.765	0.223
Phenylalanine	g	0.913	0	2.666	0.776
Tyrosine	g	0.786	0	2.295	0.668
Valine	g	1.138	0	3.323	0.967
Arginine	g	1.479	0	4.319	1.257
Histidine	g	0.801	0	2.339	0.681
Alanine	g	1.411	0	4.120	1.199
Aspartic acid	g	2.137	0	6.240	1.816
Glutamic acid	g	3.515	0	10.264	2.988
Glycine	g	1.276	0	3.726	1.085
Proline	g	1.033	0	3.016	0.878
Serine	g	0.895	0	2.613	0.761
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13847 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" 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	50.40		0	14.29	228.61	
Energy	kcal	367		0	104	1665	
Energy	kj	1536		0	435	6967	
Protein (N x 5.95)	g	15.77		0	4.47	71.53	
Total lipid (fat)	g	33.26		0	9.43	150.87	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.73		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	248		0	70	1125	
Sodium	mg	53		0	15	240	
Zinc	mg	3.58		0	1.01	16.24	
Copper	mg	0.057		0	0.016	0.259	
Manganese	mg	0.011		0	0.003	0.050	
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	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	0.220		0	0.062	0.998	
Lipids:							
Saturated, total	g	13.960		0	3.958	63.323	
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	1.090		0	0.309	4.944	
15.0	g						
16:0	g	8.250		0	2.339	37.422	
17:0	g						
18:0	g	4.210		0	1.194	19.097	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.370	0	4.074	65.182
14:1	g				
16:1	g	1.670	0	0.473	7.575
18:1	g	12.470	0	3.535	56.564
20:1	g	0.050	0	0.014	0.227
22.1	g				
Polyunsaturated, total	g	1.230	0	0.349	5.579
18:2	g	0.790	0	0.224	3.583
18:3	g	0.390	0	0.111	1.769
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	0.177	0	0.050	0.803
Threonine	g	0.689	0	0.195	3.125
Isoleucine	g	0.709	0	0.201	3.216
Leucine	g	1.246	0	0.353	5.652
Lysine	g	1.312	0	0.372	5.951
Methionine	g	0.404	0	0.115	1.833
Cystine	g	0.177	0	0.050	0.803
Phenylalanine	g	0.616	0	0.175	2.794
Tyrosine	g	0.530	0	0.150	2.404
Valine	g	0.767	0	0.217	3.479
Arginine	g	0.997	0	0.283	4.522
Histidine	g	0.540	0	0.153	2.449
Alanine	g	0.951	0	0.270	4.314
Aspartic acid	g	1.441	0	0.409	6.536
Glutamic acid	g	2.369	0	0.672	10.746
Glycine	g	0.860	0	0.244	3.901
Proline	g	0.696	0	0.197	3.157
Serine	g	0.603	0	0.171	2.735
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13848 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" 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* 278g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	43.48		0	120.87	36.96	
Energy	kcal	404		0	1123	343	
Energy	kj	1690		0	4698	1437	
Protein (N x 5.95)	g	20.65		0	57.41	17.55	
Total lipid (fat)	g	34.97		0	97.22	29.72	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90		0	2.50	0.77	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	28	9	
Iron	mg	2.08		0	5.78	1.77	
Magnesium	mg	19		0	53	16	
Phosphorus	mg	164		0	456	139	
Potassium	mg	298		0	828	253	
Sodium	mg	62		0	172	53	
Zinc	mg	4.87		0	13.54	4.14	
Copper	mg	0.076		0	0.211	0.065	
Manganese	mg	0.013		0	0.036	0.011	
Selenium	:g	21.6		0	60.0	18.4	
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	0.473	0.145	
Niacin	mg	2.640		0	7.339	2.244	
Pantothenic acid	mg	0.330		0	0.917	0.281	
Vitamin B-6	mg	0.270		0	0.751	0.230	
Folate	:g	6		0	17	5	
Vitamin B-12	:g	2.79		0	7.76	2.37	
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	0.639	0.196	
Lipids:							
Saturated, total	g	14.510		0	40.338	12.333	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.222	0.068	
12:0	g	0.090		0	0.250	0.077	
14:0	g	1.140		0	3.169	0.969	
15.0	g						
16:0	g	8.640		0	24.019	7.344	
17:0	g						
18:0	g	4.260		0	11.843	3.621	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.290	0	42.506	12.996
14:1	g				
16:1	g	1.420	0	3.948	1.207
18:1	g	13.560	0	37.697	11.526
20:1	g	0.060	0	0.167	0.051
22.1	g				
Polyunsaturated, total	g	1.210	0	3.364	1.028
18:2	g	0.820	0	2.280	0.697
18:3	g	0.330	0	0.917	0.281
18:4	g				
20:4	g	0.040	0	0.111	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	86	0	239	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.231	0	0.642	0.196
Threonine	g	0.902	0	2.508	0.767
Isoleucine	g	0.929	0	2.583	0.790
Leucine	g	1.632	0	4.537	1.387
Lysine	g	1.718	0	4.776	1.460
Methionine	g	0.529	0	1.471	0.450
Cystine	g	0.231	0	0.642	0.196
Phenylalanine	g	0.806	0	2.241	0.685
Tyrosine	g	0.694	0	1.929	0.590
Valine	g	1.005	0	2.794	0.854
Arginine	g	1.305	0	3.628	1.109
Histidine	g	0.707	0	1.965	0.601
Alanine	g	1.246	0	3.464	1.059
Aspartic acid	g	1.887	0	5.246	1.604
Glutamic acid	g	3.103	0	8.626	2.638
Glycine	g	1.127	0	3.133	0.958
Proline	g	0.912	0	2.535	0.775
Serine	g	0.790	0	2.196	0.672
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13849 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" 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* 281g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	44.49		0	125.02	37.82	
Energy	kcal	393		0	1104	334	
Energy	kj	1644		0	4620	1397	
Protein (N x 5.95)	g	22.86		0	64.24	19.43	
Total lipid (fat)	g	32.74		0	92.00	27.83	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.91		0	2.56	0.77	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	28	9	
Iron	mg	2.33		0	6.55	1.98	
Magnesium	mg	20		0	56	17	
Phosphorus	mg	172		0	483	146	
Potassium	mg	291		0	818	247	
Sodium	mg	64		0	180	54	
Zinc	mg	5.78		0	16.24	4.91	
Copper	mg	0.088		0	0.247	0.075	
Manganese	mg	0.014		0	0.039	0.012	
Selenium	:g	22.1		0	62.1	18.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.197	0.060	
Riboflavin	mg	0.190		0	0.534	0.161	
Niacin	mg	3.650		0	10.256	3.103	
Pantothenic acid	mg	0.370		0	1.040	0.315	
Vitamin B-6	mg	0.230		0	0.646	0.196	
Folate	:g	7		0	20	6	
Vitamin B-12	:g	2.34		0	6.58	1.99	
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	0.646	0.196	
Lipids:							
Saturated, total	g	13.590		0	38.188	11.552	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.225	0.068	
12:0	g	0.080		0	0.225	0.068	
14:0	g	1.070		0	3.007	0.910	
15.0	g						
16:0	g	8.090		0	22.733	6.877	
17:0	g						
18:0	g	3.960		0	11.128	3.366	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.290	0	40.155	12.146
14:1	g				
16:1	g	1.340	0	3.765	1.139
18:1	g	12.680	0	35.631	10.778
20:1	g	0.050	0	0.141	0.043
22.1	g				
Polyunsaturated, total	g	1.130	0	3.175	0.961
18:2	g	0.770	0	2.164	0.655
18:3	g	0.320	0	0.899	0.272
18:4	g				
20:4	g	0.040	0	0.112	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	85	0	239	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.256	0	0.719	0.218
Threonine	g	0.998	0	2.804	0.848
Isoleucine	g	1.028	0	2.889	0.874
Leucine	g	1.806	0	5.075	1.535
Lysine	g	1.902	0	5.345	1.617
Methionine	g	0.585	0	1.644	0.497
Cystine	g	0.256	0	0.719	0.218
Phenylalanine	g	0.892	0	2.507	0.758
Tyrosine	g	0.768	0	2.158	0.653
Valine	g	1.112	0	3.125	0.945
Arginine	g	1.444	0	4.058	1.227
Histidine	g	0.783	0	2.200	0.666
Alanine	g	1.379	0	3.875	1.172
Aspartic acid	g	2.088	0	5.867	1.775
Glutamic acid	g	3.434	0	9.650	2.919
Glycine	g	1.247	0	3.504	1.060
Proline	g	1.009	0	2.835	0.858
Serine	g	0.874	0	2.456	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. 13850 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 16% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	56.39		0	15.99	255.79	
Energy	kcal	291		0	82	1320	
Energy	kj	1218		0	345	5525	
Protein (N x 5.95)	g	16.96		0	4.81	76.93	
Total lipid (fat)	g	24.21		0	6.86	109.82	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.82		0	0.23	3.72	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	
Iron	mg	1.80		0	0.51	8.16	
Magnesium	mg	17		0	5	77	
Phosphorus	mg	162		0	46	735	
Potassium	mg	291		0	82	1320	
Sodium	mg	54		0	15	245	
Zinc	mg	3.69		0	1.05	16.74	
Copper	mg	0.058		0	0.016	0.263	
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	3.120		0	0.885	14.152	
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	3.01		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	0.200		0	0.057	0.907	
Lipids:							
Saturated, total	g	9.910		0	2.809	44.952	
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	0.790		0	0.224	3.583	
15.0	g						
16:0	g	5.960		0	1.690	27.035	
17:0	g						
18:0	g	3.030		0	0.859	13.744	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.520	0	2.982	47.719
14:1	g				
16:1	g	1.220	0	0.346	5.534
18:1	g	9.270	0	2.628	42.049
20:1	g	0.040	0	0.011	0.181
22.1	g				
Polyunsaturated, total	g	0.850	0	0.241	3.856
18:2	g	0.550	0	0.156	2.495
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	0.190	0	0.054	0.862
Threonine	g	0.741	0	0.210	3.361
Isoleucine	g	0.763	0	0.216	3.461
Leucine	g	1.341	0	0.380	6.083
Lysine	g	1.411	0	0.400	6.400
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	0.570	0	0.162	2.586
Valine	g	0.825	0	0.234	3.742
Arginine	g	1.072	0	0.304	4.863
Histidine	g	0.581	0	0.165	2.635
Alanine	g	1.023	0	0.290	4.640
Aspartic acid	g	1.550	0	0.439	7.031
Glutamic acid	g	2.548	0	0.722	11.558
Glycine	g	0.925	0	0.262	4.196
Proline	g	0.749	0	0.212	3.397
Serine	g	0.649	0	0.184	2.944
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 oz
Measure 2: 1 lb

NDB No. 13851 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 268g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	48.66		0	130.41	41.36	
Energy	kcal	330		0	884	281	
Energy	kj	1381		0	3701	1174	
Protein (N x 5.95)	g	23.92		0	64.11	20.33	
Total lipid (fat)	g	25.21		0	67.56	21.43	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05		0	2.81	0.89	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	35	11	
Iron	mg	2.21		0	5.92	1.88	
Magnesium	mg	22		0	59	19	
Phosphorus	mg	177		0	474	150	
Potassium	mg	329		0	882	280	
Sodium	mg	62		0	166	53	
Zinc	mg	5.67		0	15.20	4.82	
Copper	mg	0.087		0	0.233	0.074	
Manganese	mg	0.014		0	0.038	0.012	
Selenium	:g	21.3		0	57.1	18.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.241	0.077	
Riboflavin	mg	0.190		0	0.509	0.161	
Niacin	mg	4.030		0	10.800	3.426	
Pantothenic acid	mg	0.300		0	0.804	0.255	
Vitamin B-6	mg	0.340		0	0.911	0.289	
Folate	:g	7		0	19	6	
Vitamin B-12	:g	2.92		0	7.83	2.48	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.220		0	0.590	0.187	
Lipids:							
Saturated, total	g	10.210		0	27.363	8.678	
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	0.820		0	2.198	0.697	
15.0	g						
16:0	g	6.250		0	16.750	5.313	
17:0	g						
18:0	g	2.990		0	8.013	2.542	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.820	0	28.998	9.197
14:1	g				
16:1	g	1.030	0	2.760	0.876
18:1	g	9.750	0	26.130	8.287
20:1	g	0.040	0	0.107	0.034
22.1	g				
Polyunsaturated, total	g	0.870	0	2.332	0.740
18:2	g	0.590	0	1.581	0.501
18:3	g	0.260	0	0.697	0.221
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	225	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.268	0	0.718	0.228
Threonine	g	1.045	0	2.801	0.888
Isoleucine	g	1.075	0	2.881	0.914
Leucine	g	1.890	0	5.065	1.607
Lysine	g	1.990	0	5.333	1.692
Methionine	g	0.612	0	1.640	0.520
Cystine	g	0.268	0	0.718	0.228
Phenylalanine	g	0.934	0	2.503	0.794
Tyrosine	g	0.804	0	2.155	0.683
Valine	g	1.163	0	3.117	0.989
Arginine	g	1.512	0	4.052	1.285
Histidine	g	0.819	0	2.195	0.696
Alanine	g	1.443	0	3.867	1.227
Aspartic acid	g	2.185	0	5.856	1.857
Glutamic acid	g	3.593	0	9.629	3.054
Glycine	g	1.305	0	3.497	1.109
Proline	g	1.056	0	2.830	0.898
Serine	g	0.915	0	2.452	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 with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13852 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

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* 282g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	48.97		0	138.10	41.62	
Energy	kcal	341		0	962	290	
Energy	kj	1427		0	4024	1213	
Protein (N x 5.95)	g	22.54		0	63.56	19.16	
Total lipid (fat)	g	27.14		0	76.53	23.07	
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	3.13	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	37	11	
Iron	mg	2.42		0	6.82	2.06	
Magnesium	mg	20		0	56	17	
Phosphorus	mg	183		0	516	156	
Potassium	mg	324		0	914	275	
Sodium	mg	63		0	178	54	
Zinc	mg	4.93		0	13.90	4.19	
Copper	mg	0.078		0	0.220	0.066	
Manganese	mg	0.014		0	0.039	0.012	
Selenium	:g	21.9		0	61.8	18.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.169	0.051	
Riboflavin	mg	0.160		0	0.451	0.136	
Niacin	mg	3.160		0	8.911	2.686	
Pantothenic acid	mg	0.240		0	0.677	0.204	
Vitamin B-6	mg	0.240		0	0.677	0.204	
Folate	:g	6		0	17	5	
Vitamin B-12	:g	2.88		0	8.12	2.45	
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	0.649	0.196	
Lipids:							
Saturated, total	g	10.920		0	30.794	9.282	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.226	0.068	
12:0	g	0.070		0	0.197	0.060	
14:0	g	0.880		0	2.482	0.748	
15.0	g						
16:0	g	6.730		0	18.979	5.721	
17:0	g						
18:0	g	3.160		0	8.911	2.686	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.730	0	33.079	9.971
14:1	g				
16:1	g	1.180	0	3.328	1.003
18:1	g	10.500	0	29.610	8.925
20:1	g	0.060	0	0.169	0.051
22.1	g				
Polyunsaturated, total	g	0.990	0	2.792	0.842
18:2	g	0.650	0	1.833	0.553
18:3	g	0.320	0	0.902	0.272
18:4	g				
20:4	g	0.020	0	0.056	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	83	0	234	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.252	0	0.711	0.214
Threonine	g	0.984	0	2.775	0.836
Isoleucine	g	1.013	0	2.857	0.861
Leucine	g	1.781	0	5.022	1.514
Lysine	g	1.875	0	5.287	1.594
Methionine	g	0.577	0	1.627	0.490
Cystine	g	0.252	0	0.711	0.214
Phenylalanine	g	0.880	0	2.482	0.748
Tyrosine	g	0.757	0	2.135	0.643
Valine	g	1.096	0	3.091	0.932
Arginine	g	1.424	0	4.016	1.210
Histidine	g	0.772	0	2.177	0.656
Alanine	g	1.359	0	3.832	1.155
Aspartic acid	g	2.059	0	5.806	1.750
Glutamic acid	g	3.386	0	9.549	2.878
Glycine	g	1.230	0	3.469	1.045
Proline	g	0.995	0	2.806	0.846
Serine	g	0.862	0	2.431	0.733
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 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13853 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 17% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	55.20		0	15.65	250.39	
Energy	kcal	304		0	86	1379	
Energy	kj	1272		0	361	5770	
Protein (N x 5.95)	g	16.81		0	4.77	76.25	
Total lipid (fat)	g	25.73		0	7.29	116.71	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.81		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	288		0	82	1306	
Sodium	mg	54		0	15	245	
Zinc	mg	3.64		0	1.03	16.51	
Copper	mg	0.058		0	0.016	0.263	
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	3.100		0	0.879	14.062	
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	0.210		0	0.060	0.953	
Lipids:							
Saturated, total	g	10.530		0	2.985	47.764	
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	0.840		0	0.238	3.810	
15.0	g						
16:0	g	6.330		0	1.795	28.713	
17:0	g						
18:0	g	3.220		0	0.913	14.606	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.180	0	3.170	50.712
14:1	g				
16:1	g	1.290	0	0.366	5.851
18:1	g	9.850	0	2.792	44.680
20:1	g	0.040	0	0.011	0.181
22.1	g				
Polyunsaturated, total	g	0.910	0	0.258	4.128
18:2	g	0.590	0	0.167	2.676
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	0.756	0	0.214	3.429
Leucine	g	1.329	0	0.377	6.028
Lysine	g	1.399	0	0.397	6.346
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	0.565	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	1.014	0	0.287	4.600
Aspartic acid	g	1.536	0	0.435	6.967
Glutamic acid	g	2.526	0	0.716	11.458
Glycine	g	0.917	0	0.260	4.160
Proline	g	0.742	0	0.210	3.366
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. 13854 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Refuse: 20% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 271g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	47.77		0	129.46	40.60	
Energy	kcal	343		0	930	292	
Energy	kj	1435		0	3889	1220	
Protein (N x 5.95)	g	23.76		0	64.39	20.20	
Total lipid (fat)	g	26.80		0	72.63	22.78	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	2.82	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	35	11	
Iron	mg	2.20		0	5.96	1.87	
Magnesium	mg	22		0	60	19	
Phosphorus	mg	176		0	477	150	
Potassium	mg	326		0	883	277	
Sodium	mg	62		0	168	53	
Zinc	mg	5.61		0	15.20	4.77	
Copper	mg	0.086		0	0.233	0.073	
Manganese	mg	0.014		0	0.038	0.012	
Selenium	:g	21.3		0	57.7	18.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.244	0.077	
Riboflavin	mg	0.190		0	0.515	0.161	
Niacin	mg	4.000		0	10.840	3.400	
Pantothenic acid	mg	0.290		0	0.786	0.247	
Vitamin B-6	mg	0.340		0	0.921	0.289	
Folate	:g	7		0	19	6	
Vitamin B-12	:g	2.90		0	7.86	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	0.596	0.187	
Lipids:							
Saturated, total	g	10.850		0	29.403	9.223	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.190	0.060	
12:0	g	0.070		0	0.190	0.060	
14:0	g	0.870		0	2.358	0.740	
15.0	g						
16:0	g	6.640		0	17.994	5.644	
17:0	g						
18:0	g	3.190		0	8.645	2.711	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.500	0	31.165	9.775
14:1	g				
16:1	g	1.090	0	2.954	0.927
18:1	g	10.360	0	28.076	8.806
20:1	g	0.040	0	0.108	0.034
22.1	g				
Polyunsaturated, total	g	0.930	0	2.520	0.791
18:2	g	0.630	0	1.707	0.536
18:3	g	0.270	0	0.732	0.230
18:4	g				
20:4	g	0.030	0	0.081	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	84	0	228	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.266	0	0.721	0.226
Threonine	g	1.038	0	2.813	0.882
Isoleucine	g	1.068	0	2.894	0.908
Leucine	g	1.878	0	5.089	1.596
Lysine	g	1.977	0	5.358	1.680
Methionine	g	0.608	0	1.648	0.517
Cystine	g	0.266	0	0.721	0.226
Phenylalanine	g	0.928	0	2.515	0.789
Tyrosine	g	0.798	0	2.163	0.678
Valine	g	1.156	0	3.133	0.983
Arginine	g	1.502	0	4.070	1.277
Histidine	g	0.814	0	2.206	0.692
Alanine	g	1.433	0	3.883	1.218
Aspartic acid	g	2.171	0	5.883	1.845
Glutamic acid	g	3.570	0	9.675	3.034
Glycine	g	1.296	0	3.512	1.102
Proline	g	1.049	0	2.843	0.892
Serine	g	0.909	0	2.463	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 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13855 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Refuse: 20% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 278g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	47.18		0	131.16	40.10	
Energy	kcal	359		0	998	305	
Energy	kj	1502		0	4176	1277	
Protein (N x 5.95)	g	22.28		0	61.94	18.94	
Total lipid (fat)	g	29.21		0	81.20	24.83	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.09		0	3.03	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	36	11	
Iron	mg	2.39		0	6.64	2.03	
Magnesium	mg	20		0	56	17	
Phosphorus	mg	181		0	503	154	
Potassium	mg	319		0	887	271	
Sodium	mg	63		0	175	54	
Zinc	mg	4.86		0	13.51	4.13	
Copper	mg	0.077		0	0.214	0.065	
Manganese	mg	0.013		0	0.036	0.011	
Selenium	:g	21.9		0	60.9	18.6	
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	0.445	0.136	
Niacin	mg	3.130		0	8.701	2.661	
Pantothenic acid	mg	0.240		0	0.667	0.204	
Vitamin B-6	mg	0.240		0	0.667	0.204	
Folate	:g	6		0	17	5	
Vitamin B-12	:g	2.85		0	7.92	2.42	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.230		0	0.639	0.196	
Lipids:							
Saturated, total	g	11.780		0	32.748	10.013	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.090		0	0.250	0.077	
12:0	g	0.080		0	0.222	0.068	
14:0	g	0.950		0	2.641	0.808	
15.0	g						
16:0	g	7.250		0	20.155	6.162	
17:0	g						
18:0	g	3.400		0	9.452	2.890	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.630	0	35.111	10.736
14:1	g				
16:1	g	1.280	0	3.558	1.088
18:1	g	11.290	0	31.386	9.596
20:1	g	0.060	0	0.167	0.051
22.1	g				
Polyunsaturated, total	g	1.070	0	2.975	0.910
18:2	g	0.700	0	1.946	0.595
18:3	g	0.350	0	0.973	0.298
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	231	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.249	0	0.692	0.212
Threonine	g	0.973	0	2.705	0.827
Isoleucine	g	1.002	0	2.786	0.852
Leucine	g	1.761	0	4.896	1.497
Lysine	g	1.853	0	5.151	1.575
Methionine	g	0.570	0	1.585	0.484
Cystine	g	0.249	0	0.692	0.212
Phenylalanine	g	0.870	0	2.419	0.740
Tyrosine	g	0.748	0	2.079	0.636
Valine	g	1.083	0	3.011	0.921
Arginine	g	1.408	0	3.914	1.197
Histidine	g	0.763	0	2.121	0.649
Alanine	g	1.344	0	3.736	1.142
Aspartic acid	g	2.035	0	5.657	1.730
Glutamic acid	g	3.347	0	9.305	2.845
Glycine	g	1.215	0	3.378	1.033
Proline	g	0.984	0	2.736	0.836
Serine	g	0.852	0	2.369	0.724
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 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13856 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw

Refuse: 16% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	59.22		0	16.79	268.62	
Energy	kcal	276		0	78	1252	
Energy	kj	1155		0	327	5239	
Protein (N x 5.95)	g	17.12		0	4.85	77.66	
Total lipid (fat)	g	22.54		0	6.39	102.24	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.83		0	0.24	3.76	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	
Iron	mg	1.82		0	0.52	8.26	
Magnesium	mg	17		0	5	77	
Phosphorus	mg	164		0	46	744	
Potassium	mg	295		0	84	1338	
Sodium	mg	54		0	15	245	
Zinc	mg	3.74		0	1.06	16.96	
Copper	mg	0.058		0	0.016	0.263	
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	3.160		0	0.896	14.334	
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	3.04		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	0.200		0	0.057	0.907	
Lipids:							
Saturated, total	g	9.240		0	2.620	41.913	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.023	0.363	
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	5.560		0	1.576	25.220	
17:0	g						
18:0	g	2.820		0	0.799	12.792	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.800	0	2.778	44.453
14:1	g				
16:1	g	1.140	0	0.323	5.171
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	0.800	0	0.227	3.629
18:2	g	0.510	0	0.145	2.313
18:3	g	0.280	0	0.079	1.270
18:4	g				
20:4	g	0.010	0	0.003	0.045
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	69	0	20	313
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.192	0	0.054	0.871
Threonine	g	0.748	0	0.212	3.393
Isoleucine	g	0.770	0	0.218	3.493
Leucine	g	1.353	0	0.384	6.137
Lysine	g	1.424	0	0.404	6.459
Methionine	g	0.438	0	0.124	1.987
Cystine	g	0.192	0	0.054	0.871
Phenylalanine	g	0.668	0	0.189	3.030
Tyrosine	g	0.575	0	0.163	2.608
Valine	g	0.833	0	0.236	3.778
Arginine	g	1.082	0	0.307	4.908
Histidine	g	0.586	0	0.166	2.658
Alanine	g	1.033	0	0.293	4.686
Aspartic acid	g	1.564	0	0.443	7.094
Glutamic acid	g	2.572	0	0.729	11.667
Glycine	g	0.934	0	0.265	4.237
Proline	g	0.756	0	0.214	3.429
Serine	g	0.655	0	0.186	2.971
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13857 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Refuse: 22% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 264g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	49.55		0	130.81	42.12	
Energy	kcal	315		0	832	268	
Energy	kj	1318		0	3480	1120	
Protein (N x 5.95)	g	24.07		0	63.54	20.46	
Total lipid (fat)	g	23.52		0	62.09	19.99	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05		0	2.77	0.89	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	34	11	
Iron	mg	2.23		0	5.89	1.90	
Magnesium	mg	22		0	58	19	
Phosphorus	mg	178		0	470	151	
Potassium	mg	331		0	874	281	
Sodium	mg	63		0	166	54	
Zinc	mg	5.72		0	15.10	4.86	
Copper	mg	0.087		0	0.230	0.074	
Manganese	mg	0.014		0	0.037	0.012	
Selenium	:g	21.4		0	56.5	18.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.238	0.077	
Riboflavin	mg	0.190		0	0.502	0.161	
Niacin	mg	4.060		0	10.718	3.451	
Pantothenic acid	mg	0.300		0	0.792	0.255	
Vitamin B-6	mg	0.340		0	0.898	0.289	
Folate	:g	7		0	18	6	
Vitamin B-12	:g	2.93		0	7.74	2.49	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.210		0	0.554	0.179	
Lipids:							
Saturated, total	g	9.520		0	25.133	8.092	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.185	0.060	
12:0	g	0.060		0	0.158	0.051	
14:0	g	0.770		0	2.033	0.655	
15.0	g						
16:0	g	5.840		0	15.418	4.964	
17:0	g						
18:0	g	2.780		0	7.339	2.363	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.100	0	26.664	8.585
14:1	g				
16:1	g	0.970	0	2.561	0.825
18:1	g	9.090	0	23.998	7.726
20:1	g	0.040	0	0.106	0.034
22.1	g				
Polyunsaturated, total	g	0.820	0	2.165	0.697
18:2	g	0.550	0	1.452	0.468
18:3	g	0.250	0	0.660	0.213
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	219	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.270	0	0.713	0.230
Threonine	g	1.052	0	2.777	0.894
Isoleucine	g	1.082	0	2.856	0.920
Leucine	g	1.903	0	5.024	1.618
Lysine	g	2.003	0	5.288	1.703
Methionine	g	0.616	0	1.626	0.524
Cystine	g	0.270	0	0.713	0.230
Phenylalanine	g	0.940	0	2.482	0.799
Tyrosine	g	0.809	0	2.136	0.688
Valine	g	1.171	0	3.091	0.995
Arginine	g	1.521	0	4.015	1.293
Histidine	g	0.824	0	2.175	0.700
Alanine	g	1.452	0	3.833	1.234
Aspartic acid	g	2.199	0	5.805	1.869
Glutamic acid	g	3.617	0	9.549	3.074
Glycine	g	1.313	0	3.466	1.116
Proline	g	1.063	0	2.806	0.904
Serine	g	0.921	0	2.431	0.783
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13858 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

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* 285g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	50.84		0	144.89	43.21	
Energy	kcal	323		0	921	275	
Energy	kj	1351		0	3850	1148	
Protein (N x 5.95)	g	22.76		0	64.87	19.35	
Total lipid (fat)	g	25.02		0	71.31	21.27	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.12		0	3.19	0.95	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	37	11	
Iron	mg	2.44		0	6.95	2.07	
Magnesium	mg	20		0	57	17	
Phosphorus	mg	185		0	527	157	
Potassium	mg	328		0	935	279	
Sodium	mg	64		0	182	54	
Zinc	mg	5.00		0	14.25	4.25	
Copper	mg	0.078		0	0.222	0.066	
Manganese	mg	0.014		0	0.040	0.012	
Selenium	:g	22.0		0	62.7	18.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.171	0.051	
Riboflavin	mg	0.160		0	0.456	0.136	
Niacin	mg	3.190		0	9.091	2.711	
Pantothenic acid	mg	0.240		0	0.684	0.204	
Vitamin B-6	mg	0.240		0	0.684	0.204	
Folate	:g	6		0	17	5	
Vitamin B-12	:g	2.90		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	0.220		0	0.627	0.187	
Lipids:							
Saturated, total	g	10.050		0	28.642	8.543	
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	0.810		0	2.309	0.689	
15.0	g						
16:0	g	6.200		0	17.670	5.270	
17:0	g						
18:0	g	2.910		0	8.293	2.474	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.810	0	30.809	9.188
14:1	g				
16:1	g	1.070	0	3.050	0.910
18:1	g	9.690	0	27.616	8.236
20:1	g	0.050	0	0.142	0.043
22.1	g				
Polyunsaturated, total	g	0.910	0	2.594	0.774
18:2	g	0.610	0	1.739	0.518
18:3	g	0.290	0	0.826	0.247
18:4	g				
20:4	g	0.020	0	0.057	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	83	0	237	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.255	0	0.727	0.217
Threonine	g	0.994	0	2.833	0.845
Isoleucine	g	1.023	0	2.916	0.870
Leucine	g	1.799	0	5.127	1.529
Lysine	g	1.894	0	5.398	1.610
Methionine	g	0.583	0	1.662	0.496
Cystine	g	0.255	0	0.727	0.217
Phenylalanine	g	0.889	0	2.534	0.756
Tyrosine	g	0.765	0	2.180	0.650
Valine	g	1.107	0	3.155	0.941
Arginine	g	1.439	0	4.101	1.223
Histidine	g	0.779	0	2.220	0.662
Alanine	g	1.373	0	3.913	1.167
Aspartic acid	g	2.079	0	5.925	1.767
Glutamic acid	g	3.420	0	9.747	2.907
Glycine	g	1.242	0	3.540	1.056
Proline	g	1.005	0	2.864	0.854
Serine	g	0.870	0	2.479	0.740
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13859 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" 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	53.22		0	15.09	241.41	
Energy	kcal	335		0	95	1520	
Energy	kj	1402		0	397	6359	
Protein (N x 5.95)	g	16.74		0	4.75	75.93	
Total lipid (fat)	g	29.18		0	8.27	132.36	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.80		0	0.23	3.63	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	
Iron	mg	1.77		0	0.50	8.03	
Magnesium	mg	17		0	5	77	
Phosphorus	mg	160		0	45	726	
Potassium	mg	286		0	81	1297	
Sodium	mg	53		0	15	240	
Zinc	mg	3.62		0	1.03	16.42	
Copper	mg	0.057		0	0.016	0.259	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	:g	16.3		0	4.6	73.9	
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	3.080		0	0.873	13.971	
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	2.97		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	0.210		0	0.060	0.953	
Lipids:							
Saturated, total	g	12.070		0	3.422	54.750	
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	0.940		0	0.266	4.264	
15.0	g						
16:0	g	7.140		0	2.024	32.387	
17:0	g						
18:0	g	3.660		0	1.038	16.602	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.840	0	3.640	58.242
14:1	g				
16:1	g	1.420	0	0.403	6.441
18:1	g	11.210	0	3.178	50.849
20:1	g	0.040	0	0.011	0.181
22.1	g				
Polyunsaturated, total	g	1.040	0	0.295	4.717
18:2	g	0.680	0	0.193	3.084
18:3	g	0.320	0	0.091	1.452
18:4	g				
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	70	0	20	318
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.187	0	0.053	0.848
Threonine	g	0.731	0	0.207	3.316
Isoleucine	g	0.753	0	0.213	3.416
Leucine	g	1.323	0	0.375	6.001
Lysine	g	1.393	0	0.395	6.319
Methionine	g	0.429	0	0.122	1.946
Cystine	g	0.187	0	0.053	0.848
Phenylalanine	g	0.653	0	0.185	2.962
Tyrosine	g	0.562	0	0.159	2.549
Valine	g	0.814	0	0.231	3.692
Arginine	g	1.058	0	0.300	4.799
Histidine	g	0.573	0	0.162	2.599
Alanine	g	1.010	0	0.286	4.581
Aspartic acid	g	1.529	0	0.433	6.936
Glutamic acid	g	2.515	0	0.713	11.408
Glycine	g	0.913	0	0.259	4.141
Proline	g	0.739	0	0.210	3.352
Serine	g	0.640	0	0.181	2.903
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13860 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" 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* 268g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	47.36		0	126.92	40.26	
Energy	kcal	354		0	949	301	
Energy	kj	1481		0	3969	1259	
Protein (N x 5.95)	g	24.13		0	64.67	20.51	
Total lipid (fat)	g	27.86		0	74.66	23.68	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05		0	2.81	0.89	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	35	11	
Iron	mg	2.23		0	5.98	1.90	
Magnesium	mg	22		0	59	19	
Phosphorus	mg	178		0	477	151	
Potassium	mg	332		0	890	282	
Sodium	mg	63		0	169	54	
Zinc	mg	5.73		0	15.36	4.87	
Copper	mg	0.088		0	0.236	0.075	
Manganese	mg	0.014		0	0.038	0.012	
Selenium	:g	21.7		0	58.2	18.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.241	0.077	
Riboflavin	mg	0.190		0	0.509	0.161	
Niacin	mg	4.070		0	10.908	3.460	
Pantothenic acid	mg	0.300		0	0.804	0.255	
Vitamin B-6	mg	0.340		0	0.911	0.289	
Folate	:g	7		0	19	6	
Vitamin B-12	:g	2.94		0	7.88	2.50	
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	0.563	0.179	
Lipids:							
Saturated, total	g	11.510		0	30.847	9.784	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.188	0.060	
12:0	g	0.060		0	0.161	0.051	
14:0	g	0.910		0	2.439	0.774	
15.0	g						
16:0	g	6.880		0	18.438	5.848	
17:0	g						
18:0	g	3.370		0	9.032	2.865	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.120	0	32.482	10.302
14:1	g				
16:1	g	1.120	0	3.002	0.952
18:1	g	10.780	0	28.890	9.163
20:1	g	0.050	0	0.134	0.043
22.1	g				
Polyunsaturated, total	g	0.960	0	2.573	0.816
18:2	g	0.650	0	1.742	0.553
18:3	g	0.260	0	0.697	0.221
18:4	g				
20:4	g	0.040	0	0.107	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	83	0	222	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.270	0	0.724	0.230
Threonine	g	1.054	0	2.825	0.896
Isoleucine	g	1.085	0	2.908	0.922
Leucine	g	1.907	0	5.111	1.621
Lysine	g	2.007	0	5.379	1.706
Methionine	g	0.618	0	1.656	0.525
Cystine	g	0.270	0	0.724	0.230
Phenylalanine	g	0.942	0	2.525	0.801
Tyrosine	g	0.811	0	2.173	0.689
Valine	g	1.173	0	3.144	0.997
Arginine	g	1.525	0	4.087	1.296
Histidine	g	0.826	0	2.214	0.702
Alanine	g	1.455	0	3.899	1.237
Aspartic acid	g	2.204	0	5.907	1.873
Glutamic acid	g	3.625	0	9.715	3.081
Glycine	g	1.316	0	3.527	1.119
Proline	g	1.065	0	2.854	0.905
Serine	g	0.923	0	2.474	0.785
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 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13861 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" 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	41.82		0	115.42	35.55	
Energy	kcal	411		0	1134	349	
Energy	kj	1720		0	4747	1462	
Protein (N x 5.95)	g	22.15		0	61.13	18.83	
Total lipid (fat)	g	35.12		0	96.93	29.85	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.91		0	2.51	0.77	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	36	11	
Iron	mg	1.95		0	5.38	1.66	
Magnesium	mg	20		0	55	17	
Phosphorus	mg	178		0	491	151	
Potassium	mg	323		0	891	275	
Sodium	mg	65		0	179	55	
Zinc	mg	4.82		0	13.30	4.10	
Copper	mg	0.076		0	0.210	0.065	
Manganese	mg	0.013		0	0.036	0.011	
Selenium	:g	22.3		0	61.5	19.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.166	0.051	
Riboflavin	mg	0.170		0	0.469	0.145	
Niacin	mg	3.040		0	8.390	2.584	
Pantothenic acid	mg	0.360		0	0.994	0.306	
Vitamin B-6	mg	0.300		0	0.828	0.255	
Folate	:g	7		0	19	6	
Vitamin B-12	:g	2.87		0	7.92	2.44	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.230		0	0.635	0.196	
Lipids:							
Saturated, total	g	14.510		0	40.048	12.333	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.221	0.068	
12:0	g	0.080		0	0.221	0.068	
14:0	g	1.140		0	3.146	0.969	
15.0	g						
16:0	g	8.680		0	23.957	7.378	
17:0	g						
18:0	g	4.230		0	11.675	3.595	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.280	0	42.173	12.988
14:1	g				
16:1	g	1.410	0	3.892	1.198
18:1	g	13.580	0	37.481	11.543
20:1	g	0.060	0	0.166	0.051
22.1	g				
Polyunsaturated, total	g	1.220	0	3.367	1.037
18:2	g	0.820	0	2.263	0.697
18:3	g	0.330	0	0.911	0.281
18:4	g				
20:4	g	0.040	0	0.110	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	84	0	232	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.248	0	0.684	0.211
Threonine	g	0.968	0	2.672	0.823
Isoleucine	g	0.996	0	2.749	0.847
Leucine	g	1.751	0	4.833	1.488
Lysine	g	1.843	0	5.087	1.567
Methionine	g	0.567	0	1.565	0.482
Cystine	g	0.248	0	0.684	0.211
Phenylalanine	g	0.865	0	2.387	0.735
Tyrosine	g	0.744	0	2.053	0.632
Valine	g	1.077	0	2.973	0.915
Arginine	g	1.400	0	3.864	1.190
Histidine	g	0.759	0	2.095	0.645
Alanine	g	1.336	0	3.687	1.136
Aspartic acid	g	2.024	0	5.586	1.720
Glutamic acid	g	3.328	0	9.185	2.829
Glycine	g	1.209	0	3.337	1.028
Proline	g	0.978	0	2.699	0.831
Serine	g	0.847	0	2.338	0.720
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 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13864 Beef, round, full cut, separable lean and fat, trimmed to 1/8" 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	65.44		0	18.55	296.84	
Energy	kcal	195		0	55	885	
Energy	kj	816		0	231	3701	
Protein (N x 5.95)	g	20.56		0	5.83	93.26	
Total lipid (fat)	g	11.92		0	3.38	54.07	
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	4		0	1	18	
Iron	mg	1.99		0	0.56	9.03	
Magnesium	mg	22		0	6	100	
Phosphorus	mg	199		0	56	903	
Potassium	mg	342		0	97	1551	
Sodium	mg	54		0	15	245	
Zinc	mg	3.24		0	0.92	14.70	
Copper	mg	0.075		0	0.021	0.340	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	：g	19.6		0	5.6	88.9	
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	3.740		0	1.060	16.965	
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	2.82		0	0.80	12.79	
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	0.045	0.726	
Lipids:							
Saturated, total	g	4.630		0	1.313	21.002	
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	2.840		0	0.805	12.882	
17:0	g						
18:0	g	1.380		0	0.391	6.260	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.140	0	1.457	23.315
14:1	g				
16:1	g	0.600	0	0.170	2.722
18:1	g	4.530	0	1.284	20.548
20:1	g	0.010	0	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.460	0	0.130	2.087
18:2	g	0.310	0	0.088	1.406
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	62	0	18	281
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.230	0	0.065	1.043
Threonine	g	0.898	0	0.255	4.073
Isoleucine	g	0.924	0	0.262	4.191
Leucine	g	1.625	0	0.461	7.371
Lysine	g	1.711	0	0.485	7.761
Methionine	g	0.526	0	0.149	2.386
Cystine	g	0.230	0	0.065	1.043
Phenylalanine	g	0.803	0	0.228	3.642
Tyrosine	g	0.691	0	0.196	3.134
Valine	g	1.000	0	0.284	4.536
Arginine	g	1.299	0	0.368	5.892
Histidine	g	0.704	0	0.200	3.193
Alanine	g	1.240	0	0.352	5.625
Aspartic acid	g	1.878	0	0.532	8.519
Glutamic acid	g	3.089	0	0.876	14.012
Glycine	g	1.122	0	0.318	5.089
Proline	g	0.908	0	0.257	4.119
Serine	g	0.786	0	0.223	3.565
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13865 Beef, round, full cut, separable lean and fat, trimmed to 1/8" 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	56.73		0	177.56	48.22	
Energy	kcal	235		0	736	200	
Energy	kj	983		0	3077	836	
Protein (N x 5.95)	g	27.54		0	86.20	23.41	
Total lipid (fat)	g	12.98		0	40.63	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	1.32		0	4.13	1.12	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	19	5	
Iron	mg	2.55		0	7.98	2.17	
Magnesium	mg	26		0	81	22	
Phosphorus	mg	240		0	751	204	
Potassium	mg	395		0	1236	336	
Sodium	mg	62		0	194	53	
Zinc	mg	4.35		0	13.62	3.70	
Copper	mg	0.101		0	0.316	0.086	
Manganese	mg	0.015		0	0.047	0.013	
Selenium	:g	27.3		0	85.4	23.2	
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	4.020		0	12.583	3.417	
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	3.03		0	9.48	2.58	
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	0.532	0.145	
Lipids:							
Saturated, total	g	4.900		0	15.337	4.165	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.094	0.026	
12:0	g	0.020		0	0.063	0.017	
14:0	g	0.380		0	1.189	0.323	
15.0	g						
16:0	g	3.070		0	9.609	2.609	
17:0	g						
18:0	g	1.400		0	4.382	1.190	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.560	0	17.403	4.726
14:1	g				
16:1	g	0.570	0	1.784	0.484
18:1	g	4.970	0	15.556	4.224
20:1	g	0.020	0	0.063	0.017
22.1	g				
Polyunsaturated, total	g	0.520	0	1.628	0.442
18:2	g	0.360	0	1.127	0.306
18:3	g	0.120	0	0.376	0.102
18:4	g				
20:4	g	0.040	0	0.125	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	79	0	247	67
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.308	0	0.964	0.262
Threonine	g	1.203	0	3.765	1.023
Isoleucine	g	1.238	0	3.875	1.052
Leucine	g	2.177	0	6.814	1.850
Lysine	g	2.291	0	7.171	1.947
Methionine	g	0.705	0	2.207	0.599
Cystine	g	0.308	0	0.964	0.262
Phenylalanine	g	1.075	0	3.365	0.914
Tyrosine	g	0.925	0	2.895	0.786
Valine	g	1.339	0	4.191	1.138
Arginine	g	1.740	0	5.446	1.479
Histidine	g	0.943	0	2.952	0.802
Alanine	g	1.661	0	5.199	1.412
Aspartic acid	g	2.516	0	7.875	2.139
Glutamic acid	g	4.137	0	12.949	3.516
Glycine	g	1.503	0	4.704	1.278
Proline	g	1.216	0	3.806	1.034
Serine	g	1.053	0	3.296	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. 13866 Beef, round, full cut, separable lean and fat, trimmed to 1/8" 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	66.62		0	18.89	302.19	
Energy	kcal	184		0	52	835	
Energy	kj	770		0	218	3493	
Protein (N x 5.95)	g	20.56		0	5.83	93.26	
Total lipid (fat)	g	10.68		0	3.03	48.44	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98		0	0.28	4.45	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	1	18	
Iron	mg	2.00		0	0.57	9.07	
Magnesium	mg	22		0	6	100	
Phosphorus	mg	199		0	56	903	
Potassium	mg	342		0	97	1551	
Sodium	mg	54		0	15	245	
Zinc	mg	3.24		0	0.92	14.70	
Copper	mg	0.075		0	0.021	0.340	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	：g	19.7		0	5.6	89.4	
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	3.740		0	1.060	16.965	
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	2.82		0	0.80	12.79	
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	0.045	0.726	
Lipids:							
Saturated, total	g	4.200		0	1.191	19.051	
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	0.330		0	0.094	1.497	
15.0	g						
16:0	g	2.570		0	0.729	11.658	
17:0	g						
18:0	g	1.250		0	0.354	5.670	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.620	0	1.310	20.956
14:1	g				
16:1	g	0.550	0	0.156	2.495
18:1	g	4.060	0	1.151	18.416
20:1	g	0.010	0	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.410	0	0.116	1.860
18:2	g	0.260	0	0.074	1.179
18:3	g	0.120	0	0.034	0.544
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	62	0	18	281
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.230	0	0.065	1.043
Threonine	g	0.898	0	0.255	4.073
Isoleucine	g	0.924	0	0.262	4.191
Leucine	g	1.625	0	0.461	7.371
Lysine	g	1.710	0	0.485	7.757
Methionine	g	0.526	0	0.149	2.386
Cystine	g	0.230	0	0.065	1.043
Phenylalanine	g	0.802	0	0.227	3.638
Tyrosine	g	0.691	0	0.196	3.134
Valine	g	1.000	0	0.284	4.536
Arginine	g	1.299	0	0.368	5.892
Histidine	g	0.704	0	0.200	3.193
Alanine	g	1.240	0	0.352	5.625
Aspartic acid	g	1.878	0	0.532	8.519
Glutamic acid	g	3.088	0	0.875	14.007
Glycine	g	1.121	0	0.318	5.085
Proline	g	0.908	0	0.257	4.119
Serine	g	0.786	0	0.223	3.565
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13867 Beef, round, full cut, separable lean and fat, trimmed to 1/8" 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	58.49		0	183.07	49.72	
Energy	kcal	218		0	682	185	
Energy	kj	912		0	2855	775	
Protein (N x 5.95)	g	27.58		0	86.33	23.44	
Total lipid (fat)	g	11.08		0	34.68	9.42	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.33		0	4.16	1.13	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	19	5	
Iron	mg	2.56		0	8.01	2.18	
Magnesium	mg	26		0	81	22	
Phosphorus	mg	240		0	751	204	
Potassium	mg	395		0	1236	336	
Sodium	mg	62		0	194	53	
Zinc	mg	4.36		0	13.65	3.71	
Copper	mg	0.101		0	0.316	0.086	
Manganese	mg	0.015		0	0.047	0.013	
Selenium	:g	27.4		0	85.8	23.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.313	0.085	
Riboflavin	mg	0.210		0	0.657	0.179	
Niacin	mg	4.020		0	12.583	3.417	
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	3.03		0	9.48	2.58	
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	0.532	0.145	
Lipids:							
Saturated, total	g	4.230		0	13.240	3.595	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.094	0.026	
12:0	g	0.020		0	0.063	0.017	
14:0	g	0.330		0	1.033	0.281	
15.0	g						
16:0	g	2.650		0	8.294	2.252	
17:0	g						
18:0	g	1.200		0	3.756	1.020	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.760	0	14.899	4.046
14:1	g				
16:1	g	0.490	0	1.534	0.417
18:1	g	4.250	0	13.303	3.612
20:1	g	0.020	0	0.063	0.017
22.1	g				
Polyunsaturated, total	g	0.440	0	1.377	0.374
18:2	g	0.300	0	0.939	0.255
18:3	g	0.110	0	0.344	0.094
18:4	g				
20:4	g	0.030	0	0.094	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	79	0	247	67
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.309	0	0.967	0.263
Threonine	g	1.205	0	3.772	1.024
Isoleucine	g	1.240	0	3.881	1.054
Leucine	g	2.180	0	6.823	1.853
Lysine	g	2.295	0	7.183	1.951
Methionine	g	0.706	0	2.210	0.600
Cystine	g	0.309	0	0.967	0.263
Phenylalanine	g	1.077	0	3.371	0.915
Tyrosine	g	0.927	0	2.902	0.788
Valine	g	1.341	0	4.197	1.140
Arginine	g	1.743	0	5.456	1.482
Histidine	g	0.944	0	2.955	0.802
Alanine	g	1.664	0	5.208	1.414
Aspartic acid	g	2.520	0	7.888	2.142
Glutamic acid	g	4.144	0	12.971	3.522
Glycine	g	1.505	0	4.711	1.279
Proline	g	1.218	0	3.812	1.035
Serine	g	1.055	0	3.302	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. 13868 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" 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	65.55		0	18.58	297.33	
Energy	kcal	191		0	54	866	
Energy	kj	799		0	227	3624	
Protein (N x 5.95)	g	20.65		0	5.85	93.67	
Total lipid (fat)	g	11.43		0	3.24	51.85	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.96		0	0.27	4.35	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	1	23	
Iron	mg	2.23		0	0.63	10.12	
Magnesium	mg	23		0	7	104	
Phosphorus	mg	201		0	57	912	
Potassium	mg	344		0	98	1560	
Sodium	mg	56		0	16	254	
Zinc	mg	3.29		0	0.93	14.92	
Copper	mg	0.079		0	0.022	0.358	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	:g	18.7		0	5.3	84.8	
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	3.890		0	1.103	17.645	
Pantothenic acid	mg	0.420		0	0.119	1.905	
Vitamin B-6	mg	0.530		0	0.150	2.404	
Folate	:g	9		0	3	41	
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	0.150		0	0.043	0.680	
Lipids:							
Saturated, total	g	4.370		0	1.239	19.822	
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	0.340		0	0.096	1.542	
15.0	g						
16:0	g	2.730		0	0.774	12.383	
17:0	g						
18:0	g	1.260		0	0.357	5.715	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.070	0	1.437	22.998
14:1	g				
16:1	g	0.610	0	0.173	2.767
18:1	g	4.440	0	1.259	20.140
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.430	0	0.122	1.950
18:2	g	0.290	0	0.082	1.315
18:3	g	0.100	0	0.028	0.454
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	0.231	0	0.065	1.048
Threonine	g	0.902	0	0.256	4.091
Isoleucine	g	0.928	0	0.263	4.209
Leucine	g	1.632	0	0.463	7.403
Lysine	g	1.718	0	0.487	7.793
Methionine	g	0.529	0	0.150	2.400
Cystine	g	0.231	0	0.065	1.048
Phenylalanine	g	0.806	0	0.229	3.656
Tyrosine	g	0.694	0	0.197	3.148
Valine	g	1.004	0	0.285	4.554
Arginine	g	1.305	0	0.370	5.919
Histidine	g	0.707	0	0.200	3.207
Alanine	g	1.246	0	0.353	5.652
Aspartic acid	g	1.887	0	0.535	8.559
Glutamic acid	g	3.102	0	0.879	14.071
Glycine	g	1.127	0	0.320	5.112
Proline	g	0.912	0	0.259	4.137
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. 13869 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" 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* 281g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.70		0	150.90	45.65	
Energy	kcal	256		0	719	218	
Energy	kj	1071		0	3010	910	
Protein (N x 5.95)	g	29.49		0	82.87	25.07	
Total lipid (fat)	g	14.41		0	40.49	12.25	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.07		0	3.01	0.91	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	17	5	
Iron	mg	3.22		0	9.05	2.74	
Magnesium	mg	23		0	65	20	
Phosphorus	mg	252		0	708	214	
Potassium	mg	289		0	812	246	
Sodium	mg	50		0	141	43	
Zinc	mg	5.07		0	14.25	4.31	
Copper	mg	0.125		0	0.351	0.106	
Manganese	mg	0.017		0	0.048	0.014	
Selenium	:g	29.7		0	83.5	25.2	
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	0.674	0.204	
Niacin	mg	3.830		0	10.762	3.256	
Pantothenic acid	mg	0.390		0	1.096	0.331	
Vitamin B-6	mg	0.340		0	0.955	0.289	
Folate	:g	10		0	28	9	
Vitamin B-12	:g	2.38		0	6.69	2.02	
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	0.478	0.145	
Lipids:							
Saturated, total	g	5.340		0	15.005	4.539	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.084	0.026	
12:0	g	0.030		0	0.084	0.026	
14:0	g	0.430		0	1.208	0.366	
15.0	g						
16:0	g	3.350		0	9.414	2.848	
17:0	g						
18:0	g	1.510		0	4.243	1.283	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.280	0	17.647	5.338
14:1	g				
16:1	g	0.640	0	1.798	0.544
18:1	g	5.620	0	15.792	4.777
20:1	g	0.020	0	0.056	0.017
22.1	g				
Polyunsaturated, total	g	0.550	0	1.546	0.468
18:2	g	0.380	0	1.068	0.323
18:3	g	0.130	0	0.365	0.111
18:4	g				
20:4	g	0.050	0	0.141	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	96	0	270	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.330	0	0.927	0.281
Threonine	g	1.288	0	3.619	1.095
Isoleucine	g	1.326	0	3.726	1.127
Leucine	g	2.331	0	6.550	1.981
Lysine	g	2.454	0	6.896	2.086
Methionine	g	0.755	0	2.122	0.642
Cystine	g	0.330	0	0.927	0.281
Phenylalanine	g	1.151	0	3.234	0.978
Tyrosine	g	0.991	0	2.785	0.842
Valine	g	1.435	0	4.032	1.220
Arginine	g	1.864	0	5.238	1.584
Histidine	g	1.010	0	2.838	0.859
Alanine	g	1.779	0	4.999	1.512
Aspartic acid	g	2.695	0	7.573	2.291
Glutamic acid	g	4.431	0	12.451	3.766
Glycine	g	1.609	0	4.521	1.368
Proline	g	1.302	0	3.659	1.107
Serine	g	1.128	0	3.170	0.959
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13870 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" 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* 338g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.11		0	193.03	48.54	
Energy	kcal	229		0	774	195	
Energy	kj	958		0	3238	814	
Protein (N x 5.95)	g	27.30		0	92.27	23.20	
Total lipid (fat)	g	12.50		0	42.25	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	1.28		0	4.33	1.09	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	17	4	
Iron	mg	2.96		0	10.00	2.52	
Magnesium	mg	26		0	88	22	
Phosphorus	mg	226		0	764	192	
Potassium	mg	368		0	1244	313	
Sodium	mg	64		0	216	54	
Zinc	mg	4.36		0	14.74	3.71	
Copper	mg	0.104		0	0.352	0.088	
Manganese	mg	0.015		0	0.051	0.013	
Selenium	:g	24.6		0	83.1	20.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.270	0.068	
Riboflavin	mg	0.230		0	0.777	0.196	
Niacin	mg	3.870		0	13.081	3.289	
Pantothenic acid	mg	0.330		0	1.115	0.281	
Vitamin B-6	mg	0.360		0	1.217	0.306	
Folate	:g	12		0	41	10	
Vitamin B-12	:g	2.61		0	8.82	2.22	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.170		0	0.575	0.145	
Lipids:							
Saturated, total	g	4.630		0	15.649	3.936	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.068	0.017	
12:0	g	0.020		0	0.068	0.017	
14:0	g	0.360		0	1.217	0.306	
15.0	g						
16:0	g	2.960		0	10.005	2.516	
17:0	g						
18:0	g	1.270		0	4.293	1.080	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.550	0	18.759	4.718
14:1	g				
16:1	g	0.610	0	2.062	0.518
18:1	g	4.910	0	16.596	4.174
20:1	g	0.020	0	0.068	0.017
22.1	g				
Polyunsaturated, total	g	0.480	0	1.622	0.408
18:2	g	0.340	0	1.149	0.289
18:3	g	0.100	0	0.338	0.085
18:4	g				
20:4	g	0.040	0	0.135	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	79	0	267	67
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.306	0	1.034	0.260
Threonine	g	1.192	0	4.029	1.013
Isoleucine	g	1.227	0	4.147	1.043
Leucine	g	2.158	0	7.294	1.834
Lysine	g	2.271	0	7.676	1.930
Methionine	g	0.699	0	2.363	0.594
Cystine	g	0.306	0	1.034	0.260
Phenylalanine	g	1.066	0	3.603	0.906
Tyrosine	g	0.917	0	3.099	0.779
Valine	g	1.328	0	4.489	1.129
Arginine	g	1.725	0	5.831	1.466
Histidine	g	0.935	0	3.160	0.795
Alanine	g	1.647	0	5.567	1.400
Aspartic acid	g	2.494	0	8.430	2.120
Glutamic acid	g	4.101	0	13.861	3.486
Glycine	g	1.489	0	5.033	1.266
Proline	g	1.205	0	4.073	1.024
Serine	g	1.044	0	3.529	0.887
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13871 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" 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	65.03		0	18.44	294.98	
Energy	kcal	200		0	57	907	
Energy	kj	837		0	237	3797	
Protein (N x 5.95)	g	20.58		0	5.83	93.35	
Total lipid (fat)	g	12.39		0	3.51	56.20	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.96		0	0.27	4.35	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	1	23	
Iron	mg	2.23		0	0.63	10.12	
Magnesium	mg	23		0	7	104	
Phosphorus	mg	200		0	57	907	
Potassium	mg	342		0	97	1551	
Sodium	mg	56		0	16	254	
Zinc	mg	3.27		0	0.93	14.83	
Copper	mg	0.078		0	0.022	0.354	
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	0.110		0	0.031	0.499	
Riboflavin	mg	0.180		0	0.051	0.816	
Niacin	mg	3.870		0	1.097	17.554	
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	2.79		0	0.79	12.66	
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	0.680	
Lipids:							
Saturated, total	g	4.720		0	1.338	21.410	
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	2.950		0	0.836	13.381	
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	5.500	0	1.559	24.948
14:1	g				
16:1	g	0.660	0	0.187	2.994
18:1	g	4.820	0	1.366	21.864
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.460	0	0.130	2.087
18:2	g	0.320	0	0.091	1.452
18:3	g	0.110	0	0.031	0.499
18:4	g				
20:4	g	0.040	0	0.011	0.181
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	63	0	18	286
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.231	0	0.065	1.048
Threonine	g	0.899	0	0.255	4.078
Isoleucine	g	0.925	0	0.262	4.196
Leucine	g	1.627	0	0.461	7.380
Lysine	g	1.712	0	0.485	7.766
Methionine	g	0.527	0	0.149	2.390
Cystine	g	0.231	0	0.065	1.048
Phenylalanine	g	0.803	0	0.228	3.642
Tyrosine	g	0.692	0	0.196	3.139
Valine	g	1.001	0	0.284	4.541
Arginine	g	1.301	0	0.369	5.901
Histidine	g	0.705	0	0.200	3.198
Alanine	g	1.241	0	0.352	5.629
Aspartic acid	g	1.880	0	0.533	8.528
Glutamic acid	g	3.092	0	0.877	14.025
Glycine	g	1.123	0	0.318	5.094
Proline	g	0.909	0	0.258	4.123
Serine	g	0.787	0	0.223	3.570
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13872 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" 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	52.75		0	148.75	44.84	
Energy	kcal	268		0	756	228	
Energy	kj	1121		0	3161	953	
Protein (N x 5.95)	g	29.37		0	82.82	24.96	
Total lipid (fat)	g	15.86		0	44.73	13.48	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.07		0	3.02	0.91	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	17	5	
Iron	mg	3.21		0	9.05	2.73	
Magnesium	mg	23		0	65	20	
Phosphorus	mg	251		0	708	213	
Potassium	mg	288		0	812	245	
Sodium	mg	50		0	141	43	
Zinc	mg	5.05		0	14.24	4.29	
Copper	mg	0.125		0	0.353	0.106	
Manganese	mg	0.017		0	0.048	0.014	
Selenium	:g	29.6		0	83.5	25.2	
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	3.810		0	10.744	3.239	
Pantothenic acid	mg	0.390		0	1.100	0.331	
Vitamin B-6	mg	0.340		0	0.959	0.289	
Folate	:g	10		0	28	9	
Vitamin B-12	:g	2.38		0	6.71	2.02	
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	5.860		0	16.525	4.981	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.085	0.026	
12:0	g	0.030		0	0.085	0.026	
14:0	g	0.470		0	1.325	0.400	
15.0	g						
16:0	g	3.680		0	10.378	3.128	
17:0	g						
18:0	g	1.660		0	4.681	1.411	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.910	0	19.486	5.874
14:1	g				
16:1	g	0.710	0	2.002	0.603
18:1	g	6.180	0	17.428	5.253
20:1	g	0.020	0	0.056	0.017
22.1	g				
Polyunsaturated, total	g	0.600	0	1.692	0.510
18:2	g	0.420	0	1.184	0.357
18:3	g	0.140	0	0.395	0.119
18:4	g				
20:4	g	0.050	0	0.141	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	96	0	271	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.329	0	0.928	0.280
Threonine	g	1.283	0	3.618	1.091
Isoleucine	g	1.320	0	3.722	1.122
Leucine	g	2.321	0	6.545	1.973
Lysine	g	2.443	0	6.889	2.077
Methionine	g	0.752	0	2.121	0.639
Cystine	g	0.329	0	0.928	0.280
Phenylalanine	g	1.147	0	3.235	0.975
Tyrosine	g	0.987	0	2.783	0.839
Valine	g	1.428	0	4.027	1.214
Arginine	g	1.856	0	5.234	1.578
Histidine	g	1.006	0	2.837	0.855
Alanine	g	1.771	0	4.994	1.505
Aspartic acid	g	2.683	0	7.566	2.281
Glutamic acid	g	4.412	0	12.442	3.750
Glycine	g	1.602	0	4.518	1.362
Proline	g	1.297	0	3.658	1.102
Serine	g	1.123	0	3.167	0.955
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13873 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" 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* 338g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.39		0	190.60	47.93	
Energy	kcal	241		0	815	205	
Energy	kj	1008		0	3407	857	
Protein (N x 5.95)	g	27.14		0	91.73	23.07	
Total lipid (fat)	g	13.87		0	46.88	11.79	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.27		0	4.29	1.08	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	20	5	
Iron	mg	2.95		0	9.97	2.51	
Magnesium	mg	26		0	88	22	
Phosphorus	mg	225		0	761	191	
Potassium	mg	366		0	1237	311	
Sodium	mg	64		0	216	54	
Zinc	mg	4.33		0	14.64	3.68	
Copper	mg	0.103		0	0.348	0.088	
Manganese	mg	0.015		0	0.051	0.013	
Selenium	:g	24.5		0	82.8	20.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.270	0.068	
Riboflavin	mg	0.230		0	0.777	0.196	
Niacin	mg	3.850		0	13.013	3.272	
Pantothenic acid	mg	0.330		0	1.115	0.281	
Vitamin B-6	mg	0.350		0	1.183	0.298	
Folate	:g	12		0	41	10	
Vitamin B-12	:g	2.60		0	8.79	2.21	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.170		0	0.575	0.145	
Lipids:							
Saturated, total	g	5.140		0	17.373	4.369	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.068	0.017	
12:0	g	0.020		0	0.068	0.017	
14:0	g	0.400		0	1.352	0.340	
15.0	g						
16:0	g	3.290		0	11.120	2.797	
17:0	g						
18:0	g	1.410		0	4.766	1.198	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.160	0	20.821	5.236
14:1	g				
16:1	g	0.670	0	2.265	0.570
18:1	g	5.450	0	18.421	4.633
20:1	g	0.030	0	0.101	0.026
22.1	g				
Polyunsaturated, total	g	0.530	0	1.791	0.451
18:2	g	0.380	0	1.284	0.323
18:3	g	0.110	0	0.372	0.094
18:4	g				
20:4	g	0.050	0	0.169	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	79	0	267	67
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.304	0	1.028	0.258
Threonine	g	1.186	0	4.009	1.008
Isoleucine	g	1.220	0	4.124	1.037
Leucine	g	2.145	0	7.250	1.823
Lysine	g	2.258	0	7.632	1.919
Methionine	g	0.695	0	2.349	0.591
Cystine	g	0.304	0	1.028	0.258
Phenylalanine	g	1.060	0	3.583	0.901
Tyrosine	g	0.912	0	3.083	0.775
Valine	g	1.320	0	4.462	1.122
Arginine	g	1.715	0	5.797	1.458
Histidine	g	0.929	0	3.140	0.790
Alanine	g	1.637	0	5.533	1.391
Aspartic acid	g	2.480	0	8.382	2.108
Glutamic acid	g	4.078	0	13.784	3.466
Glycine	g	1.481	0	5.006	1.259
Proline	g	1.199	0	4.053	1.019
Serine	g	1.038	0	3.508	0.882
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13874 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" 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	66.17		0	18.76	300.15	
Energy	kcal	181		0	51	821	
Energy	kj	757		0	215	3434	
Protein (N x 5.95)	g	20.72		0	5.87	93.99	
Total lipid (fat)	g	10.27		0	2.91	46.58	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.97		0	0.27	4.40	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	1	23	
Iron	mg	2.24		0	0.64	10.16	
Magnesium	mg	23		0	7	104	
Phosphorus	mg	202		0	57	916	
Potassium	mg	345		0	98	1565	
Sodium	mg	56		0	16	254	
Zinc	mg	3.30		0	0.94	14.97	
Copper	mg	0.079		0	0.022	0.358	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	:g	18.7		0	5.3	84.8	
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	3.900		0	1.106	17.690	
Pantothenic acid	mg	0.420		0	0.119	1.905	
Vitamin B-6	mg	0.540		0	0.153	2.449	
Folate	:g	9		0	3	41	
Vitamin B-12	:g	2.81		0	0.80	12.75	
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	0.680	
Lipids:							
Saturated, total	g	3.950		0	1.120	17.917	
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	0.310		0	0.088	1.406	
15.0	g						
16:0	g	2.460		0	0.697	11.159	
17:0	g						
18:0	g	1.140		0	0.323	5.171	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.550	0	1.290	20.639
14:1	g				
16:1	g	0.550	0	0.156	2.495
18:1	g	3.990	0	1.131	18.099
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.380	0	0.108	1.724
18:2	g	0.260	0	0.074	1.179
18:3	g	0.100	0	0.028	0.454
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	0.932	0	0.264	4.228
Leucine	g	1.638	0	0.464	7.430
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	3.113	0	0.883	14.121
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. 13875 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" 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* 281g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.60		0	153.43	46.41	
Energy	kcal	245		0	688	208	
Energy	kj	1025		0	2880	871	
Protein (N x 5.95)	g	29.49		0	82.87	25.07	
Total lipid (fat)	g	13.15		0	36.95	11.18	
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	3.01	0.91	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	17	5	
Iron	mg	3.22		0	9.05	2.74	
Magnesium	mg	23		0	65	20	
Phosphorus	mg	252		0	708	214	
Potassium	mg	289		0	812	246	
Sodium	mg	50		0	141	43	
Zinc	mg	5.07		0	14.25	4.31	
Copper	mg	0.125		0	0.351	0.106	
Manganese	mg	0.017		0	0.048	0.014	
Selenium	:g	29.7		0	83.5	25.2	
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	0.674	0.204	
Niacin	mg	3.830		0	10.762	3.256	
Pantothenic acid	mg	0.390		0	1.096	0.331	
Vitamin B-6	mg	0.340		0	0.955	0.289	
Folate	:g	10		0	28	9	
Vitamin B-12	:g	2.38		0	6.69	2.02	
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	0.478	0.145	
Lipids:							
Saturated, total	g	4.920		0	13.825	4.182	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.084	0.026	
12:0	g	0.030		0	0.084	0.026	
14:0	g	0.390		0	1.096	0.331	
15.0	g						
16:0	g	3.080		0	8.655	2.618	
17:0	g						
18:0	g	1.390		0	3.906	1.182	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.730	0	16.101	4.870
14:1	g				
16:1	g	0.590	0	1.658	0.501
18:1	g	5.120	0	14.387	4.352
20:1	g	0.020	0	0.056	0.017
22.1	g				
Polyunsaturated, total	g	0.500	0	1.405	0.425
18:2	g	0.340	0	0.955	0.289
18:3	g	0.120	0	0.337	0.102
18:4	g				
20:4	g	0.040	0	0.112	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	96	0	270	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.330	0	0.927	0.281
Threonine	g	1.288	0	3.619	1.095
Isoleucine	g	1.326	0	3.726	1.127
Leucine	g	2.331	0	6.550	1.981
Lysine	g	2.454	0	6.896	2.086
Methionine	g	0.755	0	2.122	0.642
Cystine	g	0.330	0	0.927	0.281
Phenylalanine	g	1.151	0	3.234	0.978
Tyrosine	g	0.991	0	2.785	0.842
Valine	g	1.435	0	4.032	1.220
Arginine	g	1.864	0	5.238	1.584
Histidine	g	1.010	0	2.838	0.859
Alanine	g	1.779	0	4.999	1.512
Aspartic acid	g	2.695	0	7.573	2.291
Glutamic acid	g	4.431	0	12.451	3.766
Glycine	g	1.609	0	4.521	1.368
Proline	g	1.302	0	3.659	1.107
Serine	g	1.128	0	3.170	0.959
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13876 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" 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* 338g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.74		0	198.54	49.93	
Energy	kcal	219		0	740	186	
Energy	kj	916		0	3096	779	
Protein (N x 5.95)	g	27.32		0	92.34	23.22	
Total lipid (fat)	g	11.32		0	38.26	9.62	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.28		0	4.33	1.09	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	17	4	
Iron	mg	2.97		0	10.04	2.52	
Magnesium	mg	26		0	88	22	
Phosphorus	mg	226		0	764	192	
Potassium	mg	369		0	1247	314	
Sodium	mg	64		0	216	54	
Zinc	mg	4.36		0	14.74	3.71	
Copper	mg	0.104		0	0.352	0.088	
Manganese	mg	0.015		0	0.051	0.013	
Selenium	:g	24.6		0	83.1	20.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.270	0.068	
Riboflavin	mg	0.230		0	0.777	0.196	
Niacin	mg	3.870		0	13.081	3.289	
Pantothenic acid	mg	0.330		0	1.115	0.281	
Vitamin B-6	mg	0.360		0	1.217	0.306	
Folate	:g	12		0	41	10	
Vitamin B-12	:g	2.61		0	8.82	2.22	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.170		0	0.575	0.145	
Lipids:							
Saturated, total	g	4.220		0	14.264	3.587	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.068	0.017	
12:0	g	0.020		0	0.068	0.017	
14:0	g	0.330		0	1.115	0.281	
15.0	g						
16:0	g	2.700		0	9.126	2.295	
17:0	g						
18:0	g	1.160		0	3.921	0.986	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.010	0	16.934	4.258
14:1	g				
16:1	g	0.550	0	1.859	0.468
18:1	g	4.440	0	15.007	3.774
20:1	g	0.020	0	0.068	0.017
22.1	g				
Polyunsaturated, total	g	0.430	0	1.453	0.366
18:2	g	0.310	0	1.048	0.264
18:3	g	0.090	0	0.304	0.077
18:4	g				
20:4	g	0.040	0	0.135	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	79	0	267	67
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.306	0	1.034	0.260
Threonine	g	1.194	0	4.036	1.015
Isoleucine	g	1.229	0	4.154	1.045
Leucine	g	2.160	0	7.301	1.836
Lysine	g	2.273	0	7.683	1.932
Methionine	g	0.700	0	2.366	0.595
Cystine	g	0.306	0	1.034	0.260
Phenylalanine	g	1.067	0	3.606	0.907
Tyrosine	g	0.918	0	3.103	0.780
Valine	g	1.329	0	4.492	1.130
Arginine	g	1.727	0	5.837	1.468
Histidine	g	0.936	0	3.164	0.796
Alanine	g	1.648	0	5.570	1.401
Aspartic acid	g	2.496	0	8.436	2.122
Glutamic acid	g	4.105	0	13.875	3.489
Glycine	g	1.491	0	5.040	1.267
Proline	g	1.207	0	4.080	1.026
Serine	g	1.045	0	3.532	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. 13877 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" 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	68.05		0	19.29	308.67	
Energy	kcal	166		0	47	753	
Energy	kj	695		0	197	3153	
Protein (N x 5.95)	g	20.89		0	5.92	94.76	
Total lipid (fat)	g	8.54		0	2.42	38.74	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.06		0	0.30	4.81	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	1	18	
Iron	mg	1.41		0	0.40	6.40	
Magnesium	mg	22		0	6	100	
Phosphorus	mg	201		0	57	912	
Potassium	mg	363		0	103	1647	
Sodium	mg	51		0	14	231	
Zinc	mg	2.80		0	0.79	12.70	
Copper	mg	0.059		0	0.017	0.268	
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	0.130		0	0.037	0.590	
Niacin	mg	3.560		0	1.009	16.148	
Pantothenic acid	mg	0.350		0	0.099	1.588	
Vitamin B-6	mg	0.430		0	0.122	1.950	
Folate	:g	7		0	2	32	
Vitamin B-12	:g	3.09		0	0.88	14.02	
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	0.680	
Lipids:							
Saturated, total	g	3.260		0	0.924	14.787	
4:0	g						
6.0	g						
8:0	g						
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	2.010		0	0.570	9.117	
17:0	g						
18:0	g	0.970		0	0.275	4.400	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.640	0	1.032	16.511
14:1	g				
16:1	g	0.410	0	0.116	1.860
18:1	g	3.220	0	0.913	14.606
20:1	g	0.010	0	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.330	0	0.094	1.497
18:2	g	0.230	0	0.065	1.043
18:3	g	0.080	0	0.023	0.363
18:4	g				
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	0.234	0	0.066	1.061
Threonine	g	0.912	0	0.259	4.137
Isoleucine	g	0.939	0	0.266	4.259
Leucine	g	1.651	0	0.468	7.489
Lysine	g	1.738	0	0.493	7.884
Methionine	g	0.535	0	0.152	2.427
Cystine	g	0.234	0	0.066	1.061
Phenylalanine	g	0.816	0	0.231	3.701
Tyrosine	g	0.702	0	0.199	3.184
Valine	g	1.016	0	0.288	4.609
Arginine	g	1.320	0	0.374	5.988
Histidine	g	0.715	0	0.203	3.243
Alanine	g	1.260	0	0.357	5.715
Aspartic acid	g	1.908	0	0.541	8.655
Glutamic acid	g	3.138	0	0.890	14.234
Glycine	g	1.140	0	0.323	5.171
Proline	g	0.922	0	0.261	4.182
Serine	g	0.799	0	0.227	3.624
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13878 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" 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	62.68		0	208.72	53.28	
Energy	kcal	194		0	646	165	
Energy	kj	812		0	2704	690	
Protein (N x 5.95)	g	28.07		0	93.47	23.86	
Total lipid (fat)	g	8.17		0	27.21	6.94	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.17		0	3.90	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	17	4	
Iron	mg	1.91		0	6.36	1.62	
Magnesium	mg	26		0	87	22	
Phosphorus	mg	218		0	726	185	
Potassium	mg	381		0	1269	324	
Sodium	mg	61		0	203	52	
Zinc	mg	4.57		0	15.22	3.88	
Copper	mg	0.097		0	0.323	0.082	
Manganese	mg	0.016		0	0.053	0.014	
Selenium	:g	26.1		0	86.9	22.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.266	0.068	
Riboflavin	mg	0.170		0	0.566	0.145	
Niacin	mg	3.640		0	12.121	3.094	
Pantothenic acid	mg	0.440		0	1.465	0.374	
Vitamin B-6	mg	0.370		0	1.232	0.315	
Folate	:g	7		0	23	6	
Vitamin B-12	:g	2.14		0	7.13	1.82	
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	0.533	0.136	
Lipids:							
Saturated, total	g	3.110		0	10.356	2.643	
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	0.230		0	0.766	0.196	
15.0	g						
16:0	g	1.950		0	6.494	1.658	
17:0	g						
18:0	g	0.910		0	3.030	0.774	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.500	0	11.655	2.975
14:1	g				
16:1	g	0.330	0	1.099	0.281
18:1	g	3.160	0	10.523	2.686
20:1	g	0.010	0	0.033	0.009
22.1	g				
Polyunsaturated, total	g	0.280	0	0.932	0.238
18:2	g	0.200	0	0.666	0.170
18:3	g	0.060	0	0.200	0.051
18:4	g				
20:4	g	0.020	0	0.067	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	70	0	233	60
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.314	0	1.046	0.267
Threonine	g	1.226	0	4.083	1.042
Isoleucine	g	1.262	0	4.202	1.073
Leucine	g	2.219	0	7.389	1.886
Lysine	g	2.335	0	7.776	1.985
Methionine	g	0.719	0	2.394	0.611
Cystine	g	0.314	0	1.046	0.267
Phenylalanine	g	1.096	0	3.650	0.932
Tyrosine	g	0.943	0	3.140	0.802
Valine	g	1.365	0	4.545	1.160
Arginine	g	1.774	0	5.907	1.508
Histidine	g	0.961	0	3.200	0.817
Alanine	g	1.693	0	5.638	1.439
Aspartic acid	g	2.565	0	8.541	2.180
Glutamic acid	g	4.217	0	14.043	3.584
Glycine	g	1.532	0	5.102	1.302
Proline	g	1.240	0	4.129	1.054
Serine	g	1.073	0	3.573	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. 13879 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" 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	67.73		0	19.20	307.22	
Energy	kcal	173		0	49	785	
Energy	kj	724		0	205	3284	
Protein (N x 5.95)	g	20.85		0	5.91	94.58	
Total lipid (fat)	g	9.28		0	2.63	42.09	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05		0	0.30	4.76	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	1	18	
Iron	mg	1.41		0	0.40	6.40	
Magnesium	mg	22		0	6	100	
Phosphorus	mg	201		0	57	912	
Potassium	mg	362		0	103	1642	
Sodium	mg	51		0	14	231	
Zinc	mg	2.79		0	0.79	12.66	
Copper	mg	0.059		0	0.017	0.268	
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	0.130		0	0.037	0.590	
Niacin	mg	3.550		0	1.006	16.103	
Pantothenic acid	mg	0.350		0	0.099	1.588	
Vitamin B-6	mg	0.430		0	0.122	1.950	
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	0.150		0	0.043	0.680	
Lipids:							
Saturated, total	g	3.530		0	1.001	16.012	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.006	0.091	
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	2.180		0	0.618	9.888	
17:0	g						
18:0	g	1.040		0	0.295	4.717	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.950	0	1.120	17.917
14:1	g				
16:1	g	0.440	0	0.125	1.996
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	0.250	0	0.071	1.134
18:3	g	0.080	0	0.023	0.363
18:4	g				
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	0.234	0	0.066	1.061
Threonine	g	0.911	0	0.258	4.132
Isoleucine	g	0.938	0	0.266	4.255
Leucine	g	1.648	0	0.467	7.475
Lysine	g	1.735	0	0.492	7.870
Methionine	g	0.534	0	0.151	2.422
Cystine	g	0.234	0	0.066	1.061
Phenylalanine	g	0.814	0	0.231	3.692
Tyrosine	g	0.701	0	0.199	3.180
Valine	g	1.014	0	0.287	4.600
Arginine	g	1.318	0	0.374	5.978
Histidine	g	0.714	0	0.202	3.239
Alanine	g	1.258	0	0.357	5.706
Aspartic acid	g	1.905	0	0.540	8.641
Glutamic acid	g	3.133	0	0.888	14.211
Glycine	g	1.138	0	0.323	5.162
Proline	g	0.921	0	0.261	4.178
Serine	g	0.797	0	0.226	3.615
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13880 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" 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	62.58		0	208.39	53.19	
Energy	kcal	200		0	666	170	
Energy	kj	837		0	2787	711	
Protein (N x 5.95)	g	28.07		0	93.47	23.86	
Total lipid (fat)	g	8.93		0	29.74	7.59	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.17		0	3.90	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	17	4	
Iron	mg	1.91		0	6.36	1.62	
Magnesium	mg	26		0	87	22	
Phosphorus	mg	218		0	726	185	
Potassium	mg	381		0	1269	324	
Sodium	mg	61		0	203	52	
Zinc	mg	4.57		0	15.22	3.88	
Copper	mg	0.097		0	0.323	0.082	
Manganese	mg	0.016		0	0.053	0.014	
Selenium	:g	26.1		0	86.9	22.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.266	0.068	
Riboflavin	mg	0.170		0	0.566	0.145	
Niacin	mg	3.640		0	12.121	3.094	
Pantothenic acid	mg	0.440		0	1.465	0.374	
Vitamin B-6	mg	0.370		0	1.232	0.315	
Folate	:g	7		0	23	6	
Vitamin B-12	:g	2.14		0	7.13	1.82	
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	0.533	0.136	
Lipids:							
Saturated, total	g	3.390		0	11.289	2.882	
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	0.250		0	0.833	0.213	
15.0	g						
16:0	g	2.120		0	7.060	1.802	
17:0	g						
18:0	g	0.990		0	3.297	0.842	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.820	0	12.721	3.247
14:1	g				
16:1	g	0.360	0	1.199	0.306
18:1	g	3.450	0	11.489	2.933
20:1	g	0.010	0	0.033	0.009
22.1	g				
Polyunsaturated, total	g	0.310	0	1.032	0.264
18:2	g	0.220	0	0.733	0.187
18:3	g	0.060	0	0.200	0.051
18:4	g				
20:4	g	0.020	0	0.067	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	70	0	233	60
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.314	0	1.046	0.267
Threonine	g	1.226	0	4.083	1.042
Isoleucine	g	1.262	0	4.202	1.073
Leucine	g	2.219	0	7.389	1.886
Lysine	g	2.335	0	7.776	1.985
Methionine	g	0.719	0	2.394	0.611
Cystine	g	0.314	0	1.046	0.267
Phenylalanine	g	1.096	0	3.650	0.932
Tyrosine	g	0.943	0	3.140	0.802
Valine	g	1.365	0	4.545	1.160
Arginine	g	1.774	0	5.907	1.508
Histidine	g	0.961	0	3.200	0.817
Alanine	g	1.693	0	5.638	1.439
Aspartic acid	g	2.565	0	8.541	2.180
Glutamic acid	g	4.217	0	14.043	3.584
Glycine	g	1.532	0	5.102	1.302
Proline	g	1.240	0	4.129	1.054
Serine	g	1.073	0	3.573	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. 13881 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, 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	68.40		0	19.39	310.26	
Energy	kcal	159		0	45	721	
Energy	kj	665		0	189	3016	
Protein (N x 5.95)	g	20.93		0	5.93	94.94	
Total lipid (fat)	g	7.66		0	2.17	34.75	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.06		0	0.30	4.81	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	1	18	
Iron	mg	1.42		0	0.40	6.44	
Magnesium	mg	22		0	6	100	
Phosphorus	mg	201		0	57	912	
Potassium	mg	364		0	103	1651	
Sodium	mg	52		0	15	236	
Zinc	mg	2.80		0	0.79	12.70	
Copper	mg	0.059		0	0.017	0.268	
Manganese	mg	0.014		0	0.004	0.064	
Selenium	:g	20.4		0	5.8	92.5	
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	3.570		0	1.012	16.194	
Pantothenic acid	mg	0.350		0	0.099	1.588	
Vitamin B-6	mg	0.430		0	0.122	1.950	
Folate	:g	7		0	2	32	
Vitamin B-12	:g	3.09		0	0.88	14.02	
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	0.680	
Lipids:							
Saturated, total	g	2.940		0	0.833	13.336	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.006	0.091	
12:0	g	0.010		0	0.003	0.045	
14:0	g	0.220		0	0.062	0.998	
15.0	g						
16:0	g	1.820		0	0.516	8.256	
17:0	g						
18:0	g	0.870		0	0.247	3.946	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.270	0	0.927	14.833
14:1	g				
16:1	g	0.370	0	0.105	1.678
18:1	g	2.890	0	0.819	13.109
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	0.200	0	0.057	0.907
18:3	g	0.070	0	0.020	0.318
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	57	0	16	259
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.234	0	0.066	1.061
Threonine	g	0.914	0	0.259	4.146
Isoleucine	g	0.941	0	0.267	4.268
Leucine	g	1.654	0	0.469	7.503
Lysine	g	1.742	0	0.494	7.902
Methionine	g	0.536	0	0.152	2.431
Cystine	g	0.234	0	0.066	1.061
Phenylalanine	g	0.817	0	0.232	3.706
Tyrosine	g	0.703	0	0.199	3.189
Valine	g	1.018	0	0.289	4.618
Arginine	g	1.323	0	0.375	6.001
Histidine	g	0.717	0	0.203	3.252
Alanine	g	1.263	0	0.358	5.729
Aspartic acid	g	1.912	0	0.542	8.673
Glutamic acid	g	3.145	0	0.892	14.266
Glycine	g	1.142	0	0.324	5.180
Proline	g	0.924	0	0.262	4.191
Serine	g	0.800	0	0.227	3.629
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13882 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" 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* 329g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.77		0	206.51	53.35	
Energy	kcal	186		0	612	158	
Energy	kj	778		0	2560	661	
Protein (N x 5.95)	g	28.07		0	92.35	23.86	
Total lipid (fat)	g	7.32		0	24.08	6.22	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.17		0	3.85	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	16	4	
Iron	mg	1.91		0	6.28	1.62	
Magnesium	mg	26		0	86	22	
Phosphorus	mg	218		0	717	185	
Potassium	mg	381		0	1253	324	
Sodium	mg	61		0	201	52	
Zinc	mg	4.57		0	15.04	3.88	
Copper	mg	0.097		0	0.319	0.082	
Manganese	mg	0.016		0	0.053	0.014	
Selenium	:g	26.1		0	85.9	22.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.263	0.068	
Riboflavin	mg	0.170		0	0.559	0.145	
Niacin	mg	3.640		0	11.976	3.094	
Pantothenic acid	mg	0.440		0	1.448	0.374	
Vitamin B-6	mg	0.370		0	1.217	0.315	
Folate	:g	7		0	23	6	
Vitamin B-12	:g	2.14		0	7.04	1.82	
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	0.526	0.136	
Lipids:							
Saturated, total	g	2.800		0	9.212	2.380	
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	0.210		0	0.691	0.179	
15.0	g						
16:0	g	1.750		0	5.758	1.488	
17:0	g						
18:0	g	0.810		0	2.665	0.689	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.130	0	10.298	2.661
14:1	g				
16:1	g	0.300	0	0.987	0.255
18:1	g	2.830	0	9.311	2.406
20:1	g	0.010	0	0.033	0.009
22.1	g				
Polyunsaturated, total	g	0.260	0	0.855	0.221
18:2	g	0.180	0	0.592	0.153
18:3	g	0.060	0	0.197	0.051
18:4	g				
20:4	g	0.020	0	0.066	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	70	0	230	60
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.314	0	1.033	0.267
Threonine	g	1.226	0	4.034	1.042
Isoleucine	g	1.262	0	4.152	1.073
Leucine	g	2.219	0	7.301	1.886
Lysine	g	2.335	0	7.682	1.985
Methionine	g	0.719	0	2.366	0.611
Cystine	g	0.314	0	1.033	0.267
Phenylalanine	g	1.096	0	3.606	0.932
Tyrosine	g	0.943	0	3.102	0.802
Valine	g	1.365	0	4.491	1.160
Arginine	g	1.774	0	5.836	1.508
Histidine	g	0.961	0	3.162	0.817
Alanine	g	1.693	0	5.570	1.439
Aspartic acid	g	2.565	0	8.439	2.180
Glutamic acid	g	4.217	0	13.874	3.584
Glycine	g	1.532	0	5.040	1.302
Proline	g	1.240	0	4.080	1.054
Serine	g	1.073	0	3.530	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. 13883 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 4% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	66.10		0	18.74	299.83	
Energy	kcal	189		0	54	857	
Energy	kj	791		0	224	3588	
Protein (N x 5.95)	g	19.60		0	5.56	88.91	
Total lipid (fat)	g	11.67		0	3.31	52.94	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.95		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	22		0	6	100	
Phosphorus	mg	193		0	55	875	
Potassium	mg	329		0	93	1492	
Sodium	mg	58		0	16	263	
Zinc	mg	4.41		0	1.25	20.00	
Copper	mg	0.076		0	0.022	0.345	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	:g	19.6		0	5.6	88.9	
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	3.160		0	0.896	14.334	
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	0.160		0	0.045	0.726	
Lipids:							
Saturated, total	g	4.600		0	1.304	20.866	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.011	0.181	
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	2.780		0	0.788	12.610	
17:0	g						
18:0	g	1.400		0	0.397	6.350	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.000	0	1.418	22.680
14:1	g				
16:1	g	0.570	0	0.162	2.586
18:1	g	4.410	0	1.250	20.004
20:1	g	0.010	0	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.460	0	0.130	2.087
18:2	g	0.310	0	0.088	1.406
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	0.220	0	0.062	0.998
Threonine	g	0.856	0	0.243	3.883
Isoleucine	g	0.881	0	0.250	3.996
Leucine	g	1.549	0	0.439	7.026
Lysine	g	1.631	0	0.462	7.398
Methionine	g	0.502	0	0.142	2.277
Cystine	g	0.220	0	0.062	0.998
Phenylalanine	g	0.765	0	0.217	3.470
Tyrosine	g	0.659	0	0.187	2.989
Valine	g	0.953	0	0.270	4.323
Arginine	g	1.239	0	0.351	5.620
Histidine	g	0.671	0	0.190	3.044
Alanine	g	1.182	0	0.335	5.362
Aspartic acid	g	1.790	0	0.507	8.119
Glutamic acid	g	2.944	0	0.835	13.354
Glycine	g	1.069	0	0.303	4.849
Proline	g	0.865	0	0.245	3.924
Serine	g	0.749	0	0.212	3.397
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13884 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Refuse: 4% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 326g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.56		0	200.69	52.33	
Energy	kcal	219		0	714	186	
Energy	kj	916		0	2986	779	
Protein (N x 5.95)	g	27.45		0	89.49	23.33	
Total lipid (fat)	g	11.34		0	36.97	9.64	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.13		0	3.68	0.96	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	20	5	
Iron	mg	2.81		0	9.16	2.39	
Magnesium	mg	26		0	85	22	
Phosphorus	mg	230		0	750	196	
Potassium	mg	367		0	1196	312	
Sodium	mg	63		0	205	54	
Zinc	mg	6.67		0	21.74	5.67	
Copper	mg	0.119		0	0.388	0.101	
Manganese	mg	0.016		0	0.052	0.014	
Selenium	:g	26.8		0	87.4	22.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.293	0.077	
Riboflavin	mg	0.260		0	0.848	0.221	
Niacin	mg	3.590		0	11.703	3.051	
Pantothenic acid	mg	0.450		0	1.467	0.383	
Vitamin B-6	mg	0.380		0	1.239	0.323	
Folate	:g	8		0	26	7	
Vitamin B-12	:g	2.80		0	9.13	2.38	
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	0.522	0.136	
Lipids:							
Saturated, total	g	4.240		0	13.822	3.604	
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	0.330		0	1.076	0.281	
15.0	g						
16:0	g	2.590		0	8.443	2.201	
17:0	g						
18:0	g	1.290		0	4.205	1.097	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.680	0	15.257	3.978
14:1	g				
16:1	g	0.430	0	1.402	0.366
18:1	g	4.240	0	13.822	3.604
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	0.320	0	1.043	0.272
18:3	g	0.090	0	0.293	0.077
18:4	g				
20:4	g	0.030	0	0.098	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	82	0	267	70
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.307	0	1.001	0.261
Threonine	g	1.199	0	3.909	1.019
Isoleucine	g	1.234	0	4.023	1.049
Leucine	g	2.169	0	7.071	1.844
Lysine	g	2.284	0	7.446	1.941
Methionine	g	0.703	0	2.292	0.598
Cystine	g	0.307	0	1.001	0.261
Phenylalanine	g	1.072	0	3.495	0.911
Tyrosine	g	0.922	0	3.006	0.784
Valine	g	1.335	0	4.352	1.135
Arginine	g	1.735	0	5.656	1.475
Histidine	g	0.940	0	3.064	0.799
Alanine	g	1.656	0	5.399	1.408
Aspartic acid	g	2.508	0	8.176	2.132
Glutamic acid	g	4.124	0	13.444	3.505
Glycine	g	1.498	0	4.883	1.273
Proline	g	1.212	0	3.951	1.030
Serine	g	1.050	0	3.423	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. 13885 Beef, round, tip round, separable lean and fat, trimmed to 1/8" 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	65.43		0	18.55	296.79	
Energy	kcal	199		0	56	903	
Energy	kj	833		0	236	3778	
Protein (N x 5.95)	g	19.48		0	5.52	88.36	
Total lipid (fat)	g	12.83		0	3.64	58.20	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.94		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	326		0	92	1479	
Sodium	mg	58		0	16	263	
Zinc	mg	4.37		0	1.24	19.82	
Copper	mg	0.076		0	0.022	0.345	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	：g	19.6		0	5.6	88.9	
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	3.140		0	0.890	14.243	
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	3.00		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	0.170		0	0.048	0.771	
Lipids:							
Saturated, total	g	5.040		0	1.429	22.861	
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	0.390		0	0.111	1.769	
15.0	g						
16:0	g	3.050		0	0.865	13.835	
17:0	g						
18:0	g	1.540		0	0.437	6.985	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.490	0	1.556	24.903
14:1	g				
16:1	g	0.620	0	0.176	2.812
18:1	g	4.850	0	1.375	22.000
20:1	g	0.010	0	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.510	0	0.145	2.313
18:2	g	0.340	0	0.096	1.542
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	65	0	18	295
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.218	0	0.062	0.989
Threonine	g	0.851	0	0.241	3.860
Isoleucine	g	0.876	0	0.248	3.974
Leucine	g	1.539	0	0.436	6.981
Lysine	g	1.620	0	0.459	7.348
Methionine	g	0.499	0	0.141	2.263
Cystine	g	0.218	0	0.062	0.989
Phenylalanine	g	0.760	0	0.215	3.447
Tyrosine	g	0.654	0	0.185	2.967
Valine	g	0.947	0	0.268	4.296
Arginine	g	1.231	0	0.349	5.584
Histidine	g	0.667	0	0.189	3.026
Alanine	g	1.175	0	0.333	5.330
Aspartic acid	g	1.779	0	0.504	8.070
Glutamic acid	g	2.926	0	0.830	13.272
Glycine	g	1.063	0	0.301	4.822
Proline	g	0.860	0	0.244	3.901
Serine	g	0.745	0	0.211	3.379
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13886 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Refuse: 4% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 325g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.92		0	197.99	51.78	
Energy	kcal	228		0	741	194	
Energy	kj	954		0	3101	811	
Protein (N x 5.95)	g	27.27		0	88.63	23.18	
Total lipid (fat)	g	12.34		0	40.10	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	1.12		0	3.64	0.95	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	20	5	
Iron	mg	2.79		0	9.07	2.37	
Magnesium	mg	25		0	81	21	
Phosphorus	mg	229		0	744	195	
Potassium	mg	365		0	1186	310	
Sodium	mg	63		0	205	54	
Zinc	mg	6.62		0	21.52	5.63	
Copper	mg	0.119		0	0.387	0.101	
Manganese	mg	0.016		0	0.052	0.014	
Selenium	:g	26.8		0	87.1	22.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.293	0.077	
Riboflavin	mg	0.250		0	0.813	0.213	
Niacin	mg	3.570		0	11.602	3.034	
Pantothenic acid	mg	0.440		0	1.430	0.374	
Vitamin B-6	mg	0.380		0	1.235	0.323	
Folate	:g	8		0	26	7	
Vitamin B-12	:g	2.79		0	9.07	2.37	
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	0.553	0.145	
Lipids:							
Saturated, total	g	4.630		0	15.047	3.936	
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	0.360		0	1.170	0.306	
15.0	g						
16:0	g	2.830		0	9.197	2.406	
17:0	g						
18:0	g	1.400		0	4.550	1.190	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.110	0	16.608	4.344
14:1	g				
16:1	g	0.480	0	1.560	0.408
18:1	g	4.620	0	15.015	3.927
20:1	g	0.010	0	0.033	0.009
22.1	g				
Polyunsaturated, total	g	0.480	0	1.560	0.408
18:2	g	0.340	0	1.105	0.289
18:3	g	0.100	0	0.325	0.085
18:4	g				
20:4	g	0.040	0	0.130	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	82	0	267	70
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.305	0	0.991	0.259
Threonine	g	1.191	0	3.871	1.012
Isoleucine	g	1.226	0	3.984	1.042
Leucine	g	2.155	0	7.004	1.832
Lysine	g	2.269	0	7.374	1.929
Methionine	g	0.698	0	2.268	0.593
Cystine	g	0.305	0	0.991	0.259
Phenylalanine	g	1.065	0	3.461	0.905
Tyrosine	g	0.916	0	2.977	0.779
Valine	g	1.326	0	4.310	1.127
Arginine	g	1.723	0	5.600	1.465
Histidine	g	0.934	0	3.036	0.794
Alanine	g	1.645	0	5.346	1.398
Aspartic acid	g	2.491	0	8.096	2.117
Glutamic acid	g	4.097	0	13.315	3.482
Glycine	g	1.488	0	4.836	1.265
Proline	g	1.204	0	3.913	1.023
Serine	g	1.043	0	3.390	0.887
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13887 Beef, round, tip round, separable lean and fat, trimmed to 1/8" 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	66.86		0	18.95	303.28	
Energy	kcal	178		0	50	807	
Energy	kj	745		0	211	3379	
Protein (N x 5.95)	g	19.74		0	5.60	89.54	
Total lipid (fat)	g	10.39		0	2.95	47.13	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.96		0	0.27	4.35	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	1	23	
Iron	mg	2.02		0	0.57	9.16	
Magnesium	mg	22		0	6	100	
Phosphorus	mg	195		0	55	885	
Potassium	mg	332		0	94	1506	
Sodium	mg	58		0	16	263	
Zinc	mg	4.45		0	1.26	20.19	
Copper	mg	0.077		0	0.022	0.349	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	:g	19.6		0	5.6	88.9	
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	3.180		0	0.902	14.424	
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	3.03		0	0.86	13.74	
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	0.045	0.726	
Lipids:							
Saturated, total	g	4.100		0	1.162	18.598	
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	0.320		0	0.091	1.452	
15.0	g						
16:0	g	2.480		0	0.703	11.249	
17:0	g						
18:0	g	1.250		0	0.354	5.670	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.450	0	1.262	20.185
14:1	g				
16:1	g	0.510	0	0.145	2.313
18:1	g	3.930	0	1.114	17.826
20:1	g	0.010	0	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.410	0	0.116	1.860
18:2	g	0.270	0	0.077	1.225
18:3	g	0.120	0	0.034	0.544
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	64	0	18	290
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.221	0	0.063	1.002
Threonine	g	0.862	0	0.244	3.910
Isoleucine	g	0.888	0	0.252	4.028
Leucine	g	1.560	0	0.442	7.076
Lysine	g	1.643	0	0.466	7.453
Methionine	g	0.505	0	0.143	2.291
Cystine	g	0.221	0	0.063	1.002
Phenylalanine	g	0.771	0	0.219	3.497
Tyrosine	g	0.663	0	0.188	3.007
Valine	g	0.960	0	0.272	4.355
Arginine	g	1.248	0	0.354	5.661
Histidine	g	0.676	0	0.192	3.066
Alanine	g	1.191	0	0.338	5.402
Aspartic acid	g	1.804	0	0.511	8.183
Glutamic acid	g	2.966	0	0.841	13.454
Glycine	g	1.077	0	0.305	4.885
Proline	g	0.872	0	0.247	3.955
Serine	g	0.755	0	0.214	3.425
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13888 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Refuse: 4% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 327g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.31		0	203.75	52.96	
Energy	kcal	210		0	687	179	
Energy	kj	879		0	2874	747	
Protein (N x 5.95)	g	27.63		0	90.35	23.49	
Total lipid (fat)	g	10.24		0	33.48	8.70	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.14		0	3.73	0.97	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	20	5	
Iron	mg	2.83		0	9.25	2.41	
Magnesium	mg	26		0	85	22	
Phosphorus	mg	232		0	759	197	
Potassium	mg	370		0	1210	315	
Sodium	mg	64		0	209	54	
Zinc	mg	6.73		0	22.01	5.72	
Copper	mg	0.120		0	0.392	0.102	
Manganese	mg	0.016		0	0.052	0.014	
Selenium	:g	26.9		0	88.0	22.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.294	0.077	
Riboflavin	mg	0.260		0	0.850	0.221	
Niacin	mg	3.610		0	11.805	3.068	
Pantothenic acid	mg	0.450		0	1.472	0.383	
Vitamin B-6	mg	0.380		0	1.243	0.323	
Folate	:g	8		0	26	7	
Vitamin B-12	:g	2.81		0	9.19	2.39	
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	0.523	0.136	
Lipids:							
Saturated, total	g	3.810		0	12.459	3.239	
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	0.290		0	0.948	0.247	
15.0	g						
16:0	g	2.330		0	7.619	1.981	
17:0	g						
18:0	g	1.160		0	3.793	0.986	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.220	0	13.799	3.587
14:1	g				
16:1	g	0.390	0	1.275	0.331
18:1	g	3.820	0	12.491	3.247
20:1	g	0.010	0	0.033	0.009
22.1	g				
Polyunsaturated, total	g	0.400	0	1.308	0.340
18:2	g	0.290	0	0.948	0.247
18:3	g	0.080	0	0.262	0.068
18:4	g				
20:4	g	0.030	0	0.098	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	82	0	268	70
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.309	0	1.010	0.263
Threonine	g	1.207	0	3.947	1.026
Isoleucine	g	1.242	0	4.061	1.056
Leucine	g	2.184	0	7.142	1.856
Lysine	g	2.299	0	7.518	1.954
Methionine	g	0.707	0	2.312	0.601
Cystine	g	0.309	0	1.010	0.263
Phenylalanine	g	1.079	0	3.528	0.917
Tyrosine	g	0.928	0	3.035	0.789
Valine	g	1.344	0	4.395	1.142
Arginine	g	1.746	0	5.709	1.484
Histidine	g	0.946	0	3.093	0.804
Alanine	g	1.667	0	5.451	1.417
Aspartic acid	g	2.524	0	8.253	2.145
Glutamic acid	g	4.151	0	13.574	3.528
Glycine	g	1.507	0	4.928	1.281
Proline	g	1.220	0	3.989	1.037
Serine	g	1.057	0	3.456	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. 13891 Beef, round, top round, separable lean and fat, trimmed to 1/8" 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	67.83		0	19.23	307.68	
Energy	kcal	163		0	46	739	
Energy	kj	682		0	193	3094	
Protein (N x 5.95)	g	21.83		0	6.19	99.02	
Total lipid (fat)	g	7.76		0	2.20	35.20	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05		0	0.30	4.76	
Sugars, total	g						
Minerals:							
Calcium	mg	3		0	1	14	
Iron	mg	2.00		0	0.57	9.07	
Magnesium	mg	24		0	7	109	
Phosphorus	mg	209		0	59	948	
Potassium	mg	362		0	103	1642	
Sodium	mg	50		0	14	227	
Zinc	mg	2.75		0	0.78	12.47	
Copper	mg	0.079		0	0.022	0.358	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	:g	20.5		0	5.8	93.0	
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	4.170		0	1.182	18.915	
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	2.75		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	0.150		0	0.043	0.680	
Lipids:							
Saturated, total	g	3.000		0	0.851	13.608	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.006	0.091	
12:0	g	0.010		0	0.003	0.045	
14:0	g	0.230		0	0.065	1.043	
15.0	g						
16:0	g	1.820		0	0.516	8.256	
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	3.240	0	0.919	14.697
14:1	g				
16:1	g	0.360	0	0.102	1.633
18:1	g	2.880	0	0.816	13.064
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	0.210	0	0.060	0.953
18:3	g	0.080	0	0.023	0.363
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	0.244	0	0.069	1.107
Threonine	g	0.953	0	0.270	4.323
Isoleucine	g	0.981	0	0.278	4.450
Leucine	g	1.725	0	0.489	7.825
Lysine	g	1.816	0	0.515	8.237
Methionine	g	0.559	0	0.158	2.536
Cystine	g	0.244	0	0.069	1.107
Phenylalanine	g	0.852	0	0.242	3.865
Tyrosine	g	0.733	0	0.208	3.325
Valine	g	1.062	0	0.301	4.817
Arginine	g	1.379	0	0.391	6.255
Histidine	g	0.747	0	0.212	3.388
Alanine	g	1.317	0	0.373	5.974
Aspartic acid	g	1.994	0	0.565	9.045
Glutamic acid	g	3.279	0	0.930	14.874
Glycine	g	1.191	0	0.338	5.402
Proline	g	0.964	0	0.273	4.373
Serine	g	0.835	0	0.237	3.788
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 oz
Measure 2: 1 lb

NDB No. 13892 Beef, round, top round, separable lean and fat, trimmed to 1/8" 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* 286g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.68		0	156.38	46.48	
Energy	kcal	238		0	681	202	
Energy	kj	996		0	2849	847	
Protein (N x 5.95)	g	34.34		0	98.21	29.19	
Total lipid (fat)	g	10.13		0	28.97	8.61	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.66		0	4.75	1.41	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	14	4	
Iron	mg	3.16		0	9.04	2.69	
Magnesium	mg	24		0	69	20	
Phosphorus	mg	215		0	615	183	
Potassium	mg	319		0	912	271	
Sodium	mg	45		0	129	38	
Zinc	mg	4.34		0	12.41	3.69	
Copper	mg	0.118		0	0.337	0.100	
Manganese	mg	0.017		0	0.049	0.014	
Selenium	:g	32.5		0	93.0	27.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.200	0.060	
Riboflavin	mg	0.240		0	0.686	0.204	
Niacin	mg	3.650		0	10.439	3.103	
Pantothenic acid	mg	0.360		0	1.030	0.306	
Vitamin B-6	mg	0.270		0	0.772	0.230	
Folate	:g	9		0	26	8	
Vitamin B-12	:g	2.62		0	7.49	2.23	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.160		0	0.458	0.136	
Lipids:							
Saturated, total	g	3.780		0	10.811	3.213	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.057	0.017	
12:0	g	0.020		0	0.057	0.017	
14:0	g	0.290		0	0.829	0.247	
15.0	g						
16:0	g	2.330		0	6.664	1.981	
17:0	g						
18:0	g	1.130		0	3.232	0.961	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.150	0	11.869	3.528
14:1	g				
16:1	g	0.380	0	1.087	0.323
18:1	g	3.760	0	10.754	3.196
20:1	g	0.010	0	0.029	0.009
22.1	g				
Polyunsaturated, total	g	0.420	0	1.201	0.357
18:2	g	0.290	0	0.829	0.247
18:3	g	0.090	0	0.257	0.077
18:4	g				
20:4	g	0.030	0	0.086	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	90	0	257	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.385	0	1.101	0.327
Threonine	g	1.500	0	4.290	1.275
Isoleucine	g	1.544	0	4.416	1.312
Leucine	g	2.714	0	7.762	2.307
Lysine	g	2.857	0	8.171	2.428
Methionine	g	0.879	0	2.514	0.747
Cystine	g	0.385	0	1.101	0.327
Phenylalanine	g	1.341	0	3.835	1.140
Tyrosine	g	1.154	0	3.300	0.981
Valine	g	1.670	0	4.776	1.420
Arginine	g	2.170	0	6.206	1.844
Histidine	g	1.176	0	3.363	1.000
Alanine	g	2.071	0	5.923	1.760
Aspartic acid	g	3.137	0	8.972	2.666
Glutamic acid	g	5.159	0	14.755	4.385
Glycine	g	1.874	0	5.360	1.593
Proline	g	1.517	0	4.339	1.289
Serine	g	1.313	0	3.755	1.116
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 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13893 Beef, round, top round, separable lean and fat, trimmed to 1/8" 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	59.61		0	194.33	50.67	
Energy	kcal	207		0	675	176	
Energy	kj	866		0	2823	736	
Protein (N x 5.95)	g	30.53		0	99.53	25.95	
Total lipid (fat)	g	8.50		0	27.71	7.22	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.33		0	4.34	1.13	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	20	5	
Iron	mg	2.78		0	9.06	2.36	
Magnesium	mg	30		0	98	26	
Phosphorus	mg	237		0	773	201	
Potassium	mg	424		0	1382	360	
Sodium	mg	60		0	196	51	
Zinc	mg	5.34		0	17.41	4.54	
Copper	mg	0.119		0	0.388	0.101	
Manganese	mg	0.016		0	0.052	0.014	
Selenium	:g	28.4		0	92.6	24.1	
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	5.790		0	18.875	4.922	
Pantothenic acid	mg	0.470		0	1.532	0.400	
Vitamin B-6	mg	0.540		0	1.760	0.459	
Folate	:g	12		0	39	10	
Vitamin B-12	:g	2.43		0	7.92	2.07	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.160		0	0.522	0.136	
Lipids:							
Saturated, total	g	3.160		0	10.302	2.686	
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	0.240		0	0.782	0.204	
15.0	g						
16:0	g	1.950		0	6.357	1.658	
17:0	g						
18:0	g	0.950		0	3.097	0.808	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.470	0	11.312	2.950
14:1	g				
16:1	g	0.320	0	1.043	0.272
18:1	g	3.150	0	10.269	2.678
20:1	g	0.010	0	0.033	0.009
22.1	g				
Polyunsaturated, total	g	0.350	0	1.141	0.298
18:2	g	0.250	0	0.815	0.213
18:3	g	0.070	0	0.228	0.060
18:4	g				
20:4	g	0.030	0	0.098	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	85	0	277	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.342	0	1.115	0.291
Threonine	g	1.334	0	4.349	1.134
Isoleucine	g	1.373	0	4.476	1.167
Leucine	g	2.413	0	7.866	2.051
Lysine	g	2.540	0	8.280	2.159
Methionine	g	0.782	0	2.549	0.665
Cystine	g	0.342	0	1.115	0.291
Phenylalanine	g	1.192	0	3.886	1.013
Tyrosine	g	1.026	0	3.345	0.872
Valine	g	1.485	0	4.841	1.262
Arginine	g	1.930	0	6.292	1.640
Histidine	g	1.045	0	3.407	0.888
Alanine	g	1.842	0	6.005	1.566
Aspartic acid	g	2.789	0	9.092	2.371
Glutamic acid	g	4.587	0	14.954	3.899
Glycine	g	1.666	0	5.431	1.416
Proline	g	1.348	0	4.394	1.146
Serine	g	1.167	0	3.804	0.992
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13894 Beef, round, top round, separable lean and fat, trimmed to 1/8" 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	67.69		0	19.19	307.04	
Energy	kcal	169		0	48	767	
Energy	kj	707		0	200	3207	
Protein (N x 5.95)	g	21.81		0	6.18	98.93	
Total lipid (fat)	g	8.39		0	2.38	38.06	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05		0	0.30	4.76	
Sugars, total	g						
Minerals:							
Calcium	mg	3		0	1	14	
Iron	mg	2.00		0	0.57	9.07	
Magnesium	mg	24		0	7	109	
Phosphorus	mg	209		0	59	948	
Potassium	mg	362		0	103	1642	
Sodium	mg	50		0	14	227	
Zinc	mg	2.74		0	0.78	12.43	
Copper	mg	0.079		0	0.022	0.358	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	:g	20.5		0	5.8	93.0	
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	4.170		0	1.182	18.915	
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	2.75		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	0.150		0	0.043	0.680	
Lipids:							
Saturated, total	g	3.220		0	0.913	14.606	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.006	0.091	
12:0	g	0.010		0	0.003	0.045	
14:0	g	0.240		0	0.068	1.089	
15.0	g						
16:0	g	1.960		0	0.556	8.891	
17:0	g						
18:0	g	0.990		0	0.281	4.491	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.490	0	0.989	15.831
14:1	g				
16:1	g	0.380	0	0.108	1.724
18:1	g	3.110	0	0.882	14.107
20:1	g	0.010	0	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.330	0	0.094	1.497
18:2	g	0.230	0	0.065	1.043
18:3	g	0.080	0	0.023	0.363
18:4	g				
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	60	0	17	272
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.244	0	0.069	1.107
Threonine	g	0.953	0	0.270	4.323
Isoleucine	g	0.981	0	0.278	4.450
Leucine	g	1.724	0	0.489	7.820
Lysine	g	1.815	0	0.515	8.233
Methionine	g	0.558	0	0.158	2.531
Cystine	g	0.244	0	0.069	1.107
Phenylalanine	g	0.851	0	0.241	3.860
Tyrosine	g	0.733	0	0.208	3.325
Valine	g	1.061	0	0.301	4.813
Arginine	g	1.378	0	0.391	6.251
Histidine	g	0.747	0	0.212	3.388
Alanine	g	1.316	0	0.373	5.969
Aspartic acid	g	1.993	0	0.565	9.040
Glutamic acid	g	3.277	0	0.929	14.864
Glycine	g	1.190	0	0.337	5.398
Proline	g	0.963	0	0.273	4.368
Serine	g	0.834	0	0.236	3.783
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13895 Beef, round, top round, separable lean and fat, trimmed to 1/8" 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* 289g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.83		0	155.57	45.76	
Energy	kcal	250		0	723	213	
Energy	kj	1046		0	3023	889	
Protein (N x 5.95)	g	34.09		0	98.52	28.98	
Total lipid (fat)	g	11.61		0	33.55	9.87	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.65		0	4.77	1.40	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	14	4	
Iron	mg	3.14		0	9.07	2.67	
Magnesium	mg	24		0	69	20	
Phosphorus	mg	214		0	618	182	
Potassium	mg	317		0	916	269	
Sodium	mg	45		0	130	38	
Zinc	mg	4.31		0	12.46	3.66	
Copper	mg	0.118		0	0.341	0.100	
Manganese	mg	0.017		0	0.049	0.014	
Selenium	:g	32.5		0	93.9	27.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.202	0.060	
Riboflavin	mg	0.240		0	0.694	0.204	
Niacin	mg	3.630		0	10.491	3.086	
Pantothenic acid	mg	0.350		0	1.011	0.298	
Vitamin B-6	mg	0.270		0	0.780	0.230	
Folate	:g	9		0	26	8	
Vitamin B-12	:g	2.61		0	7.54	2.22	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.170		0	0.491	0.145	
Lipids:							
Saturated, total	g	4.330		0	12.514	3.681	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.058	0.017	
12:0	g	0.020		0	0.058	0.017	
14:0	g	0.330		0	0.954	0.281	
15.0	g						
16:0	g	2.670		0	7.716	2.269	
17:0	g						
18:0	g	1.290		0	3.728	1.097	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.760	0	13.756	4.046
14:1	g				
16:1	g	0.440	0	1.272	0.374
18:1	g	4.310	0	12.456	3.663
20:1	g	0.010	0	0.029	0.009
22.1	g				
Polyunsaturated, total	g	0.480	0	1.387	0.408
18:2	g	0.340	0	0.983	0.289
18:3	g	0.100	0	0.289	0.085
18:4	g				
20:4	g	0.040	0	0.116	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	90	0	260	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.382	0	1.104	0.325
Threonine	g	1.489	0	4.303	1.266
Isoleucine	g	1.533	0	4.430	1.303
Leucine	g	2.694	0	7.786	2.290
Lysine	g	2.836	0	8.196	2.411
Methionine	g	0.873	0	2.523	0.742
Cystine	g	0.382	0	1.104	0.325
Phenylalanine	g	1.331	0	3.847	1.131
Tyrosine	g	1.145	0	3.309	0.973
Valine	g	1.658	0	4.792	1.409
Arginine	g	2.154	0	6.225	1.831
Histidine	g	1.167	0	3.373	0.992
Alanine	g	2.056	0	5.942	1.748
Aspartic acid	g	3.114	0	8.999	2.647
Glutamic acid	g	5.121	0	14.800	4.353
Glycine	g	1.860	0	5.375	1.581
Proline	g	1.505	0	4.349	1.279
Serine	g	1.303	0	3.766	1.108
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13896 Beef, round, top round, separable lean and fat, trimmed to 1/8" 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	58.86		0	191.88	50.03	
Energy	kcal	216		0	704	184	
Energy	kj	904		0	2947	768	
Protein (N x 5.95)	g	30.53		0	99.53	25.95	
Total lipid (fat)	g	9.44		0	30.77	8.02	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.33		0	4.34	1.13	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	20	5	
Iron	mg	2.78		0	9.06	2.36	
Magnesium	mg	30		0	98	26	
Phosphorus	mg	237		0	773	201	
Potassium	mg	424		0	1382	360	
Sodium	mg	60		0	196	51	
Zinc	mg	5.34		0	17.41	4.54	
Copper	mg	0.119		0	0.388	0.101	
Manganese	mg	0.016		0	0.052	0.014	
Selenium	:g	28.4		0	92.6	24.1	
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	5.790		0	18.875	4.922	
Pantothenic acid	mg	0.470		0	1.532	0.400	
Vitamin B-6	mg	0.540		0	1.760	0.459	
Folate	:g	12		0	39	10	
Vitamin B-12	:g	2.43		0	7.92	2.07	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.160		0	0.522	0.136	
Lipids:							
Saturated, total	g	3.480		0	11.345	2.958	
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	0.260		0	0.848	0.221	
15.0	g						
16:0	g	2.140		0	6.976	1.819	
17:0	g						
18:0	g	1.050		0	3.423	0.893	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.840	0	12.518	3.264
14:1	g				
16:1	g	0.350	0	1.141	0.298
18:1	g	3.480	0	11.345	2.958
20:1	g	0.010	0	0.033	0.009
22.1	g				
Polyunsaturated, total	g	0.400	0	1.304	0.340
18:2	g	0.280	0	0.913	0.238
18:3	g	0.080	0	0.261	0.068
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	0.342	0	1.115	0.291
Threonine	g	1.334	0	4.349	1.134
Isoleucine	g	1.373	0	4.476	1.167
Leucine	g	2.413	0	7.866	2.051
Lysine	g	2.540	0	8.280	2.159
Methionine	g	0.782	0	2.549	0.665
Cystine	g	0.342	0	1.115	0.291
Phenylalanine	g	1.192	0	3.886	1.013
Tyrosine	g	1.026	0	3.345	0.872
Valine	g	1.485	0	4.841	1.262
Arginine	g	1.930	0	6.292	1.640
Histidine	g	1.045	0	3.407	0.888
Alanine	g	1.842	0	6.005	1.566
Aspartic acid	g	2.789	0	9.092	2.371
Glutamic acid	g	4.587	0	14.954	3.899
Glycine	g	1.666	0	5.431	1.416
Proline	g	1.348	0	4.394	1.146
Serine	g	1.167	0	3.804	0.992
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13897 Beef, round, top round, separable lean and fat, trimmed to 1/8" 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	52.36		0	148.18	44.51	
Energy	kcal	266		0	753	226	
Energy	kj	1113		0	3150	946	
Protein (N x 5.95)	g	32.99		0	93.36	28.04	
Total lipid (fat)	g	13.83		0	39.14	11.76	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.45		0	4.10	1.23	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	17	5	
Iron	mg	2.97		0	8.41	2.52	
Magnesium	mg	33		0	93	28	
Phosphorus	mg	274		0	775	233	
Potassium	mg	480		0	1358	408	
Sodium	mg	68		0	192	58	
Zinc	mg	4.35		0	12.31	3.70	
Copper	mg	0.124		0	0.351	0.105	
Manganese	mg	0.019		0	0.054	0.016	
Selenium	:g	32.0		0	90.6	27.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.311	0.094	
Riboflavin	mg	0.260		0	0.736	0.221	
Niacin	mg	5.150		0	14.575	4.378	
Pantothenic acid	mg	0.430		0	1.217	0.366	
Vitamin B-6	mg	0.570		0	1.613	0.484	
Folate	:g	12		0	34	10	
Vitamin B-12	:g	3.28		0	9.28	2.79	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.170		0	0.481	0.145	
Lipids:							
Saturated, total	g	4.640		0	13.131	3.944	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.057	0.017	
12:0	g	0.020		0	0.057	0.017	
14:0	g	0.330		0	0.934	0.281	
15.0	g						
16:0	g	2.840		0	8.037	2.414	
17:0	g						
18:0	g	1.340		0	3.792	1.139	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.180	0	14.659	4.403
14:1	g				
16:1	g	0.440	0	1.245	0.374
18:1	g	4.670	0	13.216	3.970
20:1	g	0.020	0	0.057	0.017
22.1	g				
Polyunsaturated, total	g	1.720	0	4.868	1.462
18:2	g	1.260	0	3.566	1.071
18:3	g	0.230	0	0.651	0.196
18:4	g				
20:4	g	0.210	0	0.594	0.179
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	97	0	275	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.370	0	1.047	0.315
Threonine	g	1.441	0	4.078	1.225
Isoleucine	g	1.483	0	4.197	1.261
Leucine	g	2.608	0	7.381	2.217
Lysine	g	2.745	0	7.768	2.333
Methionine	g	0.845	0	2.391	0.718
Cystine	g	0.370	0	1.047	0.315
Phenylalanine	g	1.288	0	3.645	1.095
Tyrosine	g	1.109	0	3.138	0.943
Valine	g	1.605	0	4.542	1.364
Arginine	g	2.085	0	5.901	1.772
Histidine	g	1.130	0	3.198	0.961
Alanine	g	1.990	0	5.632	1.692
Aspartic acid	g	3.014	0	8.530	2.562
Glutamic acid	g	4.957	0	14.028	4.213
Glycine	g	1.800	0	5.094	1.530
Proline	g	1.457	0	4.123	1.238
Serine	g	1.262	0	3.571	1.073
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13898 Beef, round, top round, separable lean and fat, trimmed to 1/8" 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	68.01		0	19.28	308.49	
Energy	kcal	156		0	44	708	
Energy	kj	653		0	185	2962	
Protein (N x 5.95)	g	21.85		0	6.19	99.11	
Total lipid (fat)	g	6.90		0	1.96	31.30	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05		0	0.30	4.76	
Sugars, total	g						
Minerals:							
Calcium	mg	3		0	1	14	
Iron	mg	2.00		0	0.57	9.07	
Magnesium	mg	24		0	7	109	
Phosphorus	mg	209		0	59	948	
Potassium	mg	363		0	103	1647	
Sodium	mg	51		0	14	231	
Zinc	mg	2.75		0	0.78	12.47	
Copper	mg	0.079		0	0.022	0.358	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	:g	20.5		0	5.8	93.0	
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	4.170		0	1.182	18.915	
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	2.75		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	0.150		0	0.043	0.680	
Lipids:							
Saturated, total	g	2.700		0	0.765	12.247	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.006	0.091	
12:0	g	0.010		0	0.003	0.045	
14:0	g	0.210		0	0.060	0.953	
15.0	g						
16:0	g	1.630		0	0.462	7.394	
17:0	g						
18:0	g	0.820		0	0.232	3.720	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.900	0	0.822	13.154
14:1	g				
16:1	g	0.330	0	0.094	1.497
18:1	g	2.570	0	0.729	11.658
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	0.180	0	0.051	0.816
18:3	g	0.070	0	0.020	0.318
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	0.245	0	0.069	1.111
Threonine	g	0.954	0	0.270	4.327
Isoleucine	g	0.982	0	0.278	4.454
Leucine	g	1.727	0	0.490	7.834
Lysine	g	1.818	0	0.515	8.246
Methionine	g	0.559	0	0.158	2.536
Cystine	g	0.245	0	0.069	1.111
Phenylalanine	g	0.853	0	0.242	3.869
Tyrosine	g	0.734	0	0.208	3.329
Valine	g	1.063	0	0.301	4.822
Arginine	g	1.381	0	0.392	6.264
Histidine	g	0.748	0	0.212	3.393
Alanine	g	1.318	0	0.374	5.978
Aspartic acid	g	1.996	0	0.566	9.054
Glutamic acid	g	3.283	0	0.931	14.892
Glycine	g	1.192	0	0.338	5.407
Proline	g	0.965	0	0.274	4.377
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. 13899 Beef, round, top round, separable lean and fat, trimmed to 1/8" 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* 286g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.63		0	159.10	47.29	
Energy	kcal	225		0	644	191	
Energy	kj	941		0	2691	800	
Protein (N x 5.95)	g	34.60		0	98.96	29.41	
Total lipid (fat)	g	8.54		0	24.42	7.26	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.67		0	4.78	1.42	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	11	3	
Iron	mg	3.18		0	9.09	2.70	
Magnesium	mg	25		0	72	21	
Phosphorus	mg	217		0	621	184	
Potassium	mg	321		0	918	273	
Sodium	mg	45		0	129	38	
Zinc	mg	4.37		0	12.50	3.71	
Copper	mg	0.119		0	0.340	0.101	
Manganese	mg	0.017		0	0.049	0.014	
Selenium	:g	32.5		0	93.0	27.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.200	0.060	
Riboflavin	mg	0.240		0	0.686	0.204	
Niacin	mg	3.670		0	10.496	3.119	
Pantothenic acid	mg	0.360		0	1.030	0.306	
Vitamin B-6	mg	0.270		0	0.772	0.230	
Folate	:g	9		0	26	8	
Vitamin B-12	:g	2.64		0	7.55	2.24	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.160		0	0.458	0.136	
Lipids:							
Saturated, total	g	3.200		0	9.152	2.720	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.057	0.017	
12:0	g	0.020		0	0.057	0.017	
14:0	g	0.240		0	0.686	0.204	
15.0	g						
16:0	g	1.970		0	5.634	1.674	
17:0	g						
18:0	g	0.950		0	2.717	0.808	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.510	0	10.039	2.983
14:1	g				
16:1	g	0.320	0	0.915	0.272
18:1	g	3.170	0	9.066	2.694
20:1	g	0.010	0	0.029	0.009
22.1	g				
Polyunsaturated, total	g	0.350	0	1.001	0.298
18:2	g	0.250	0	0.715	0.213
18:3	g	0.080	0	0.229	0.068
18:4	g				
20:4	g	0.030	0	0.086	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	90	0	257	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.387	0	1.107	0.329
Threonine	g	1.511	0	4.321	1.284
Isoleucine	g	1.555	0	4.447	1.322
Leucine	g	2.735	0	7.822	2.325
Lysine	g	2.878	0	8.231	2.446
Methionine	g	0.886	0	2.534	0.753
Cystine	g	0.387	0	1.107	0.329
Phenylalanine	g	1.351	0	3.864	1.148
Tyrosine	g	1.162	0	3.323	0.988
Valine	g	1.683	0	4.813	1.431
Arginine	g	2.186	0	6.252	1.858
Histidine	g	1.185	0	3.389	1.007
Alanine	g	2.087	0	5.969	1.774
Aspartic acid	g	3.161	0	9.040	2.687
Glutamic acid	g	5.198	0	14.866	4.418
Glycine	g	1.888	0	5.400	1.605
Proline	g	1.528	0	4.370	1.299
Serine	g	1.323	0	3.784	1.125
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13900 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, 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* 329g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.79		0	200.00	51.67	
Energy	kcal	196		0	645	167	
Energy	kj	820		0	2698	697	
Protein (N x 5.95)	g	30.55		0	100.51	25.97	
Total lipid (fat)	g	7.30		0	24.02	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	1.33		0	4.38	1.13	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	20	5	
Iron	mg	2.78		0	9.15	2.36	
Magnesium	mg	30		0	99	26	
Phosphorus	mg	237		0	780	201	
Potassium	mg	425		0	1398	361	
Sodium	mg	60		0	197	51	
Zinc	mg	5.34		0	17.57	4.54	
Copper	mg	0.119		0	0.392	0.101	
Manganese	mg	0.016		0	0.053	0.014	
Selenium	:g	28.0		0	92.1	23.8	
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	5.790		0	19.049	4.922	
Pantothenic acid	mg	0.470		0	1.546	0.400	
Vitamin B-6	mg	0.540		0	1.777	0.459	
Folate	:g	12		0	39	10	
Vitamin B-12	:g	2.43		0	7.99	2.07	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.160		0	0.526	0.136	
Lipids:							
Saturated, total	g	2.740		0	9.015	2.329	
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	0.210		0	0.691	0.179	
15.0	g						
16:0	g	1.690		0	5.560	1.437	
17:0	g						
18:0	g	0.810		0	2.665	0.689	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.000	0	9.870	2.550
14:1	g				
16:1	g	0.280	0	0.921	0.238
18:1	g	2.710	0	8.916	2.304
20:1	g	0.010	0	0.033	0.009
22.1	g				
Polyunsaturated, total	g	0.300	0	0.987	0.255
18:2	g	0.210	0	0.691	0.179
18:3	g	0.070	0	0.230	0.060
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	0.342	0	1.125	0.291
Threonine	g	1.334	0	4.389	1.134
Isoleucine	g	1.374	0	4.520	1.168
Leucine	g	2.415	0	7.945	2.053
Lysine	g	2.542	0	8.363	2.161
Methionine	g	0.782	0	2.573	0.665
Cystine	g	0.342	0	1.125	0.291
Phenylalanine	g	1.193	0	3.925	1.014
Tyrosine	g	1.027	0	3.379	0.873
Valine	g	1.486	0	4.889	1.263
Arginine	g	1.931	0	6.353	1.641
Histidine	g	1.046	0	3.441	0.889
Alanine	g	1.843	0	6.063	1.567
Aspartic acid	g	2.791	0	9.182	2.372
Glutamic acid	g	4.590	0	15.101	3.902
Glycine	g	1.667	0	5.484	1.417
Proline	g	1.349	0	4.438	1.147
Serine	g	1.168	0	3.843	0.993
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13901 Beef, round, top round, separable lean and fat, trimmed to 1/8" 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	68.73		0	19.48	311.76	
Energy	kcal	173		0	49	785	
Energy	kj	724		0	205	3284	
Protein (N x 5.95)	g	22.24		0	6.31	100.88	
Total lipid (fat)	g	8.67		0	2.46	39.33	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.07		0	0.30	4.85	
Sugars, total	g						
Minerals:							
Calcium	mg	3		0	1	14	
Iron	mg	2.04		0	0.58	9.25	
Magnesium	mg	24		0	7	109	
Phosphorus	mg	213		0	60	966	
Potassium	mg	371		0	105	1683	
Sodium	mg	51		0	14	231	
Zinc	mg	2.80		0	0.79	12.70	
Copper	mg	0.080		0	0.023	0.363	
Manganese	mg	0.014		0	0.004	0.064	
Selenium	:g	20.5		0	5.8	93.0	
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	4.250		0	1.205	19.278	
Pantothenic acid	mg	0.350		0	0.099	1.588	
Vitamin B-6	mg	0.500		0	0.142	2.268	
Folate	:g	9		0	3	41	
Vitamin B-12	:g	2.79		0	0.79	12.66	
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	0.040	0.635	
Lipids:							
Saturated, total	g	3.300		0	0.936	14.969	
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	0.230		0	0.065	1.043	
15.0	g						
16:0	g	1.950		0	0.553	8.845	
17:0	g						
18:0	g	0.990		0	0.281	4.491	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.590	0	1.018	16.284
14:1	g				
16:1	g	0.340	0	0.096	1.542
18:1	g	3.160	0	0.896	14.334
20:1	g	0.010	0	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.380	0	0.108	1.724
18:2	g	0.270	0	0.077	1.225
18:3	g	0.050	0	0.014	0.227
18:4	g				
20:4	g	0.050	0	0.014	0.227
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	59	0	17	268
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.249	0	0.071	1.129
Threonine	g	0.971	0	0.275	4.404
Isoleucine	g	1.000	0	0.284	4.536
Leucine	g	1.758	0	0.498	7.974
Lysine	g	1.850	0	0.524	8.392
Methionine	g	0.569	0	0.161	2.581
Cystine	g	0.249	0	0.071	1.129
Phenylalanine	g	0.868	0	0.246	3.937
Tyrosine	g	0.747	0	0.212	3.388
Valine	g	1.082	0	0.307	4.908
Arginine	g	1.405	0	0.398	6.373
Histidine	g	0.761	0	0.216	3.452
Alanine	g	1.341	0	0.380	6.083
Aspartic acid	g	2.032	0	0.576	9.217
Glutamic acid	g	3.341	0	0.947	15.155
Glycine	g	1.213	0	0.344	5.502
Proline	g	0.982	0	0.278	4.454
Serine	g	0.850	0	0.241	3.856
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 oz
Measure 2: 1 lb

NDB No. 13902 Beef, round, top round, separable lean and fat, trimmed to 1/8" 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* 332g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.51		0	197.57	50.58	
Energy	kcal	225		0	747	191	
Energy	kj	941		0	3124	800	
Protein (N x 5.95)	g	31.27		0	103.82	26.58	
Total lipid (fat)	g	10.10		0	33.53	8.59	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.36		0	4.52	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	20	5	
Iron	mg	2.84		0	9.43	2.41	
Magnesium	mg	30		0	100	26	
Phosphorus	mg	243		0	807	207	
Potassium	mg	436		0	1448	371	
Sodium	mg	61		0	203	52	
Zinc	mg	5.49		0	18.23	4.67	
Copper	mg	0.121		0	0.402	0.103	
Manganese	mg	0.017		0	0.056	0.014	
Selenium	:g	28.0		0	93.0	23.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.398	0.102	
Riboflavin	mg	0.260		0	0.863	0.221	
Niacin	mg	5.950		0	19.754	5.058	
Pantothenic acid	mg	0.480		0	1.594	0.408	
Vitamin B-6	mg	0.550		0	1.826	0.468	
Folate	:g	12		0	40	10	
Vitamin B-12	:g	2.46		0	8.17	2.09	
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	0.498	0.128	
Lipids:							
Saturated, total	g	3.610		0	11.985	3.068	
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	0.240		0	0.797	0.204	
15.0	g						
16:0	g	2.120		0	7.038	1.802	
17:0	g						
18:0	g	1.100		0	3.652	0.935	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.010	0	13.313	3.408
14:1	g				
16:1	g	0.330	0	1.096	0.281
18:1	g	3.560	0	11.819	3.026
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.460	0	1.527	0.391
18:2	g	0.330	0	1.096	0.281
18:3	g	0.050	0	0.166	0.043
18:4	g				
20:4	g	0.060	0	0.199	0.051
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	84	0	279	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.350	0	1.162	0.298
Threonine	g	1.366	0	4.535	1.161
Isoleucine	g	1.406	0	4.668	1.195
Leucine	g	2.471	0	8.204	2.100
Lysine	g	2.601	0	8.635	2.211
Methionine	g	0.800	0	2.656	0.680
Cystine	g	0.350	0	1.162	0.298
Phenylalanine	g	1.221	0	4.054	1.038
Tyrosine	g	1.051	0	3.489	0.893
Valine	g	1.521	0	5.050	1.293
Arginine	g	1.976	0	6.560	1.680
Histidine	g	1.071	0	3.556	0.910
Alanine	g	1.886	0	6.262	1.603
Aspartic acid	g	2.857	0	9.485	2.428
Glutamic acid	g	4.698	0	15.597	3.993
Glycine	g	1.706	0	5.664	1.450
Proline	g	1.381	0	4.585	1.174
Serine	g	1.196	0	3.971	1.017
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13905 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 20% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	16.3		0	4.6	73.9	
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	0.190		0	0.054	0.862	
Lipids:							
Saturated, total	g	8.020		0	2.274	36.379	
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	0.600		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				
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				
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
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. 13906 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" 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* 255g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	52.61		0	134.16	44.72	
Energy	kcal	299		0	762	254	
Energy	kj	1251		0	3190	1063	
Protein (N x 5.95)	g	23.27		0	59.34	19.78	
Total lipid (fat)	g	22.11		0	56.38	18.79	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.19		0	3.03	1.01	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	20	7	
Iron	mg	2.74		0	6.99	2.33	
Magnesium	mg	23		0	59	20	
Phosphorus	mg	187		0	477	159	
Potassium	mg	322		0	821	274	
Sodium	mg	64		0	163	54	
Zinc	mg	4.59		0	11.70	3.90	
Copper	mg	0.125		0	0.319	0.106	
Manganese	mg	0.015		0	0.038	0.013	
Selenium	:g	22.7		0	57.9	19.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.255	0.085	
Riboflavin	mg	0.220		0	0.561	0.187	
Niacin	mg	4.080		0	10.404	3.468	
Pantothenic acid	mg	0.310		0	0.791	0.264	
Vitamin B-6	mg	0.350		0	0.893	0.298	
Folate	:g	7		0	18	6	
Vitamin B-12	:g	2.15		0	5.48	1.83	
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	0.510	0.170	
Lipids:							
Saturated, total	g	8.450		0	21.547	7.182	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.153	0.051	
12:0	g	0.050		0	0.128	0.043	
14:0	g	0.610		0	1.555	0.518	
15.0	g						
16:0	g	5.110		0	13.031	4.344	
17:0	g						
18:0	g	2.390		0	6.095	2.031	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.780	0	24.939	8.313
14:1	g				
16:1	g	0.830	0	2.116	0.706
18:1	g	8.840	0	22.542	7.514
20:1	g	0.030	0	0.077	0.026
22.1	g				
Polyunsaturated, total	g	0.790	0	2.014	0.672
18:2	g	0.510	0	1.301	0.434
18:3	g	0.230	0	0.587	0.196
18:4	g				
20:4	g	0.030	0	0.077	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	74	0	189	63
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.261	0	0.666	0.222
Threonine	g	1.017	0	2.593	0.864
Isoleucine	g	1.046	0	2.667	0.889
Leucine	g	1.839	0	4.689	1.563
Lysine	g	1.936	0	4.937	1.646
Methionine	g	0.596	0	1.520	0.507
Cystine	g	0.261	0	0.666	0.222
Phenylalanine	g	0.909	0	2.318	0.773
Tyrosine	g	0.782	0	1.994	0.665
Valine	g	1.132	0	2.887	0.962
Arginine	g	1.471	0	3.751	1.250
Histidine	g	0.797	0	2.032	0.677
Alanine	g	1.404	0	3.580	1.193
Aspartic acid	g	2.126	0	5.421	1.807
Glutamic acid	g	3.496	0	8.915	2.972
Glycine	g	1.270	0	3.239	1.080
Proline	g	1.028	0	2.621	0.874
Serine	g	0.890	0	2.270	0.757
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 raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13907 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" 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	62.28		0	17.66	282.50	
Energy	kcal	232		0	66	1052	
Energy	kj	971		0	275	4404	
Protein (N x 5.95)	g	18.90		0	5.36	85.73	
Total lipid (fat)	g	16.81		0	4.77	76.25	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.12		0	0.32	5.08	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	2	27	
Iron	mg	2.10		0	0.60	9.53	
Magnesium	mg	20		0	6	91	
Phosphorus	mg	173		0	49	785	
Potassium	mg	308		0	87	1397	
Sodium	mg	53		0	15	240	
Zinc	mg	3.24		0	0.92	14.70	
Copper	mg	0.079		0	0.022	0.358	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	:g	15.7		0	4.5	71.2	
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	3.610		0	1.023	16.375	
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	2.76		0	0.78	12.52	
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	6.700		0	1.899	30.391	
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	0.490		0	0.139	2.223	
15.0	g						
16:0	g	3.990		0	1.131	18.099	
17:0	g						
18:0	g	1.990		0	0.564	9.027	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.470	0	2.118	33.884
14:1	g				
16:1	g	0.750	0	0.213	3.402
18:1	g	6.640	0	1.882	30.119
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.620	0	0.176	2.812
18:2	g	0.400	0	0.113	1.814
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	62	0	18	281
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.212	0	0.060	0.962
Threonine	g	0.825	0	0.234	3.742
Isoleucine	g	0.850	0	0.241	3.856
Leucine	g	1.494	0	0.424	6.777
Lysine	g	1.572	0	0.446	7.131
Methionine	g	0.484	0	0.137	2.195
Cystine	g	0.212	0	0.060	0.962
Phenylalanine	g	0.738	0	0.209	3.348
Tyrosine	g	0.635	0	0.180	2.880
Valine	g	0.919	0	0.261	4.169
Arginine	g	1.194	0	0.338	5.416
Histidine	g	0.647	0	0.183	2.935
Alanine	g	1.140	0	0.323	5.171
Aspartic acid	g	1.726	0	0.489	7.829
Glutamic acid	g	2.839	0	0.805	12.878
Glycine	g	1.031	0	0.292	4.677
Proline	g	0.834	0	0.236	3.783
Serine	g	0.723	0	0.205	3.280
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13908 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" 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* 259g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.16		0	140.27	46.04	
Energy	kcal	286		0	741	243	
Energy	kj	1197		0	3100	1017	
Protein (N x 5.95)	g	24.04		0	62.26	20.43	
Total lipid (fat)	g	20.30		0	52.58	17.25	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.16		0	3.00	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	21	7	
Iron	mg	2.81		0	7.28	2.39	
Magnesium	mg	24		0	62	20	
Phosphorus	mg	191		0	495	162	
Potassium	mg	334		0	865	284	
Sodium	mg	66		0	171	56	
Zinc	mg	4.64		0	12.02	3.94	
Copper	mg	0.126		0	0.326	0.107	
Manganese	mg	0.015		0	0.039	0.013	
Selenium	:g	21.8		0	56.5	18.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.259	0.085	
Riboflavin	mg	0.220		0	0.570	0.187	
Niacin	mg	4.110		0	10.645	3.494	
Pantothenic acid	mg	0.300		0	0.777	0.255	
Vitamin B-6	mg	0.350		0	0.906	0.298	
Folate	:g	7		0	18	6	
Vitamin B-12	:g	2.16		0	5.59	1.84	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.190		0	0.492	0.161	
Lipids:							
Saturated, total	g	7.830		0	20.280	6.656	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.130	0.043	
12:0	g	0.050		0	0.130	0.043	
14:0	g	0.570		0	1.476	0.484	
15.0	g						
16:0	g	4.740		0	12.277	4.029	
17:0	g						
18:0	g	2.210		0	5.724	1.878	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.940	0	23.155	7.599
14:1	g				
16:1	g	0.760	0	1.968	0.646
18:1	g	8.060	0	20.875	6.851
20:1	g	0.030	0	0.078	0.026
22.1	g				
Polyunsaturated, total	g	0.710	0	1.839	0.603
18:2	g	0.460	0	1.191	0.391
18:3	g	0.200	0	0.518	0.170
18:4	g				
20:4	g	0.020	0	0.052	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	65	0	168	55
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.269	0	0.697	0.229
Threonine	g	1.050	0	2.720	0.893
Isoleucine	g	1.081	0	2.800	0.919
Leucine	g	1.900	0	4.921	1.615
Lysine	g	2.000	0	5.180	1.700
Methionine	g	0.615	0	1.593	0.523
Cystine	g	0.269	0	0.697	0.229
Phenylalanine	g	0.938	0	2.429	0.797
Tyrosine	g	0.808	0	2.093	0.687
Valine	g	1.169	0	3.028	0.994
Arginine	g	1.519	0	3.934	1.291
Histidine	g	0.823	0	2.132	0.700
Alanine	g	1.450	0	3.756	1.232
Aspartic acid	g	2.196	0	5.688	1.867
Glutamic acid	g	3.611	0	9.352	3.069
Glycine	g	1.311	0	3.395	1.114
Proline	g	1.061	0	2.748	0.902
Serine	g	0.919	0	2.380	0.781
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13909 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, 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* 454g	Measure 2* 220g	Measure 3*
Proximates:							
Water	g	62.52		0	283.59	137.54	
Energy	kcal	224		0	1016	493	
Energy	kj	937		0	4250	2061	
Protein (N x 5.95)	g	19.46		0	88.27	42.81	
Total lipid (fat)	g	15.66		0	71.03	34.45	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.80		0	3.63	1.76	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	27	13	
Iron	mg	1.62		0	7.35	3.56	
Magnesium	mg	19		0	86	42	
Phosphorus	mg	167		0	758	367	
Potassium	mg	305		0	1383	671	
Sodium	mg	54		0	245	119	
Zinc	mg	3.23		0	14.65	7.11	
Copper	mg	0.071		0	0.322	0.156	
Manganese	mg	0.013		0	0.059	0.029	
Selenium	:g	16.7		0	75.8	36.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.408	0.198	
Riboflavin	mg	0.140		0	0.635	0.308	
Niacin	mg	3.980		0	18.053	8.756	
Pantothenic acid	mg	0.330		0	1.497	0.726	
Vitamin B-6	mg	0.400		0	1.814	0.880	
Folate	:g	6		0	27	13	
Vitamin B-12	:g	2.80		0	12.70	6.16	
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	0.771	0.374	
Lipids:							
Saturated, total	g	6.340		0	28.758	13.948	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.227	0.110	
12:0	g	0.030		0	0.136	0.066	
14:0	g	0.510		0	2.313	1.122	
15.0	g						
16:0	g	3.850		0	17.464	8.470	
17:0	g						
18:0	g	1.900		0	8.618	4.180	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.790	0	30.799	14.938
14:1	g				
16:1	g	0.770	0	3.493	1.694
18:1	g	6.000	0	27.216	13.200
20:1	g	0.020	0	0.091	0.044
22.1	g				
Polyunsaturated, total	g	0.560	0	2.540	1.232
18:2	g	0.370	0	1.678	0.814
18:3	g	0.170	0	0.771	0.374
18:4	g				
20:4	g	0.020	0	0.091	0.044
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	65	0	295	143
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.218	0	0.989	0.480
Threonine	g	0.850	0	3.856	1.870
Isoleucine	g	0.875	0	3.969	1.925
Leucine	g	1.538	0	6.976	3.384
Lysine	g	1.619	0	7.344	3.562
Methionine	g	0.498	0	2.259	1.096
Cystine	g	0.218	0	0.989	0.480
Phenylalanine	g	0.760	0	3.447	1.672
Tyrosine	g	0.654	0	2.967	1.439
Valine	g	0.947	0	4.296	2.083
Arginine	g	1.230	0	5.579	2.706
Histidine	g	0.666	0	3.021	1.465
Alanine	g	1.174	0	5.325	2.583
Aspartic acid	g	1.778	0	8.065	3.912
Glutamic acid	g	2.924	0	13.263	6.433
Glycine	g	1.062	0	4.817	2.336
Proline	g	0.859	0	3.896	1.890
Serine	g	0.744	0	3.375	1.637
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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, 242 g; yields excluding refuse

NDB No. 13910 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" 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* 165g	Measure 3*
Proximates:							
Water	g	54.44		0	46.27	89.83	
Energy	kcal	268		0	228	442	
Energy	kj	1121		0	953	1850	
Protein (N x 5.95)	g	26.28		0	22.34	43.36	
Total lipid (fat)	g	17.32		0	14.72	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	1.08		0	0.92	1.78	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	8	15	
Iron	mg	2.29		0	1.95	3.78	
Magnesium	mg	24		0	20	40	
Phosphorus	mg	200		0	170	330	
Potassium	mg	360		0	306	594	
Sodium	mg	64		0	54	106	
Zinc	mg	4.72		0	4.01	7.79	
Copper	mg	0.099		0	0.084	0.163	
Manganese	mg	0.015		0	0.013	0.025	
Selenium	:g	22.9		0	19.5	37.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.068	0.132	
Riboflavin	mg	0.180		0	0.153	0.297	
Niacin	mg	4.850		0	4.122	8.002	
Pantothenic acid	mg	0.340		0	0.289	0.561	
Vitamin B-6	mg	0.380		0	0.323	0.627	
Folate	:g	7		0	6	12	
Vitamin B-12	:g	1.95		0	1.66	3.22	
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	0.153	0.297	
Lipids:							
Saturated, total	g	6.830		0	5.805	11.270	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.034	0.066	
12:0	g	0.040		0	0.034	0.066	
14:0	g	0.540		0	0.459	0.891	
15.0	g						
16:0	g	4.170		0	3.544	6.880	
17:0	g						
18:0	g	2.040		0	1.734	3.366	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.240	0	6.154	11.946
14:1	g				
16:1	g	0.670	0	0.570	1.106
18:1	g	6.550	0	5.567	10.807
20:1	g	0.020	0	0.017	0.033
22.1	g				
Polyunsaturated, total	g	0.610	0	0.518	1.006
18:2	g	0.420	0	0.357	0.693
18:3	g	0.150	0	0.128	0.248
18:4	g				
20:4	g	0.040	0	0.034	0.066
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	78	0	66	129
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.294	0	0.250	0.485
Threonine	g	1.148	0	0.976	1.894
Isoleucine	g	1.182	0	1.005	1.950
Leucine	g	2.077	0	1.765	3.427
Lysine	g	2.187	0	1.859	3.609
Methionine	g	0.673	0	0.572	1.110
Cystine	g	0.294	0	0.250	0.485
Phenylalanine	g	1.026	0	0.872	1.693
Tyrosine	g	0.883	0	0.751	1.457
Valine	g	1.278	0	1.086	2.109
Arginine	g	1.661	0	1.412	2.741
Histidine	g	0.900	0	0.765	1.485
Alanine	g	1.585	0	1.347	2.615
Aspartic acid	g	2.401	0	2.041	3.962
Glutamic acid	g	3.949	0	3.357	6.516
Glycine	g	1.434	0	1.219	2.366
Proline	g	1.161	0	0.987	1.916
Serine	g	1.005	0	0.854	1.658
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of 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, 242 g; yields excluding refuse

NDB No. 13911 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 10% 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* 454g	Measure 2* 218g	Measure 3*
Proximates:							
Water	g	61.49		0	278.92	134.05	
Energy	kcal	237		0	1075	517	
Energy	kj	992		0	4500	2163	
Protein (N x 5.95)	g	19.32		0	87.64	42.12	
Total lipid (fat)	g	17.10		0	77.57	37.28	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.79		0	3.58	1.72	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	27	13	
Iron	mg	1.61		0	7.30	3.51	
Magnesium	mg	19		0	86	41	
Phosphorus	mg	166		0	753	362	
Potassium	mg	302		0	1370	658	
Sodium	mg	54		0	245	118	
Zinc	mg	3.20		0	14.52	6.98	
Copper	mg	0.071		0	0.322	0.155	
Manganese	mg	0.013		0	0.059	0.028	
Selenium	:g	16.6		0	75.3	36.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.408	0.196	
Riboflavin	mg	0.140		0	0.635	0.305	
Niacin	mg	3.950		0	17.917	8.611	
Pantothenic acid	mg	0.320		0	1.452	0.698	
Vitamin B-6	mg	0.400		0	1.814	0.872	
Folate	:g	6		0	27	13	
Vitamin B-12	:g	2.79		0	12.66	6.08	
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	0.816	0.392	
Lipids:							
Saturated, total	g	6.910		0	31.344	15.064	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.227	0.109	
12:0	g	0.030		0	0.136	0.065	
14:0	g	0.550		0	2.495	1.199	
15.0	g						
16:0	g	4.200		0	19.051	9.156	
17:0	g						
18:0	g	2.070		0	9.390	4.513	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.410	0	33.612	16.154
14:1	g				
16:1	g	0.830	0	3.765	1.809
18:1	g	6.550	0	29.711	14.279
20:1	g	0.030	0	0.136	0.065
22.1	g				
Polyunsaturated, total	g	0.610	0	2.767	1.330
18:2	g	0.400	0	1.814	0.872
18:3	g	0.190	0	0.862	0.414
18:4	g				
20:4	g	0.020	0	0.091	0.044
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	66	0	299	144
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.216	0	0.980	0.471
Threonine	g	0.844	0	3.828	1.840
Isoleucine	g	0.869	0	3.942	1.894
Leucine	g	1.527	0	6.926	3.329
Lysine	g	1.608	0	7.294	3.505
Methionine	g	0.495	0	2.245	1.079
Cystine	g	0.216	0	0.980	0.471
Phenylalanine	g	0.754	0	3.420	1.644
Tyrosine	g	0.649	0	2.944	1.415
Valine	g	0.940	0	4.264	2.049
Arginine	g	1.221	0	5.538	2.662
Histidine	g	0.662	0	3.003	1.443
Alanine	g	1.165	0	5.284	2.540
Aspartic acid	g	1.765	0	8.006	3.848
Glutamic acid	g	2.903	0	13.168	6.329
Glycine	g	1.054	0	4.781	2.298
Proline	g	0.853	0	3.869	1.860
Serine	g	0.739	0	3.352	1.611
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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, 242 g; yields excluding refuse

NDB No. 13912 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" 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* 167g	Measure 3*
Proximates:							
Water	g	53.15		0	45.18	88.76	
Energy	kcal	284		0	241	474	
Energy	kj	1188		0	1010	1984	
Protein (N x 5.95)	g	25.92		0	22.03	43.29	
Total lipid (fat)	g	19.18		0	16.30	32.03	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.06		0	0.90	1.77	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	8	15	
Iron	mg	2.26		0	1.92	3.77	
Magnesium	mg	24		0	20	40	
Phosphorus	mg	197		0	167	329	
Potassium	mg	354		0	301	591	
Sodium	mg	64		0	54	107	
Zinc	mg	4.65		0	3.95	7.77	
Copper	mg	0.098		0	0.083	0.164	
Manganese	mg	0.015		0	0.013	0.025	
Selenium	:g	22.8		0	19.4	38.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.068	0.134	
Riboflavin	mg	0.180		0	0.153	0.301	
Niacin	mg	4.770		0	4.054	7.966	
Pantothenic acid	mg	0.330		0	0.281	0.551	
Vitamin B-6	mg	0.380		0	0.323	0.635	
Folate	:g	7		0	6	12	
Vitamin B-12	:g	1.94		0	1.65	3.24	
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	0.317	
Lipids:							
Saturated, total	g	7.570		0	6.435	12.642	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.034	0.067	
12:0	g	0.050		0	0.043	0.083	
14:0	g	0.600		0	0.510	1.002	
15.0	g						
16:0	g	4.630		0	3.936	7.732	
17:0	g						
18:0	g	2.250		0	1.913	3.757	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.030	0	6.825	13.410
14:1	g				
16:1	g	0.750	0	0.637	1.252
18:1	g	7.260	0	6.171	12.124
20:1	g	0.030	0	0.026	0.050
22.1	g				
Polyunsaturated, total	g	0.680	0	0.578	1.136
18:2	g	0.470	0	0.400	0.785
18:3	g	0.180	0	0.153	0.301
18:4	g				
20:4	g	0.040	0	0.034	0.067
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	79	0	67	132
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.290	0	0.247	0.484
Threonine	g	1.132	0	0.962	1.890
Isoleucine	g	1.166	0	0.991	1.947
Leucine	g	2.049	0	1.742	3.422
Lysine	g	2.157	0	1.833	3.602
Methionine	g	0.664	0	0.564	1.109
Cystine	g	0.290	0	0.247	0.484
Phenylalanine	g	1.012	0	0.860	1.690
Tyrosine	g	0.871	0	0.740	1.455
Valine	g	1.261	0	1.072	2.106
Arginine	g	1.638	0	1.392	2.735
Histidine	g	0.888	0	0.755	1.483
Alanine	g	1.564	0	1.329	2.612
Aspartic acid	g	2.368	0	2.013	3.955
Glutamic acid	g	3.895	0	3.311	6.505
Glycine	g	1.414	0	1.202	2.361
Proline	g	1.145	0	0.973	1.912
Serine	g	0.991	0	0.842	1.655
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of 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, 242 g; yields excluding refuse

NDB No. 13913 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" 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* 223g	Measure 3*
Proximates:							
Water	g	63.66		0	288.76	141.96	
Energy	kcal	211		0	957	471	
Energy	kj	883		0	4005	1969	
Protein (N x 5.95)	g	19.61		0	88.95	43.73	
Total lipid (fat)	g	14.09		0	63.91	31.42	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.80		0	3.63	1.78	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	27	13	
Iron	mg	1.63		0	7.39	3.63	
Magnesium	mg	19		0	86	42	
Phosphorus	mg	168		0	762	375	
Potassium	mg	308		0	1397	687	
Sodium	mg	55		0	249	123	
Zinc	mg	3.26		0	14.79	7.27	
Copper	mg	0.071		0	0.322	0.158	
Manganese	mg	0.013		0	0.059	0.029	
Selenium	:g	16.7		0	75.8	37.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.408	0.201	
Riboflavin	mg	0.140		0	0.635	0.312	
Niacin	mg	4.010		0	18.189	8.942	
Pantothenic acid	mg	0.330		0	1.497	0.736	
Vitamin B-6	mg	0.400		0	1.814	0.892	
Folate	:g	6		0	27	13	
Vitamin B-12	:g	2.82		0	12.79	6.29	
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	0.771	0.379	
Lipids:							
Saturated, total	g	5.720		0	25.946	12.756	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.181	0.089	
12:0	g	0.030		0	0.136	0.067	
14:0	g	0.460		0	2.087	1.026	
15.0	g						
16:0	g	3.470		0	15.740	7.738	
17:0	g						
18:0	g	1.710		0	7.757	3.813	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.120	0	27.760	13.648
14:1	g				
16:1	g	0.700	0	3.175	1.561
18:1	g	5.400	0	24.494	12.042
20:1	g	0.020	0	0.091	0.045
22.1	g				
Polyunsaturated, total	g	0.510	0	2.313	1.137
18:2	g	0.330	0	1.497	0.736
18:3	g	0.160	0	0.726	0.357
18:4	g				
20:4	g	0.020	0	0.091	0.045
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	65	0	295	145
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.220	0	0.998	0.491
Threonine	g	0.856	0	3.883	1.909
Isoleucine	g	0.882	0	4.001	1.967
Leucine	g	1.550	0	7.031	3.457
Lysine	g	1.631	0	7.398	3.637
Methionine	g	0.502	0	2.277	1.119
Cystine	g	0.220	0	0.998	0.491
Phenylalanine	g	0.765	0	3.470	1.706
Tyrosine	g	0.659	0	2.989	1.470
Valine	g	0.954	0	4.327	2.127
Arginine	g	1.239	0	5.620	2.763
Histidine	g	0.671	0	3.044	1.496
Alanine	g	1.183	0	5.366	2.638
Aspartic acid	g	1.791	0	8.124	3.994
Glutamic acid	g	2.946	0	13.363	6.570
Glycine	g	1.070	0	4.854	2.386
Proline	g	0.866	0	3.928	1.931
Serine	g	0.750	0	3.402	1.673
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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, 242 g; yields excluding refuse

NDB No. 13914 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" 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* 165g	Measure 3*
Proximates:							
Water	g	55.48		0	47.16	91.54	
Energy	kcal	253		0	215	417	
Energy	kj	1059		0	900	1747	
Protein (N x 5.95)	g	26.39		0	22.43	43.54	
Total lipid (fat)	g	15.55		0	13.22	25.66	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08		0	0.92	1.78	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	8	15	
Iron	mg	2.30		0	1.95	3.79	
Magnesium	mg	24		0	20	40	
Phosphorus	mg	200		0	170	330	
Potassium	mg	362		0	308	597	
Sodium	mg	65		0	55	107	
Zinc	mg	4.75		0	4.04	7.84	
Copper	mg	0.099		0	0.084	0.163	
Manganese	mg	0.015		0	0.013	0.025	
Selenium	:g	22.9		0	19.5	37.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.068	0.132	
Riboflavin	mg	0.180		0	0.153	0.297	
Niacin	mg	4.870		0	4.139	8.036	
Pantothenic acid	mg	0.340		0	0.289	0.561	
Vitamin B-6	mg	0.390		0	0.331	0.644	
Folate	:g	7		0	6	12	
Vitamin B-12	:g	1.95		0	1.66	3.22	
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	0.153	0.297	
Lipids:							
Saturated, total	g	6.140		0	5.219	10.131	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.026	0.050	
12:0	g	0.040		0	0.034	0.066	
14:0	g	0.490		0	0.417	0.809	
15.0	g						
16:0	g	3.760		0	3.196	6.204	
17:0	g						
18:0	g	1.820		0	1.547	3.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.520	0	5.542	10.758
14:1	g				
16:1	g	0.610	0	0.518	1.006
18:1	g	5.890	0	5.006	9.718
20:1	g	0.020	0	0.017	0.033
22.1	g				
Polyunsaturated, total	g	0.550	0	0.468	0.908
18:2	g	0.380	0	0.323	0.627
18:3	g	0.140	0	0.119	0.231
18:4	g				
20:4	g	0.030	0	0.026	0.050
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	78	0	66	129
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.296	0	0.252	0.488
Threonine	g	1.153	0	0.980	1.902
Isoleucine	g	1.187	0	1.009	1.959
Leucine	g	2.086	0	1.773	3.442
Lysine	g	2.196	0	1.867	3.623
Methionine	g	0.676	0	0.575	1.115
Cystine	g	0.296	0	0.252	0.488
Phenylalanine	g	1.030	0	0.876	1.700
Tyrosine	g	0.887	0	0.754	1.464
Valine	g	1.284	0	1.091	2.119
Arginine	g	1.668	0	1.418	2.752
Histidine	g	0.904	0	0.768	1.492
Alanine	g	1.592	0	1.353	2.627
Aspartic acid	g	2.411	0	2.049	3.978
Glutamic acid	g	3.965	0	3.370	6.542
Glycine	g	1.440	0	1.224	2.376
Proline	g	1.165	0	0.990	1.922
Serine	g	1.009	0	0.858	1.665
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of 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, 242 g; yields excluding refuse

NDB No. 13915 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, raw

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* 454g	Measure 2* 227g	Measure 3*
Proximates:							
Water	g	58.42		0	264.99	132.61	
Energy	kcal	281		0	1275	638	
Energy	kj	1176		0	5334	2670	
Protein (N x 5.95)	g	19.00		0	86.18	43.13	
Total lipid (fat)	g	22.17		0	100.56	50.33	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.77		0	3.49	1.75	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	27	14	
Iron	mg	1.58		0	7.17	3.59	
Magnesium	mg	18		0	82	41	
Phosphorus	mg	163		0	739	370	
Potassium	mg	295		0	1338	670	
Sodium	mg	53		0	240	120	
Zinc	mg	3.14		0	14.24	7.13	
Copper	mg	0.069		0	0.313	0.157	
Manganese	mg	0.012		0	0.054	0.027	
Selenium	:g	17.3		0	78.5	39.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.408	0.204	
Riboflavin	mg	0.140		0	0.635	0.318	
Niacin	mg	3.880		0	17.600	8.808	
Pantothenic acid	mg	0.320		0	1.452	0.726	
Vitamin B-6	mg	0.390		0	1.769	0.885	
Folate	:g	6		0	27	14	
Vitamin B-12	:g	2.75		0	12.47	6.24	
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	0.816	0.409	
Lipids:							
Saturated, total	g	9.080		0	41.187	20.612	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.272	0.136	
12:0	g	0.050		0	0.227	0.114	
14:0	g	0.710		0	3.221	1.612	
15.0	g						
16:0	g	5.430		0	24.630	12.326	
17:0	g						
18:0	g	2.670		0	12.111	6.061	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.780	0	44.362	22.201
14:1	g				
16:1	g	1.050	0	4.763	2.384
18:1	g	8.520	0	38.647	19.340
20:1	g	0.030	0	0.136	0.068
22.1	g				
Polyunsaturated, total	g	0.800	0	3.629	1.816
18:2	g	0.530	0	2.404	1.203
18:3	g	0.220	0	0.998	0.499
18:4	g				
20:4	g	0.040	0	0.181	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	67	0	304	152
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.213	0	0.966	0.484
Threonine	g	0.830	0	3.765	1.884
Isoleucine	g	0.854	0	3.874	1.939
Leucine	g	1.502	0	6.813	3.410
Lysine	g	1.581	0	7.171	3.589
Methionine	g	0.486	0	2.204	1.103
Cystine	g	0.213	0	0.966	0.484
Phenylalanine	g	0.742	0	3.366	1.684
Tyrosine	g	0.638	0	2.894	1.448
Valine	g	0.924	0	4.191	2.097
Arginine	g	1.201	0	5.448	2.726
Histidine	g	0.650	0	2.948	1.476
Alanine	g	1.146	0	5.198	2.601
Aspartic acid	g	1.736	0	7.874	3.941
Glutamic acid	g	2.854	0	12.946	6.479
Glycine	g	1.037	0	4.704	2.354
Proline	g	0.839	0	3.806	1.905
Serine	g	0.726	0	3.293	1.648
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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, 242 g; yields excluding refuse

NDB No. 13916 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" 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* 167g	Measure 3*
Proximates:							
Water	g	51.34		0	43.64	85.74	
Energy	kcal	310		0	264	518	
Energy	kj	1297		0	1102	2166	
Protein (N x 5.95)	g	25.92		0	22.03	43.29	
Total lipid (fat)	g	22.12		0	18.80	36.94	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.06		0	0.90	1.77	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	8	15	
Iron	mg	2.26		0	1.92	3.77	
Magnesium	mg	24		0	20	40	
Phosphorus	mg	197		0	167	329	
Potassium	mg	354		0	301	591	
Sodium	mg	64		0	54	107	
Zinc	mg	4.65		0	3.95	7.77	
Copper	mg	0.098		0	0.083	0.164	
Manganese	mg	0.015		0	0.013	0.025	
Selenium	:g	23.7		0	20.1	39.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.068	0.134	
Riboflavin	mg	0.180		0	0.153	0.301	
Niacin	mg	4.770		0	4.054	7.966	
Pantothenic acid	mg	0.330		0	0.281	0.551	
Vitamin B-6	mg	0.380		0	0.323	0.635	
Folate	:g	7		0	6	12	
Vitamin B-12	:g	1.94		0	1.65	3.24	
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	0.317	
Lipids:							
Saturated, total	g	8.910		0	7.574	14.880	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.043	0.083	
12:0	g	0.050		0	0.043	0.083	
14:0	g	0.690		0	0.587	1.152	
15.0	g						
16:0	g	5.300		0	4.505	8.851	
17:0	g						
18:0	g	2.620		0	2.227	4.375	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.390	0	7.982	15.681
14:1	g				
16:1	g	0.840	0	0.714	1.403
18:1	g	8.350	0	7.098	13.944
20:1	g	0.030	0	0.026	0.050
22.1	g				
Polyunsaturated, total	g	0.800	0	0.680	1.336
18:2	g	0.540	0	0.459	0.902
18:3	g	0.180	0	0.153	0.301
18:4	g				
20:4	g	0.050	0	0.043	0.083
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	79	0	67	132
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.290	0	0.247	0.484
Threonine	g	1.132	0	0.962	1.890
Isoleucine	g	1.166	0	0.991	1.947
Leucine	g	2.049	0	1.742	3.422
Lysine	g	2.157	0	1.833	3.602
Methionine	g	0.664	0	0.564	1.109
Cystine	g	0.290	0	0.247	0.484
Phenylalanine	g	1.012	0	0.860	1.690
Tyrosine	g	0.871	0	0.740	1.455
Valine	g	1.261	0	1.072	2.106
Arginine	g	1.638	0	1.392	2.735
Histidine	g	0.888	0	0.755	1.483
Alanine	g	1.564	0	1.329	2.612
Aspartic acid	g	2.368	0	2.013	3.955
Glutamic acid	g	3.895	0	3.311	6.505
Glycine	g	1.414	0	1.202	2.361
Proline	g	1.145	0	0.973	1.912
Serine	g	0.991	0	0.842	1.655
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of 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, 242 g; yields excluding refuse

NDB No. 13917 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 1% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	57.84		0	16.40	262.36	
Energy	kcal	273		0	77	1238	
Energy	kj	1142		0	324	5180	
Protein (N x 5.95)	g	18.03		0	5.11	81.78	
Total lipid (fat)	g	21.70		0	6.15	98.43	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.87		0	0.25	3.95	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	2.33		0	0.66	10.57	
Magnesium	mg	19		0	5	86	
Phosphorus	mg	180		0	51	816	
Potassium	mg	301		0	85	1365	
Sodium	mg	49		0	14	222	
Zinc	mg	3.02		0	0.86	13.70	
Copper	mg	0.092		0	0.026	0.417	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	:g	17.0		0	4.8	77.1	
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	2.970		0	0.842	13.472	
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	2.58		0	0.73	11.70	
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	8.760		0	2.483	39.735	
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	0.670		0	0.190	3.039	
15.0	g						
16:0	g	5.230		0	1.483	23.723	
17:0	g						
18:0	g	2.740		0	0.777	12.429	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.160	0	2.597	41.550
14:1	g				
16:1	g	1.020	0	0.289	4.627
18:1	g	8.120	0	2.302	36.832
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.840	0	0.238	3.810
18:2	g	0.550	0	0.156	2.495
18:3	g	0.250	0	0.071	1.134
18:4	g				
20:4	g	0.040	0	0.011	0.181
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	70	0	20	318
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.202	0	0.057	0.916
Threonine	g	0.787	0	0.223	3.570
Isoleucine	g	0.811	0	0.230	3.679
Leucine	g	1.425	0	0.404	6.464
Lysine	g	1.500	0	0.425	6.804
Methionine	g	0.462	0	0.131	2.096
Cystine	g	0.202	0	0.057	0.916
Phenylalanine	g	0.704	0	0.200	3.193
Tyrosine	g	0.606	0	0.172	2.749
Valine	g	0.877	0	0.249	3.978
Arginine	g	1.139	0	0.323	5.167
Histidine	g	0.617	0	0.175	2.799
Alanine	g	1.087	0	0.308	4.931
Aspartic acid	g	1.647	0	0.467	7.471
Glutamic acid	g	2.708	0	0.768	12.283
Glycine	g	0.984	0	0.279	4.463
Proline	g	0.796	0	0.226	3.611
Serine	g	0.689	0	0.195	3.125
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13918 Beef, tenderloin, separable lean and fat, trimmed to 1/8" 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* 104g	Measure 3*
Proximates:							
Water	g	53.87		0	45.79	56.02	
Energy	kcal	281		0	239	292	
Energy	kj	1176		0	1000	1223	
Protein (N x 5.95)	g	25.61		0	21.77	26.63	
Total lipid (fat)	g	19.05		0	16.19	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	1.17		0	0.99	1.22	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	7	8	
Iron	mg	3.20		0	2.72	3.33	
Magnesium	mg	26		0	22	27	
Phosphorus	mg	214		0	182	223	
Potassium	mg	374		0	318	389	
Sodium	mg	60		0	51	62	
Zinc	mg	4.96		0	4.22	5.16	
Copper	mg	0.159		0	0.135	0.165	
Manganese	mg	0.015		0	0.013	0.016	
Selenium	:g	24.2		0	20.6	25.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.102	0.125	
Riboflavin	mg	0.270		0	0.230	0.281	
Niacin	mg	3.570		0	3.034	3.713	
Pantothenic acid	mg	0.340		0	0.289	0.354	
Vitamin B-6	mg	0.390		0	0.331	0.406	
Folate	:g	6		0	5	6	
Vitamin B-12	:g	2.43		0	2.07	2.53	
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	0.198	
Lipids:							
Saturated, total	g	7.450		0	6.332	7.748	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.043	0.052	
12:0	g	0.050		0	0.043	0.052	
14:0	g	0.570		0	0.484	0.593	
15.0	g						
16:0	g	4.490		0	3.817	4.670	
17:0	g						
18:0	g	2.300		0	1.955	2.392	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.770	0	6.604	8.081
14:1	g				
16:1	g	0.700	0	0.595	0.728
18:1	g	7.050	0	5.992	7.332
20:1	g	0.030	0	0.026	0.031
22.1	g				
Polyunsaturated, total	g	0.720	0	0.612	0.749
18:2	g	0.500	0	0.425	0.520
18:3	g	0.180	0	0.153	0.187
18:4	g				
20:4	g	0.040	0	0.034	0.042
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	86	0	73	89
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.287	0	0.244	0.298
Threonine	g	1.119	0	0.951	1.164
Isoleucine	g	1.151	0	0.978	1.197
Leucine	g	2.024	0	1.720	2.105
Lysine	g	2.131	0	1.811	2.216
Methionine	g	0.656	0	0.558	0.682
Cystine	g	0.287	0	0.244	0.298
Phenylalanine	g	1.000	0	0.850	1.040
Tyrosine	g	0.860	0	0.731	0.894
Valine	g	1.246	0	1.059	1.296
Arginine	g	1.619	0	1.376	1.684
Histidine	g	0.877	0	0.745	0.912
Alanine	g	1.545	0	1.313	1.607
Aspartic acid	g	2.340	0	1.989	2.434
Glutamic acid	g	3.848	0	3.271	4.002
Glycine	g	1.397	0	1.187	1.453
Proline	g	1.131	0	0.961	1.176
Serine	g	0.979	0	0.832	1.018
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of 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, 154 g; yields excluding refuse

NDB No. 13919 Beef, tenderloin, separable lean and fat, trimmed to 1/8" 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	48.37		0	159.62	41.11	
Energy	kcal	324		0	1069	275	
Energy	kj	1356		0	4475	1153	
Protein (N x 5.95)	g	23.90		0	78.87	20.31	
Total lipid (fat)	g	24.60		0	81.18	20.91	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.18		0	3.89	1.00	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	30	8	
Iron	mg	3.11		0	10.26	2.64	
Magnesium	mg	22		0	73	19	
Phosphorus	mg	203		0	670	173	
Potassium	mg	331		0	1092	281	
Sodium	mg	57		0	188	48	
Zinc	mg	4.03		0	13.30	3.43	
Copper	mg	0.123		0	0.406	0.105	
Manganese	mg	0.014		0	0.046	0.012	
Selenium	:g	22.9		0	75.6	19.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.297	0.077	
Riboflavin	mg	0.260		0	0.858	0.221	
Niacin	mg	3.000		0	9.900	2.550	
Pantothenic acid	mg	0.250		0	0.825	0.213	
Vitamin B-6	mg	0.250		0	0.825	0.213	
Folate	:g	8		0	26	7	
Vitamin B-12	:g	2.46		0	8.12	2.09	
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	0.693	0.179	
Lipids:							
Saturated, total	g	9.720		0	32.076	8.262	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.198	0.051	
12:0	g	0.060		0	0.198	0.051	
14:0	g	0.750		0	2.475	0.637	
15.0	g						
16:0	g	5.930		0	19.569	5.040	
17:0	g						
18:0	g	2.920		0	9.636	2.482	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.270	0	33.891	8.729
14:1	g				
16:1	g	0.970	0	3.201	0.825
18:1	g	9.270	0	30.591	7.879
20:1	g	0.040	0	0.132	0.034
22.1	g				
Polyunsaturated, total	g	1.000	0	3.300	0.850
18:2	g	0.680	0	2.244	0.578
18:3	g	0.270	0	0.891	0.230
18:4	g				
20:4	g	0.050	0	0.165	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	85	0	281	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.268	0	0.884	0.228
Threonine	g	1.044	0	3.445	0.887
Isoleucine	g	1.075	0	3.547	0.914
Leucine	g	1.889	0	6.234	1.606
Lysine	g	1.989	0	6.564	1.691
Methionine	g	0.612	0	2.020	0.520
Cystine	g	0.268	0	0.884	0.228
Phenylalanine	g	0.933	0	3.079	0.793
Tyrosine	g	0.803	0	2.650	0.683
Valine	g	1.163	0	3.838	0.989
Arginine	g	1.511	0	4.986	1.284
Histidine	g	0.818	0	2.699	0.695
Alanine	g	1.442	0	4.759	1.226
Aspartic acid	g	2.184	0	7.207	1.856
Glutamic acid	g	3.591	0	11.850	3.052
Glycine	g	1.304	0	4.303	1.108
Proline	g	1.056	0	3.485	0.898
Serine	g	0.914	0	3.016	0.777
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13920 Beef, tenderloin, separable lean and fat, trimmed to 1/8" 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	57.62		0	16.34	261.36	
Energy	kcal	277		0	79	1256	
Energy	kj	1159		0	329	5257	
Protein (N x 5.95)	g	18.03		0	5.11	81.78	
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	0.87		0	0.25	3.95	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	2.33		0	0.66	10.57	
Magnesium	mg	19		0	5	86	
Phosphorus	mg	180		0	51	816	
Potassium	mg	301		0	85	1365	
Sodium	mg	49		0	14	222	
Zinc	mg	3.02		0	0.86	13.70	
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	0.120		0	0.034	0.544	
Riboflavin	mg	0.210		0	0.060	0.953	
Niacin	mg	2.970		0	0.842	13.472	
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	2.58		0	0.73	11.70	
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	8.960		0	2.540	40.643	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.023	0.363	
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	5.320		0	1.508	24.132	
17:0	g						
18:0	g	2.810		0	0.797	12.746	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.300	0	2.637	42.185
14:1	g				
16:1	g	1.030	0	0.292	4.672
18:1	g	8.250	0	2.339	37.422
20:1	g	0.020	0	0.006	0.091
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	0.260	0	0.074	1.179
18:4	g				
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	70	0	20	318
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.202	0	0.057	0.916
Threonine	g	0.788	0	0.223	3.574
Isoleucine	g	0.811	0	0.230	3.679
Leucine	g	1.425	0	0.404	6.464
Lysine	g	1.500	0	0.425	6.804
Methionine	g	0.462	0	0.131	2.096
Cystine	g	0.202	0	0.057	0.916
Phenylalanine	g	0.704	0	0.200	3.193
Tyrosine	g	0.606	0	0.172	2.749
Valine	g	0.877	0	0.249	3.978
Arginine	g	1.140	0	0.323	5.171
Histidine	g	0.617	0	0.175	2.799
Alanine	g	1.088	0	0.308	4.935
Aspartic acid	g	1.647	0	0.467	7.471
Glutamic acid	g	2.709	0	0.768	12.288
Glycine	g	0.984	0	0.279	4.463
Proline	g	0.796	0	0.226	3.611
Serine	g	0.690	0	0.196	3.130
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: 1 oz
Measure 2: 1 lb

NDB No. 13921 Beef, tenderloin, separable lean and fat, trimmed to 1/8" 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* 104g	Measure 3*
Proximates:							
Water	g	52.70		0	44.80	54.81	
Energy	kcal	295		0	251	307	
Energy	kj	1234		0	1049	1283	
Protein (N x 5.95)	g	25.43		0	21.62	26.45	
Total lipid (fat)	g	20.66		0	17.56	21.49	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.16		0	0.99	1.21	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	7	8	
Iron	mg	3.18		0	2.70	3.31	
Magnesium	mg	26		0	22	27	
Phosphorus	mg	212		0	180	220	
Potassium	mg	371		0	315	386	
Sodium	mg	59		0	50	61	
Zinc	mg	4.92		0	4.18	5.12	
Copper	mg	0.158		0	0.134	0.164	
Manganese	mg	0.015		0	0.013	0.016	
Selenium	:g	24.1		0	20.5	25.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.094	0.114	
Riboflavin	mg	0.260		0	0.221	0.270	
Niacin	mg	3.540		0	3.009	3.682	
Pantothenic acid	mg	0.340		0	0.289	0.354	
Vitamin B-6	mg	0.390		0	0.331	0.406	
Folate	:g	6		0	5	6	
Vitamin B-12	:g	2.42		0	2.06	2.52	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.190		0	0.161	0.198	
Lipids:							
Saturated, total	g	8.080		0	6.868	8.403	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.043	0.052	
12:0	g	0.050		0	0.043	0.052	
14:0	g	0.620		0	0.527	0.645	
15.0	g						
16:0	g	4.860		0	4.131	5.054	
17:0	g						
18:0	g	2.490		0	2.117	2.590	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.420	0	7.157	8.757
14:1	g				
16:1	g	0.760	0	0.646	0.790
18:1	g	7.640	0	6.494	7.946
20:1	g	0.030	0	0.026	0.031
22.1	g				
Polyunsaturated, total	g	0.780	0	0.663	0.811
18:2	g	0.540	0	0.459	0.562
18:3	g	0.200	0	0.170	0.208
18:4	g				
20:4	g	0.040	0	0.034	0.042
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	86	0	73	89
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.285	0	0.242	0.296
Threonine	g	1.111	0	0.944	1.155
Isoleucine	g	1.144	0	0.972	1.190
Leucine	g	2.010	0	1.708	2.090
Lysine	g	2.116	0	1.799	2.201
Methionine	g	0.651	0	0.553	0.677
Cystine	g	0.285	0	0.242	0.296
Phenylalanine	g	0.993	0	0.844	1.033
Tyrosine	g	0.855	0	0.727	0.889
Valine	g	1.237	0	1.051	1.286
Arginine	g	1.607	0	1.366	1.671
Histidine	g	0.871	0	0.740	0.906
Alanine	g	1.534	0	1.304	1.595
Aspartic acid	g	2.324	0	1.975	2.417
Glutamic acid	g	3.821	0	3.248	3.974
Glycine	g	1.388	0	1.180	1.444
Proline	g	1.123	0	0.955	1.168
Serine	g	0.973	0	0.827	1.012
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of 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, 154 g; yields excluding refuse

NDB No. 13922 Beef, tenderloin, separable lean and fat, trimmed to 1/8" 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	47.99		0	157.89	40.79	
Energy	kcal	331		0	1089	281	
Energy	kj	1385		0	4557	1177	
Protein (N x 5.95)	g	23.90		0	78.63	20.31	
Total lipid (fat)	g	25.39		0	83.53	21.58	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.18		0	3.88	1.00	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	30	8	
Iron	mg	3.11		0	10.23	2.64	
Magnesium	mg	26		0	86	22	
Phosphorus	mg	236		0	776	201	
Potassium	mg	407		0	1339	346	
Sodium	mg	65		0	214	55	
Zinc	mg	4.03		0	13.26	3.43	
Copper	mg	0.123		0	0.405	0.105	
Manganese	mg	0.016		0	0.053	0.014	
Selenium	:g	22.8		0	75.0	19.4	
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	3.880		0	12.765	3.298	
Pantothenic acid	mg	0.400		0	1.316	0.340	
Vitamin B-6	mg	0.480		0	1.579	0.408	
Folate	:g	8		0	26	7	
Vitamin B-12	:g	3.37		0	11.09	2.86	
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	0.691	0.179	
Lipids:							
Saturated, total	g	10.020		0	32.966	8.517	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.230	0.060	
12:0	g	0.070		0	0.230	0.060	
14:0	g	0.780		0	2.566	0.663	
15.0	g						
16:0	g	6.070		0	19.970	5.160	
17:0	g						
18:0	g	3.020		0	9.936	2.567	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.500	0	34.545	8.925
14:1	g				
16:1	g	0.980	0	3.224	0.833
18:1	g	9.480	0	31.189	8.058
20:1	g	0.040	0	0.132	0.034
22.1	g				
Polyunsaturated, total	g	0.960	0	3.158	0.816
18:2	g	0.650	0	2.139	0.553
18:3	g	0.270	0	0.888	0.230
18:4	g				
20:4	g	0.040	0	0.132	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	85	0	280	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.268	0	0.882	0.228
Threonine	g	1.044	0	3.435	0.887
Isoleucine	g	1.075	0	3.537	0.914
Leucine	g	1.889	0	6.215	1.606
Lysine	g	1.989	0	6.544	1.691
Methionine	g	0.612	0	2.013	0.520
Cystine	g	0.268	0	0.882	0.228
Phenylalanine	g	0.933	0	3.070	0.793
Tyrosine	g	0.803	0	2.642	0.683
Valine	g	1.163	0	3.826	0.989
Arginine	g	1.511	0	4.971	1.284
Histidine	g	0.818	0	2.691	0.695
Alanine	g	1.442	0	4.744	1.226
Aspartic acid	g	2.184	0	7.185	1.856
Glutamic acid	g	3.591	0	11.814	3.052
Glycine	g	1.304	0	4.290	1.108
Proline	g	1.056	0	3.474	0.898
Serine	g	0.914	0	3.007	0.777
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13923 Beef, tenderloin, separable lean and fat, trimmed to 1/8" 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	58.13		0	16.48	263.68	
Energy	kcal	267		0	76	1211	
Energy	kj	1117		0	317	5067	
Protein (N x 5.95)	g	18.02		0	5.11	81.74	
Total lipid (fat)	g	21.10		0	5.98	95.71	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.87		0	0.25	3.95	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	2.33		0	0.66	10.57	
Magnesium	mg	19		0	5	86	
Phosphorus	mg	180		0	51	816	
Potassium	mg	301		0	85	1365	
Sodium	mg	49		0	14	222	
Zinc	mg	3.02		0	0.86	13.70	
Copper	mg	0.092		0	0.026	0.417	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	:g	17.0		0	4.8	77.1	
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	2.970		0	0.842	13.472	
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	2.58		0	0.73	11.70	
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	8.540		0	2.421	38.737	
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	0.660		0	0.187	2.994	
15.0	g						
16:0	g	5.100		0	1.446	23.134	
17:0	g						
18:0	g	2.660		0	0.754	12.066	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.930	0	2.532	40.506
14:1	g				
16:1	g	1.000	0	0.284	4.536
18:1	g	7.900	0	2.240	35.834
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.820	0	0.232	3.720
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	70	0	20	318
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.202	0	0.057	0.916
Threonine	g	0.787	0	0.223	3.570
Isoleucine	g	0.810	0	0.230	3.674
Leucine	g	1.424	0	0.404	6.459
Lysine	g	1.499	0	0.425	6.799
Methionine	g	0.461	0	0.131	2.091
Cystine	g	0.202	0	0.057	0.916
Phenylalanine	g	0.704	0	0.200	3.193
Tyrosine	g	0.606	0	0.172	2.749
Valine	g	0.877	0	0.249	3.978
Arginine	g	1.139	0	0.323	5.167
Histidine	g	0.617	0	0.175	2.799
Alanine	g	1.087	0	0.308	4.931
Aspartic acid	g	1.647	0	0.467	7.471
Glutamic acid	g	2.708	0	0.768	12.283
Glycine	g	0.983	0	0.279	4.459
Proline	g	0.796	0	0.226	3.611
Serine	g	0.689	0	0.195	3.125
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13924 Beef, tenderloin, separable lean and fat, trimmed to 1/8" 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* 104g	Measure 3*
Proximates:							
Water	g	55.06		0	46.80	57.26	
Energy	kcal	266		0	226	277	
Energy	kj	1113		0	946	1158	
Protein (N x 5.95)	g	25.79		0	21.92	26.82	
Total lipid (fat)	g	17.33		0	14.73	18.02	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.18		0	1.00	1.23	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	7	8	
Iron	mg	3.23		0	2.75	3.36	
Magnesium	mg	27		0	23	28	
Phosphorus	mg	215		0	183	224	
Potassium	mg	377		0	320	392	
Sodium	mg	60		0	51	62	
Zinc	mg	5.00		0	4.25	5.20	
Copper	mg	0.160		0	0.136	0.166	
Manganese	mg	0.016		0	0.014	0.017	
Selenium	:g	24.2		0	20.6	25.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.102	0.125	
Riboflavin	mg	0.270		0	0.230	0.281	
Niacin	mg	3.590		0	3.051	3.734	
Pantothenic acid	mg	0.350		0	0.298	0.364	
Vitamin B-6	mg	0.400		0	0.340	0.416	
Folate	:g	6		0	5	6	
Vitamin B-12	:g	2.44		0	2.07	2.54	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.180		0	0.153	0.187	
Lipids:							
Saturated, total	g	6.790		0	5.771	7.062	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.043	0.052	
12:0	g	0.040		0	0.034	0.042	
14:0	g	0.520		0	0.442	0.541	
15.0	g						
16:0	g	4.090		0	3.476	4.254	
17:0	g						
18:0	g	2.080		0	1.768	2.163	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.080	0	6.018	7.363
14:1	g				
16:1	g	0.640	0	0.544	0.666
18:1	g	6.420	0	5.457	6.677
20:1	g	0.020	0	0.017	0.021
22.1	g				
Polyunsaturated, total	g	0.650	0	0.553	0.676
18:2	g	0.450	0	0.383	0.468
18:3	g	0.170	0	0.145	0.177
18:4	g				
20:4	g	0.030	0	0.026	0.031
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	86	0	73	89
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.289	0	0.246	0.301
Threonine	g	1.126	0	0.957	1.171
Isoleucine	g	1.159	0	0.985	1.205
Leucine	g	2.038	0	1.732	2.120
Lysine	g	2.145	0	1.823	2.231
Methionine	g	0.660	0	0.561	0.686
Cystine	g	0.289	0	0.246	0.301
Phenylalanine	g	1.007	0	0.856	1.047
Tyrosine	g	0.866	0	0.736	0.901
Valine	g	1.254	0	1.066	1.304
Arginine	g	1.630	0	1.385	1.695
Histidine	g	0.883	0	0.751	0.918
Alanine	g	1.555	0	1.322	1.617
Aspartic acid	g	2.356	0	2.003	2.450
Glutamic acid	g	3.874	0	3.293	4.029
Glycine	g	1.407	0	1.196	1.463
Proline	g	1.139	0	0.968	1.185
Serine	g	0.986	0	0.838	1.025
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of 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, 154 g; yields excluding refuse

NDB No. 13925 Beef, tenderloin, separable lean and fat, trimmed to 1/8" 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* 329g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	48.86		0	160.75	41.53	
Energy	kcal	316		0	1040	269	
Energy	kj	1322		0	4349	1124	
Protein (N x 5.95)	g	23.90		0	78.63	20.31	
Total lipid (fat)	g	23.70		0	77.97	20.14	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.18		0	3.88	1.00	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	30	8	
Iron	mg	3.11		0	10.23	2.64	
Magnesium	mg	22		0	72	19	
Phosphorus	mg	203		0	668	173	
Potassium	mg	331		0	1089	281	
Sodium	mg	57		0	188	48	
Zinc	mg	4.03		0	13.26	3.43	
Copper	mg	0.123		0	0.405	0.105	
Manganese	mg	0.014		0	0.046	0.012	
Selenium	:g	22.9		0	75.3	19.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.296	0.077	
Riboflavin	mg	0.260		0	0.855	0.221	
Niacin	mg	3.000		0	9.870	2.550	
Pantothenic acid	mg	0.250		0	0.823	0.213	
Vitamin B-6	mg	0.250		0	0.823	0.213	
Folate	:g	8		0	26	7	
Vitamin B-12	:g	2.46		0	8.09	2.09	
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	0.691	0.179	
Lipids:							
Saturated, total	g	9.380		0	30.860	7.973	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.197	0.051	
12:0	g	0.060		0	0.197	0.051	
14:0	g	0.730		0	2.402	0.620	
15.0	g						
16:0	g	5.730		0	18.852	4.870	
17:0	g						
18:0	g	2.800		0	9.212	2.380	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.920	0	32.637	8.432
14:1	g				
16:1	g	0.940	0	3.093	0.799
18:1	g	8.940	0	29.413	7.599
20:1	g	0.040	0	0.132	0.034
22.1	g				
Polyunsaturated, total	g	0.960	0	3.158	0.816
18:2	g	0.650	0	2.139	0.553
18:3	g	0.260	0	0.855	0.221
18:4	g				
20:4	g	0.050	0	0.164	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	85	0	280	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.268	0	0.882	0.228
Threonine	g	1.044	0	3.435	0.887
Isoleucine	g	1.075	0	3.537	0.914
Leucine	g	1.889	0	6.215	1.606
Lysine	g	1.989	0	6.544	1.691
Methionine	g	0.612	0	2.013	0.520
Cystine	g	0.268	0	0.882	0.228
Phenylalanine	g	0.933	0	3.070	0.793
Tyrosine	g	0.803	0	2.642	0.683
Valine	g	1.163	0	3.826	0.989
Arginine	g	1.511	0	4.971	1.284
Histidine	g	0.818	0	2.691	0.695
Alanine	g	1.442	0	4.744	1.226
Aspartic acid	g	2.184	0	7.185	1.856
Glutamic acid	g	3.591	0	11.814	3.052
Glycine	g	1.304	0	4.290	1.108
Proline	g	1.056	0	3.474	0.898
Serine	g	0.914	0	3.007	0.777
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13926 Beef, tenderloin, separable lean and fat, trimmed to 1/8" 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	59.52		0	16.87	269.98	
Energy	kcal	274		0	78	1243	
Energy	kj	1146		0	325	5198	
Protein (N x 5.95)	g	18.15		0	5.15	82.33	
Total lipid (fat)	g	21.83		0	6.19	99.02	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.88		0	0.25	3.99	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	2.35		0	0.67	10.66	
Magnesium	mg	20		0	6	91	
Phosphorus	mg	181		0	51	821	
Potassium	mg	304		0	86	1379	
Sodium	mg	49		0	14	222	
Zinc	mg	3.05		0	0.86	13.83	
Copper	mg	0.093		0	0.026	0.422	
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	0.120		0	0.034	0.544	
Riboflavin	mg	0.210		0	0.060	0.953	
Niacin	mg	2.990		0	0.848	13.563	
Pantothenic acid	mg	0.300		0	0.085	1.361	
Vitamin B-6	mg	0.380		0	0.108	1.724	
Folate	:g	6		0	2	27	
Vitamin B-12	:g	2.60		0	0.74	11.79	
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	8.960		0	2.540	40.643	
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	0.670		0	0.190	3.039	
15.0	g						
16:0	g	5.230		0	1.483	23.723	
17:0	g						
18:0	g	2.770		0	0.785	12.565	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.260	0	2.625	42.003
14:1	g				
16:1	g	1.000	0	0.284	4.536
18:1	g	8.140	0	2.308	36.923
20:1	g	0.030	0	0.009	0.136
22.1	g				
Polyunsaturated, total	g	0.870	0	0.247	3.946
18:2	g	0.560	0	0.159	2.540
18:3	g	0.250	0	0.071	1.134
18:4	g				
20:4	g	0.040	0	0.011	0.181
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	70	0	20	318
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.203	0	0.058	0.921
Threonine	g	0.793	0	0.225	3.597
Isoleucine	g	0.816	0	0.231	3.701
Leucine	g	1.435	0	0.407	6.509
Lysine	g	1.510	0	0.428	6.849
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	0.883	0	0.250	4.005
Arginine	g	1.147	0	0.325	5.203
Histidine	g	0.622	0	0.176	2.821
Alanine	g	1.095	0	0.310	4.967
Aspartic acid	g	1.658	0	0.470	7.521
Glutamic acid	g	2.727	0	0.773	12.370
Glycine	g	0.990	0	0.281	4.491
Proline	g	0.802	0	0.227	3.638
Serine	g	0.694	0	0.197	3.148
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13927 Beef, tenderloin, separable lean and fat, trimmed to 1/8" 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* 106g	Measure 3*
Proximates:							
Water	g	51.84		0	44.06	54.95	
Energy	kcal	308		0	262	326	
Energy	kj	1289		0	1096	1366	
Protein (N x 5.95)	g	25.26		0	21.47	26.78	
Total lipid (fat)	g	22.21		0	18.88	23.54	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.16		0	0.99	1.23	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	7	8	
Iron	mg	3.15		0	2.68	3.34	
Magnesium	mg	26		0	22	28	
Phosphorus	mg	210		0	179	223	
Potassium	mg	368		0	313	390	
Sodium	mg	59		0	50	63	
Zinc	mg	4.88		0	4.15	5.17	
Copper	mg	0.156		0	0.133	0.165	
Manganese	mg	0.015		0	0.013	0.016	
Selenium	:g	24.4		0	20.7	25.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.094	0.117	
Riboflavin	mg	0.260		0	0.221	0.276	
Niacin	mg	3.520		0	2.992	3.731	
Pantothenic acid	mg	0.340		0	0.289	0.360	
Vitamin B-6	mg	0.390		0	0.331	0.413	
Folate	:g	6		0	5	6	
Vitamin B-12	:g	2.41		0	2.05	2.55	
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	0.201	
Lipids:							
Saturated, total	g	8.850		0	7.523	9.381	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.043	0.053	
12:0	g	0.050		0	0.043	0.053	
14:0	g	0.670		0	0.570	0.710	
15.0	g						
16:0	g	5.220		0	4.437	5.533	
17:0	g						
18:0	g	2.680		0	2.278	2.841	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.170	0	7.795	9.720
14:1	g				
16:1	g	0.810	0	0.689	0.859
18:1	g	8.210	0	6.979	8.703
20:1	g	0.030	0	0.026	0.032
22.1	g				
Polyunsaturated, total	g	0.860	0	0.731	0.912
18:2	g	0.590	0	0.501	0.625
18:3	g	0.200	0	0.170	0.212
18:4	g				
20:4	g	0.050	0	0.043	0.053
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	86	0	73	91
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.283	0	0.241	0.300
Threonine	g	1.103	0	0.938	1.169
Isoleucine	g	1.136	0	0.966	1.204
Leucine	g	1.996	0	1.697	2.116
Lysine	g	2.101	0	1.786	2.227
Methionine	g	0.647	0	0.550	0.686
Cystine	g	0.283	0	0.241	0.300
Phenylalanine	g	0.986	0	0.838	1.045
Tyrosine	g	0.849	0	0.722	0.900
Valine	g	1.229	0	1.045	1.303
Arginine	g	1.596	0	1.357	1.692
Histidine	g	0.865	0	0.735	0.917
Alanine	g	1.524	0	1.295	1.615
Aspartic acid	g	2.308	0	1.962	2.446
Glutamic acid	g	3.795	0	3.226	4.023
Glycine	g	1.378	0	1.171	1.461
Proline	g	1.115	0	0.948	1.182
Serine	g	0.966	0	0.821	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: 3 oz

Measure 2: 1 raw steak with refuse, 154 g; yields excluding refuse

NDB No. 13928 Beef, tenderloin, separable lean and fat, trimmed to 1/8" 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	48.28		0	157.39	41.04	
Energy	kcal	343		0	1118	292	
Energy	kj	1435		0	4678	1220	
Protein (N x 5.95)	g	24.04		0	78.37	20.43	
Total lipid (fat)	g	26.67		0	86.94	22.67	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.01		0	3.29	0.86	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	26	7	
Iron	mg	3.12		0	10.17	2.65	
Magnesium	mg	23		0	75	20	
Phosphorus	mg	203		0	662	173	
Potassium	mg	336		0	1095	286	
Sodium	mg	55		0	179	47	
Zinc	mg	4.39		0	14.31	3.73	
Copper	mg	0.142		0	0.463	0.121	
Manganese	mg	0.014		0	0.046	0.012	
Selenium	:g	23.1		0	75.3	19.6	
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	3.010		0	9.813	2.559	
Pantothenic acid	mg	0.390		0	1.271	0.331	
Vitamin B-6	mg	0.330		0	1.076	0.281	
Folate	:g	7		0	23	6	
Vitamin B-12	:g	2.53		0	8.25	2.15	
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	0.685	0.179	
Lipids:							
Saturated, total	g	10.630		0	34.654	9.036	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.196	0.051	
12:0	g	0.060		0	0.196	0.051	
14:0	g	0.800		0	2.608	0.680	
15.0	g						
16:0	g	6.270		0	20.440	5.329	
17:0	g						
18:0	g	3.210		0	10.465	2.729	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.010	0	35.893	9.358
14:1	g				
16:1	g	0.980	0	3.195	0.833
18:1	g	9.850	0	32.111	8.373
20:1	g	0.040	0	0.130	0.034
22.1	g				
Polyunsaturated, total	g	1.030	0	3.358	0.876
18:2	g	0.710	0	2.315	0.603
18:3	g	0.250	0	0.815	0.213
18:4	g				
20:4	g	0.060	0	0.196	0.051
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	88	0	287	75
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.269	0	0.877	0.229
Threonine	g	1.050	0	3.423	0.893
Isoleucine	g	1.081	0	3.524	0.919
Leucine	g	1.900	0	6.194	1.615
Lysine	g	2.000	0	6.520	1.700
Methionine	g	0.615	0	2.005	0.523
Cystine	g	0.269	0	0.877	0.229
Phenylalanine	g	0.939	0	3.061	0.798
Tyrosine	g	0.808	0	2.634	0.687
Valine	g	1.169	0	3.811	0.994
Arginine	g	1.519	0	4.952	1.291
Histidine	g	0.823	0	2.683	0.700
Alanine	g	1.450	0	4.727	1.232
Aspartic acid	g	2.196	0	7.159	1.867
Glutamic acid	g	3.612	0	11.775	3.070
Glycine	g	1.312	0	4.277	1.115
Proline	g	1.062	0	3.462	0.903
Serine	g	0.919	0	2.996	0.781
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13929 Beef, top sirloin, separable lean and fat, trimmed to 1/8" 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	64.73		0	18.35	293.62	
Energy	kcal	204		0	58	925	
Energy	kj	854		0	242	3874	
Protein (N x 5.95)	g	19.47		0	5.52	88.32	
Total lipid (fat)	g	13.40		0	3.80	60.78	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.97		0	0.27	4.40	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	2.43		0	0.69	11.02	
Magnesium	mg	21		0	6	95	
Phosphorus	mg	189		0	54	857	
Potassium	mg	321		0	91	1456	
Sodium	mg	54		0	15	245	
Zinc	mg	3.71		0	1.05	16.83	
Copper	mg	0.087		0	0.025	0.395	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	:g	20.4		0	5.8	92.5	
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	3.270		0	0.927	14.833	
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	2.94		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	0.170		0	0.048	0.771	
Lipids:							
Saturated, total	g	5.320		0	1.508	24.132	
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	3.210		0	0.910	14.561	
17:0	g						
18:0	g	1.630		0	0.462	7.394	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.710	0	1.619	25.901
14:1	g				
16:1	g	0.640	0	0.181	2.903
18:1	g	5.050	0	1.432	22.907
20:1	g	0.010	0	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.530	0	0.150	2.404
18:2	g	0.350	0	0.099	1.588
18:3	g	0.150	0	0.043	0.680
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	0.218	0	0.062	0.989
Threonine	g	0.851	0	0.241	3.860
Isoleucine	g	0.876	0	0.248	3.974
Leucine	g	1.539	0	0.436	6.981
Lysine	g	1.620	0	0.459	7.348
Methionine	g	0.499	0	0.141	2.263
Cystine	g	0.218	0	0.062	0.989
Phenylalanine	g	0.760	0	0.215	3.447
Tyrosine	g	0.654	0	0.185	2.967
Valine	g	0.947	0	0.268	4.296
Arginine	g	1.231	0	0.349	5.584
Histidine	g	0.667	0	0.189	3.026
Alanine	g	1.175	0	0.333	5.330
Aspartic acid	g	1.779	0	0.504	8.070
Glutamic acid	g	2.926	0	0.830	13.272
Glycine	g	1.062	0	0.301	4.817
Proline	g	0.860	0	0.244	3.901
Serine	g	0.745	0	0.211	3.379
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13930 Beef, top sirloin, separable lean and fat, trimmed to 1/8" 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	57.40		0	175.64	48.79	
Energy	kcal	248		0	759	211	
Energy	kj	1038		0	3176	882	
Protein (N x 5.95)	g	28.20		0	86.29	23.97	
Total lipid (fat)	g	14.14		0	43.27	12.02	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.27		0	3.89	1.08	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	34	9	
Iron	mg	3.11		0	9.52	2.64	
Magnesium	mg	29		0	89	25	
Phosphorus	mg	226		0	692	192	
Potassium	mg	372		0	1138	316	
Sodium	mg	63		0	193	54	
Zinc	mg	5.96		0	18.24	5.07	
Copper	mg	0.135		0	0.413	0.115	
Manganese	mg	0.016		0	0.049	0.014	
Selenium	:g	29.5		0	90.3	25.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.367	0.102	
Riboflavin	mg	0.270		0	0.826	0.230	
Niacin	mg	3.980		0	12.179	3.383	
Pantothenic acid	mg	0.360		0	1.102	0.306	
Vitamin B-6	mg	0.420		0	1.285	0.357	
Folate	:g	9		0	28	8	
Vitamin B-12	:g	2.71		0	8.29	2.30	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.180		0	0.551	0.153	
Lipids:							
Saturated, total	g	5.630		0	17.228	4.785	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.092	0.026	
12:0	g	0.030		0	0.092	0.026	
14:0	g	0.430		0	1.316	0.366	
15.0	g						
16:0	g	3.390		0	10.373	2.882	
17:0	g						
18:0	g	1.750		0	5.355	1.488	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.080	0	18.605	5.168
14:1	g				
16:1	g	0.540	0	1.652	0.459
18:1	g	5.510	0	16.861	4.683
20:1	g	0.030	0	0.092	0.026
22.1	g				
Polyunsaturated, total	g	0.540	0	1.652	0.459
18:2	g	0.380	0	1.163	0.323
18:3	g	0.130	0	0.398	0.111
18:4	g				
20:4	g	0.040	0	0.122	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	90	0	275	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.316	0	0.967	0.269
Threonine	g	1.232	0	3.770	1.047
Isoleucine	g	1.268	0	3.880	1.078
Leucine	g	2.229	0	6.821	1.895
Lysine	g	2.346	0	7.179	1.994
Methionine	g	0.722	0	2.209	0.614
Cystine	g	0.316	0	0.967	0.269
Phenylalanine	g	1.101	0	3.369	0.936
Tyrosine	g	0.948	0	2.901	0.806
Valine	g	1.372	0	4.198	1.166
Arginine	g	1.782	0	5.453	1.515
Histidine	g	0.966	0	2.956	0.821
Alanine	g	1.701	0	5.205	1.446
Aspartic acid	g	2.576	0	7.883	2.190
Glutamic acid	g	4.237	0	12.965	3.601
Glycine	g	1.539	0	4.709	1.308
Proline	g	1.245	0	3.810	1.058
Serine	g	1.078	0	3.299	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 with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13931 Beef, top sirloin, separable lean and fat, trimmed to 1/8" 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	64.04		0	18.16	290.49	
Energy	kcal	213		0	60	966	
Energy	kj	891		0	253	4042	
Protein (N x 5.95)	g	19.37		0	5.49	87.86	
Total lipid (fat)	g	14.47		0	4.10	65.64	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.97		0	0.27	4.40	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	2.41		0	0.68	10.93	
Magnesium	mg	21		0	6	95	
Phosphorus	mg	188		0	53	853	
Potassium	mg	319		0	90	1447	
Sodium	mg	54		0	15	245	
Zinc	mg	3.69		0	1.05	16.74	
Copper	mg	0.087		0	0.025	0.395	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	:g	20.2		0	5.7	91.6	
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	3.250		0	0.921	14.742	
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	2.92		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	0.170		0	0.048	0.771	
Lipids:							
Saturated, total	g	5.730		0	1.624	25.991	
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	0.450		0	0.128	2.041	
15.0	g						
16:0	g	3.460		0	0.981	15.695	
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	6.150	0	1.744	27.896
14:1	g				
16:1	g	0.680	0	0.193	3.084
18:1	g	5.450	0	1.545	24.721
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.570	0	0.162	2.586
18:2	g	0.380	0	0.108	1.724
18:3	g	0.160	0	0.045	0.726
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	0.217	0	0.062	0.984
Threonine	g	0.846	0	0.240	3.837
Isoleucine	g	0.871	0	0.247	3.951
Leucine	g	1.531	0	0.434	6.945
Lysine	g	1.611	0	0.457	7.307
Methionine	g	0.496	0	0.141	2.250
Cystine	g	0.217	0	0.062	0.984
Phenylalanine	g	0.756	0	0.214	3.429
Tyrosine	g	0.651	0	0.185	2.953
Valine	g	0.942	0	0.267	4.273
Arginine	g	1.224	0	0.347	5.552
Histidine	g	0.663	0	0.188	3.007
Alanine	g	1.168	0	0.331	5.298
Aspartic acid	g	1.769	0	0.502	8.024
Glutamic acid	g	2.910	0	0.825	13.200
Glycine	g	1.057	0	0.300	4.795
Proline	g	0.855	0	0.242	3.878
Serine	g	0.741	0	0.210	3.361
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13932 Beef, top sirloin, separable lean and fat, trimmed to 1/8" 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	56.44		0	172.71	47.97	
Energy	kcal	259		0	793	220	
Energy	kj	1084		0	3317	921	
Protein (N x 5.95)	g	28.00		0	85.68	23.80	
Total lipid (fat)	g	15.48		0	47.37	13.16	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.26		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	29.3		0	89.7	24.9	
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	0.180		0	0.551	0.153	
Lipids:							
Saturated, total	g	6.160		0	18.850	5.236	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.092	0.026	
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	3.710		0	11.353	3.154	
17:0	g						
18:0	g	1.910		0	5.845	1.623	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.650	0	20.349	5.652
14:1	g				
16:1	g	0.590	0	1.805	0.501
18:1	g	6.030	0	18.452	5.126
20:1	g	0.030	0	0.092	0.026
22.1	g				
Polyunsaturated, total	g	0.590	0	1.805	0.501
18:2	g	0.410	0	1.255	0.349
18:3	g	0.140	0	0.428	0.119
18:4	g				
20:4	g	0.040	0	0.122	0.034
20:5	g				
22:5	g				
22:6	g				
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. 13933 Beef, top sirloin, separable lean and fat, trimmed to 1/8" 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	49.56		0	152.15	42.13	
Energy	kcal	313		0	961	266	
Energy	kj	1310		0	4022	1114	
Protein (N x 5.95)	g	28.77		0	88.32	24.45	
Total lipid (fat)	g	21.06		0	64.65	17.90	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.28		0	3.93	1.09	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	37	10	
Iron	mg	3.42		0	10.50	2.91	
Magnesium	mg	28		0	86	24	
Phosphorus	mg	235		0	721	200	
Potassium	mg	406		0	1246	345	
Sodium	mg	71		0	218	60	
Zinc	mg	5.55		0	17.04	4.72	
Copper	mg	0.131		0	0.402	0.111	
Manganese	mg	0.017		0	0.052	0.014	
Selenium	:g	29.8		0	91.5	25.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.368	0.102	
Riboflavin	mg	0.290		0	0.890	0.247	
Niacin	mg	3.830		0	11.758	3.256	
Pantothenic acid	mg	0.390		0	1.197	0.331	
Vitamin B-6	mg	0.440		0	1.351	0.374	
Folate	:g	9		0	28	8	
Vitamin B-12	:g	3.34		0	10.25	2.84	
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	0.583	0.161	
Lipids:							
Saturated, total	g	8.180		0	25.113	6.953	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.154	0.043	
12:0	g	0.050		0	0.154	0.043	
14:0	g	0.600		0	1.842	0.510	
15.0	g						
16:0	g	4.890		0	15.012	4.156	
17:0	g						
18:0	g	2.440		0	7.491	2.074	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.860	0	27.200	7.531
14:1	g				
16:1	g	0.780	0	2.395	0.663
18:1	g	7.970	0	24.468	6.774
20:1	g	0.040	0	0.123	0.034
22.1	g				
Polyunsaturated, total	g	1.710	0	5.250	1.454
18:2	g	1.340	0	4.114	1.139
18:3	g	0.300	0	0.921	0.255
18:4	g				
20:4	g	0.050	0	0.154	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	98	0	301	83
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.322	0	0.989	0.274
Threonine	g	1.257	0	3.859	1.068
Isoleucine	g	1.293	0	3.970	1.099
Leucine	g	2.274	0	6.981	1.933
Lysine	g	2.394	0	7.350	2.035
Methionine	g	0.736	0	2.260	0.626
Cystine	g	0.322	0	0.989	0.274
Phenylalanine	g	1.123	0	3.448	0.955
Tyrosine	g	0.967	0	2.969	0.822
Valine	g	1.399	0	4.295	1.189
Arginine	g	1.818	0	5.581	1.545
Histidine	g	0.985	0	3.024	0.837
Alanine	g	1.735	0	5.326	1.475
Aspartic acid	g	2.628	0	8.068	2.234
Glutamic acid	g	4.322	0	13.269	3.674
Glycine	g	1.570	0	4.820	1.335
Proline	g	1.270	0	3.899	1.080
Serine	g	1.100	0	3.377	0.935
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 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13934 Beef, top sirloin, separable lean and fat, trimmed to 1/8" 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	65.47		0	18.56	296.97	
Energy	kcal	193		0	55	875	
Energy	kj	808		0	229	3665	
Protein (N x 5.95)	g	19.60		0	5.56	88.91	
Total lipid (fat)	g	12.17		0	3.45	55.20	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98		0	0.28	4.45	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	2.45		0	0.69	11.11	
Magnesium	mg	21		0	6	95	
Phosphorus	mg	190		0	54	862	
Potassium	mg	324		0	92	1470	
Sodium	mg	54		0	15	245	
Zinc	mg	3.74		0	1.06	16.96	
Copper	mg	0.088		0	0.025	0.399	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	：g	20.4		0	5.8	92.5	
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	3.290		0	0.933	14.923	
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	2.95		0	0.84	13.38	
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	4.850		0	1.375	22.000	
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	0.380		0	0.108	1.724	
15.0	g						
16:0	g	2.920		0	0.828	13.245	
17:0	g						
18:0	g	1.480		0	0.420	6.713	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.190	0	1.471	23.542
14:1	g				
16:1	g	0.590	0	0.167	2.676
18:1	g	4.590	0	1.301	20.820
20:1	g	0.010	0	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.480	0	0.136	2.177
18:2	g	0.310	0	0.088	1.406
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	66	0	19	299
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.219	0	0.062	0.993
Threonine	g	0.856	0	0.243	3.883
Isoleucine	g	0.881	0	0.250	3.996
Leucine	g	1.549	0	0.439	7.026
Lysine	g	1.630	0	0.462	7.394
Methionine	g	0.502	0	0.142	2.277
Cystine	g	0.219	0	0.062	0.993
Phenylalanine	g	0.765	0	0.217	3.470
Tyrosine	g	0.658	0	0.187	2.985
Valine	g	0.953	0	0.270	4.323
Arginine	g	1.238	0	0.351	5.616
Histidine	g	0.671	0	0.190	3.044
Alanine	g	1.182	0	0.335	5.362
Aspartic acid	g	1.790	0	0.507	8.119
Glutamic acid	g	2.944	0	0.835	13.354
Glycine	g	1.069	0	0.303	4.849
Proline	g	0.865	0	0.245	3.924
Serine	g	0.749	0	0.212	3.397
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 13935 Beef, top sirloin, separable lean and fat, trimmed to 1/8" 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	58.02		0	177.54	49.32	
Energy	kcal	240		0	734	204	
Energy	kj	1004		0	3072	853	
Protein (N x 5.95)	g	28.20		0	86.29	23.97	
Total lipid (fat)	g	13.25		0	40.55	11.26	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.27		0	3.89	1.08	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	34	9	
Iron	mg	3.11		0	9.52	2.64	
Magnesium	mg	29		0	89	25	
Phosphorus	mg	226		0	692	192	
Potassium	mg	372		0	1138	316	
Sodium	mg	63		0	193	54	
Zinc	mg	5.96		0	18.24	5.07	
Copper	mg	0.135		0	0.413	0.115	
Manganese	mg	0.016		0	0.049	0.014	
Selenium	:g	29.6		0	90.6	25.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.367	0.102	
Riboflavin	mg	0.270		0	0.826	0.230	
Niacin	mg	3.980		0	12.179	3.383	
Pantothenic acid	mg	0.360		0	1.102	0.306	
Vitamin B-6	mg	0.420		0	1.285	0.357	
Folate	:g	9		0	28	8	
Vitamin B-12	:g	2.71		0	8.29	2.30	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.180		0	0.551	0.153	
Lipids:							
Saturated, total	g	5.280		0	16.157	4.488	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.092	0.026	
12:0	g	0.030		0	0.092	0.026	
14:0	g	0.400		0	1.224	0.340	
15.0	g						
16:0	g	3.190		0	9.761	2.711	
17:0	g						
18:0	g	1.620		0	4.957	1.377	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.700	0	17.442	4.845
14:1	g				
16:1	g	0.520	0	1.591	0.442
18:1	g	5.160	0	15.790	4.386
20:1	g	0.030	0	0.092	0.026
22.1	g				
Polyunsaturated, total	g	0.510	0	1.561	0.434
18:2	g	0.350	0	1.071	0.298
18:3	g	0.130	0	0.398	0.111
18:4	g				
20:4	g	0.030	0	0.092	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	90	0	275	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.316	0	0.967	0.269
Threonine	g	1.232	0	3.770	1.047
Isoleucine	g	1.268	0	3.880	1.078
Leucine	g	2.229	0	6.821	1.895
Lysine	g	2.346	0	7.179	1.994
Methionine	g	0.722	0	2.209	0.614
Cystine	g	0.316	0	0.967	0.269
Phenylalanine	g	1.101	0	3.369	0.936
Tyrosine	g	0.948	0	2.901	0.806
Valine	g	1.372	0	4.198	1.166
Arginine	g	1.782	0	5.453	1.515
Histidine	g	0.966	0	2.956	0.821
Alanine	g	1.701	0	5.205	1.446
Aspartic acid	g	2.576	0	7.883	2.190
Glutamic acid	g	4.237	0	12.965	3.601
Glycine	g	1.539	0	4.709	1.308
Proline	g	1.245	0	3.810	1.058
Serine	g	1.078	0	3.299	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 with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 23001 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	61.26		0	17.37	277.88	
Energy	kcal	247		0	70	1120	
Energy	kj	1033		0	293	4686	
Protein (N x 5.95)	g	18.80		0	5.33	85.28	
Total lipid (fat)	g	18.51		0	5.25	83.96	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.01		0	0.29	4.58	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	2	27	
Iron	mg	1.96		0	0.56	8.89	
Magnesium	mg	19		0	5	86	
Phosphorus	mg	170		0	48	771	
Potassium	mg	299		0	85	1356	
Sodium	mg	53		0	15	240	
Zinc	mg	3.19		0	0.90	14.47	
Copper	mg	0.077		0	0.022	0.349	
Manganese	mg	0.013		0	0.004	0.059	
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	3.540		0	1.004	16.057	
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	2.72		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	0.210		0	0.060	0.953	
Lipids:							
Saturated, total	g	7.420		0	2.104	33.657	
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	0.550		0	0.156	2.495	
15.0	g						
16:0	g	4.410		0	1.250	20.004	
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	8.200	0	2.325	37.195
14:1	g				
16:1	g	0.850	0	0.241	3.856
18:1	g	7.260	0	2.058	32.931
20:1	g	0.030	0	0.009	0.136
22.1	g				
Polyunsaturated, total	g	0.700	0	0.198	3.175
18:2	g	0.460	0	0.130	2.087
18:3	g	0.210	0	0.060	0.953
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	0.211	0	0.060	0.957
Threonine	g	0.821	0	0.233	3.724
Isoleucine	g	0.845	0	0.240	3.833
Leucine	g	1.486	0	0.421	6.740
Lysine	g	1.564	0	0.443	7.094
Methionine	g	0.481	0	0.136	2.182
Cystine	g	0.211	0	0.060	0.957
Phenylalanine	g	0.734	0	0.208	3.329
Tyrosine	g	0.632	0	0.179	2.867
Valine	g	0.914	0	0.259	4.146
Arginine	g	1.188	0	0.337	5.389
Histidine	g	0.644	0	0.183	2.921
Alanine	g	1.134	0	0.321	5.144
Aspartic acid	g	1.717	0	0.487	7.788
Glutamic acid	g	2.824	0	0.801	12.810
Glycine	g	1.026	0	0.291	4.654
Proline	g	0.830	0	0.235	3.765
Serine	g	0.719	0	0.204	3.261
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 23002 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 286g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	52.62		0	150.49	44.73	
Energy	kcal	297		0	849	252	
Energy	kj	1243		0	3555	1057	
Protein (N x 5.95)	g	23.51		0	67.24	19.98	
Total lipid (fat)	g	21.83		0	62.43	18.56	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.16		0	3.32	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	23	7	
Iron	mg	2.74		0	7.84	2.33	
Magnesium	mg	23		0	66	20	
Phosphorus	mg	187		0	535	159	
Potassium	mg	321		0	918	273	
Sodium	mg	64		0	183	54	
Zinc	mg	4.58		0	13.10	3.89	
Copper	mg	0.125		0	0.358	0.106	
Manganese	mg	0.015		0	0.043	0.013	
Selenium	:g	22.8		0	65.2	19.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.286	0.085	
Riboflavin	mg	0.220		0	0.629	0.187	
Niacin	mg	4.070		0	11.640	3.460	
Pantothenic acid	mg	0.310		0	0.887	0.264	
Vitamin B-6	mg	0.350		0	1.001	0.298	
Folate	:g	7		0	20	6	
Vitamin B-12	:g	2.15		0	6.15	1.83	
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	0.572	0.170	
Lipids:							
Saturated, total	g	8.420		0	24.081	7.157	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.172	0.051	
12:0	g	0.050		0	0.143	0.043	
14:0	g	0.620		0	1.773	0.527	
15.0	g						
16:0	g	5.100		0	14.586	4.335	
17:0	g						
18:0	g	2.430		0	6.950	2.066	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.590	0	27.427	8.152
14:1	g				
16:1	g	0.820	0	2.345	0.697
18:1	g	8.660	0	24.768	7.361
20:1	g	0.030	0	0.086	0.026
22.1	g				
Polyunsaturated, total	g	0.820	0	2.345	0.697
18:2	g	0.540	0	1.544	0.459
18:3	g	0.230	0	0.658	0.196
18:4	g				
20:4	g	0.030	0	0.086	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	71	0	203	60
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.263	0	0.752	0.224
Threonine	g	1.027	0	2.937	0.873
Isoleucine	g	1.057	0	3.023	0.898
Leucine	g	1.858	0	5.314	1.579
Lysine	g	1.956	0	5.594	1.663
Methionine	g	0.602	0	1.722	0.512
Cystine	g	0.263	0	0.752	0.224
Phenylalanine	g	0.918	0	2.625	0.780
Tyrosine	g	0.790	0	2.259	0.672
Valine	g	1.143	0	3.269	0.972
Arginine	g	1.486	0	4.250	1.263
Histidine	g	0.805	0	2.302	0.684
Alanine	g	1.418	0	4.055	1.205
Aspartic acid	g	2.148	0	6.143	1.826
Glutamic acid	g	3.532	0	10.102	3.002
Glycine	g	1.283	0	3.669	1.091
Proline	g	1.038	0	2.969	0.882
Serine	g	0.899	0	2.571	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. 23003 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	63.70		0	18.06	288.94	
Energy	kcal	222		0	63	1007	
Energy	kj	929		0	263	4214	
Protein (N x 5.95)	g	20.72		0	5.87	93.99	
Total lipid (fat)	g	14.82		0	4.20	67.22	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.34		0	0.38	6.08	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	2	27	
Iron	mg	2.01		0	0.57	9.12	
Magnesium	mg	20		0	6	91	
Phosphorus	mg	174		0	49	789	
Potassium	mg	309		0	88	1402	
Sodium	mg	54		0	15	245	
Zinc	mg	3.28		0	0.93	14.88	
Copper	mg	0.079		0	0.022	0.358	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	:g	16.5		0	4.7	74.8	
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	3.630		0	1.029	16.466	
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	0.190		0	0.054	0.862	
Lipids:							
Saturated, total	g	6.010		0	1.704	27.261	
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	0.460		0	0.130	2.087	
15.0	g						
16:0	g	3.600		0	1.021	16.330	
17:0	g						
18:0	g	1.870		0	0.530	8.482	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.460	0	1.831	29.303
14:1	g				
16:1	g	0.660	0	0.187	2.994
18:1	g	5.740	0	1.627	26.037
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	0.420	0	0.119	1.905
18:3	g	0.170	0	0.048	0.771
18:4	g				
20:4	g	0.040	0	0.011	0.181
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	56	0	16	254
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. 23004 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 288g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	52.66		0	151.66	44.76	
Energy	kcal	294		0	847	250	
Energy	kj	1230		0	3542	1046	
Protein (N x 5.95)	g	24.05		0	69.26	20.44	
Total lipid (fat)	g	21.18		0	61.00	18.00	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08		0	3.11	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	23	7	
Iron	mg	2.72		0	7.83	2.31	
Magnesium	mg	23		0	66	20	
Phosphorus	mg	186		0	536	158	
Potassium	mg	320		0	922	272	
Sodium	mg	64		0	184	54	
Zinc	mg	4.55		0	13.10	3.87	
Copper	mg	0.124		0	0.357	0.105	
Manganese	mg	0.015		0	0.043	0.013	
Selenium	:g	22.9		0	66.0	19.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.288	0.085	
Riboflavin	mg	0.220		0	0.634	0.187	
Niacin	mg	4.050		0	11.664	3.442	
Pantothenic acid	mg	0.310		0	0.893	0.264	
Vitamin B-6	mg	0.350		0	1.008	0.298	
Folate	:g	7		0	20	6	
Vitamin B-12	:g	2.15		0	6.19	1.83	
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	0.576	0.170	
Lipids:							
Saturated, total	g	8.340		0	24.019	7.089	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.144	0.043	
12:0	g	0.050		0	0.144	0.043	
14:0	g	0.630		0	1.814	0.536	
15.0	g						
16:0	g	5.080		0	14.630	4.318	
17:0	g						
18:0	g	2.520		0	7.258	2.142	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.130	0	26.294	7.761
14:1	g				
16:1	g	0.790	0	2.275	0.672
18:1	g	8.240	0	23.731	7.004
20:1	g	0.030	0	0.086	0.026
22.1	g				
Polyunsaturated, total	g	0.890	0	2.563	0.757
18:2	g	0.610	0	1.757	0.518
18:3	g	0.240	0	0.691	0.204
18:4	g				
20:4	g	0.030	0	0.086	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	65	0	187	55
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.269	0	0.775	0.229
Threonine	g	1.051	0	3.027	0.893
Isoleucine	g	1.081	0	3.113	0.919
Leucine	g	1.901	0	5.475	1.616
Lysine	g	2.001	0	5.763	1.701
Methionine	g	0.616	0	1.774	0.524
Cystine	g	0.269	0	0.775	0.229
Phenylalanine	g	0.939	0	2.704	0.798
Tyrosine	g	0.808	0	2.327	0.687
Valine	g	1.170	0	3.370	0.995
Arginine	g	1.520	0	4.378	1.292
Histidine	g	0.824	0	2.373	0.700
Alanine	g	1.451	0	4.179	1.233
Aspartic acid	g	2.198	0	6.330	1.868
Glutamic acid	g	3.614	0	10.408	3.072
Glycine	g	1.312	0	3.779	1.115
Proline	g	1.062	0	3.059	0.903
Serine	g	0.920	0	2.650	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 with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 23005 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 22% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	63.48		0	18.00	287.95	
Energy	kcal	220		0	62	998	
Energy	kj	920		0	261	4173	
Protein (N x 5.95)	g	19.19		0	5.44	87.05	
Total lipid (fat)	g	15.32		0	4.34	69.49	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.16		0	0.33	5.26	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	2	27	
Iron	mg	2.12		0	0.60	9.62	
Magnesium	mg	20		0	6	91	
Phosphorus	mg	175		0	50	794	
Potassium	mg	311		0	88	1411	
Sodium	mg	54		0	15	245	
Zinc	mg	3.27		0	0.93	14.83	
Copper	mg	0.079		0	0.022	0.358	
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	0.180		0	0.051	0.816	
Niacin	mg	3.640		0	1.032	16.511	
Pantothenic acid	mg	0.310		0	0.088	1.406	
Vitamin B-6	mg	0.390		0	0.111	1.769	
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	0.190		0	0.054	0.862	
Lipids:							
Saturated, total	g	6.140		0	1.741	27.851	
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	0.450		0	0.128	2.041	
15.0	g						
16:0	g	3.660		0	1.038	16.602	
17:0	g						
18:0	g	1.840		0	0.522	8.346	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.760	0	1.916	30.663
14:1	g				
16:1	g	0.680	0	0.193	3.084
18:1	g	6.010	0	1.704	27.261
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.600	0	0.170	2.722
18:2	g	0.390	0	0.111	1.769
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	57	0	16	259
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.215	0	0.061	0.975
Threonine	g	0.838	0	0.238	3.801
Isoleucine	g	0.863	0	0.245	3.915
Leucine	g	1.517	0	0.430	6.881
Lysine	g	1.597	0	0.453	7.244
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	0.645	0	0.183	2.926
Valine	g	0.934	0	0.265	4.237
Arginine	g	1.213	0	0.344	5.502
Histidine	g	0.657	0	0.186	2.980
Alanine	g	1.158	0	0.328	5.253
Aspartic acid	g	1.753	0	0.497	7.952
Glutamic acid	g	2.884	0	0.818	13.082
Glycine	g	1.047	0	0.297	4.749
Proline	g	0.848	0	0.240	3.847
Serine	g	0.734	0	0.208	3.329
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 23006 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Refuse: 22% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 287g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.57		0	156.62	46.38	
Energy	kcal	280		0	804	238	
Energy	kj	1172		0	3364	996	
Protein (N x 5.95)	g	24.33		0	69.83	20.68	
Total lipid (fat)	g	19.47		0	55.88	16.55	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.22		0	3.50	1.04	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	23	7	
Iron	mg	2.83		0	8.12	2.41	
Magnesium	mg	24		0	69	20	
Phosphorus	mg	193		0	554	164	
Potassium	mg	336		0	964	286	
Sodium	mg	66		0	189	56	
Zinc	mg	4.68		0	13.43	3.98	
Copper	mg	0.127		0	0.364	0.108	
Manganese	mg	0.015		0	0.043	0.013	
Selenium	:g	22.2		0	63.7	18.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.287	0.085	
Riboflavin	mg	0.220		0	0.631	0.187	
Niacin	mg	4.140		0	11.882	3.519	
Pantothenic acid	mg	0.300		0	0.861	0.255	
Vitamin B-6	mg	0.350		0	1.004	0.298	
Folate	:g	7		0	20	6	
Vitamin B-12	:g	2.17		0	6.23	1.84	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.190		0	0.545	0.161	
Lipids:							
Saturated, total	g	7.560		0	21.697	6.426	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.144	0.043	
12:0	g	0.040		0	0.115	0.034	
14:0	g	0.560		0	1.607	0.476	
15.0	g						
16:0	g	4.580		0	13.145	3.893	
17:0	g						
18:0	g	2.180		0	6.257	1.853	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.540	0	24.510	7.259
14:1	g				
16:1	g	0.720	0	2.066	0.612
18:1	g	7.720	0	22.156	6.562
20:1	g	0.030	0	0.086	0.026
22.1	g				
Polyunsaturated, total	g	0.700	0	2.009	0.595
18:2	g	0.460	0	1.320	0.391
18:3	g	0.200	0	0.574	0.170
18:4	g				
20:4	g	0.030	0	0.086	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	62	0	178	53
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.272	0	0.781	0.231
Threonine	g	1.063	0	3.051	0.904
Isoleucine	g	1.094	0	3.140	0.930
Leucine	g	1.923	0	5.519	1.635
Lysine	g	2.024	0	5.809	1.720
Methionine	g	0.623	0	1.788	0.530
Cystine	g	0.272	0	0.781	0.231
Phenylalanine	g	0.950	0	2.726	0.808
Tyrosine	g	0.817	0	2.345	0.694
Valine	g	1.183	0	3.395	1.006
Arginine	g	1.538	0	4.414	1.307
Histidine	g	0.833	0	2.391	0.708
Alanine	g	1.468	0	4.213	1.248
Aspartic acid	g	2.223	0	6.380	1.890
Glutamic acid	g	3.655	0	10.490	3.107
Glycine	g	1.327	0	3.808	1.128
Proline	g	1.074	0	3.082	0.913
Serine	g	0.930	0	2.669	0.791
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 23007 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, 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	66.28		0	18.79	300.65	
Energy	kcal	192		0	54	871	
Energy	kj	803		0	228	3642	
Protein (N x 5.95)	g	19.89		0	5.64	90.22	
Total lipid (fat)	g	11.84		0	3.36	53.71	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.24		0	0.35	5.62	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	2	27	
Iron	mg	2.16		0	0.61	9.80	
Magnesium	mg	20		0	6	91	
Phosphorus	mg	178		0	50	807	
Potassium	mg	319		0	90	1447	
Sodium	mg	55		0	16	249	
Zinc	mg	3.34		0	0.95	15.15	
Copper	mg	0.081		0	0.023	0.367	
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	0.110		0	0.031	0.499	
Riboflavin	mg	0.180		0	0.051	0.816	
Niacin	mg	3.710		0	1.052	16.829	
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	2.82		0	0.80	12.79	
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	4.810		0	1.364	21.818	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.009	0.136	
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	2.890		0	0.819	13.109	
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	5.100	0	1.446	23.134
14:1	g				
16:1	g	0.520	0	0.147	2.359
18:1	g	4.530	0	1.284	20.548
20:1	g	0.010	0	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.550	0	0.156	2.495
18:2	g	0.380	0	0.108	1.724
18:3	g	0.140	0	0.040	0.635
18:4	g				
20:4	g	0.040	0	0.011	0.181
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	45	0	13	204
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.223	0	0.063	1.012
Threonine	g	0.869	0	0.246	3.942
Isoleucine	g	0.894	0	0.253	4.055
Leucine	g	1.572	0	0.446	7.131
Lysine	g	1.654	0	0.469	7.503
Methionine	g	0.509	0	0.144	2.309
Cystine	g	0.223	0	0.063	1.012
Phenylalanine	g	0.776	0	0.220	3.520
Tyrosine	g	0.668	0	0.189	3.030
Valine	g	0.967	0	0.274	4.386
Arginine	g	1.257	0	0.356	5.702
Histidine	g	0.681	0	0.193	3.089
Alanine	g	1.199	0	0.340	5.439
Aspartic acid	g	1.817	0	0.515	8.242
Glutamic acid	g	2.988	0	0.847	13.554
Glycine	g	1.085	0	0.308	4.922
Proline	g	0.878	0	0.249	3.983
Serine	g	0.760	0	0.215	3.447
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 23008 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, 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* 364g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.53		0	202.13	47.20	
Energy	kcal	265		0	965	225	
Energy	kj	1109		0	4037	943	
Protein (N x 5.95)	g	25.01		0	91.04	21.26	
Total lipid (fat)	g	17.54		0	63.85	14.91	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.35		0	4.91	1.15	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	29	7	
Iron	mg	2.88		0	10.48	2.45	
Magnesium	mg	25		0	91	21	
Phosphorus	mg	196		0	713	167	
Potassium	mg	342		0	1245	291	
Sodium	mg	66		0	240	56	
Zinc	mg	4.76		0	17.33	4.05	
Copper	mg	0.129		0	0.470	0.110	
Manganese	mg	0.015		0	0.055	0.013	
Selenium	:g	22.3		0	81.2	19.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.364	0.085	
Riboflavin	mg	0.220		0	0.801	0.187	
Niacin	mg	4.200		0	15.288	3.570	
Pantothenic acid	mg	0.310		0	1.128	0.264	
Vitamin B-6	mg	0.350		0	1.274	0.298	
Folate	:g	7		0	25	6	
Vitamin B-12	:g	2.18		0	7.94	1.85	
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	0.655	0.153	
Lipids:							
Saturated, total	g	6.910		0	25.152	5.874	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.146	0.034	
12:0	g	0.040		0	0.146	0.034	
14:0	g	0.510		0	1.856	0.434	
15.0	g						
16:0	g	4.210		0	15.324	3.579	
17:0	g						
18:0	g	2.100		0	7.644	1.785	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.600	0	27.664	6.460
14:1	g				
16:1	g	0.610	0	2.220	0.518
18:1	g	6.910	0	25.152	5.874
20:1	g	0.020	0	0.073	0.017
22.1	g				
Polyunsaturated, total	g	0.660	0	2.402	0.561
18:2	g	0.460	0	1.674	0.391
18:3	g	0.170	0	0.619	0.145
18:4	g				
20:4	g	0.030	0	0.109	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	57	0	207	48
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.280	0	1.019	0.238
Threonine	g	1.093	0	3.979	0.929
Isoleucine	g	1.125	0	4.095	0.956
Leucine	g	1.977	0	7.196	1.680
Lysine	g	2.081	0	7.575	1.769
Methionine	g	0.640	0	2.330	0.544
Cystine	g	0.280	0	1.019	0.238
Phenylalanine	g	0.977	0	3.556	0.830
Tyrosine	g	0.840	0	3.058	0.714
Valine	g	1.217	0	4.430	1.034
Arginine	g	1.581	0	5.755	1.344
Histidine	g	0.856	0	3.116	0.728
Alanine	g	1.509	0	5.493	1.283
Aspartic acid	g	2.285	0	8.317	1.942
Glutamic acid	g	3.758	0	13.679	3.194
Glycine	g	1.365	0	4.969	1.160
Proline	g	1.105	0	4.022	0.939
Serine	g	0.957	0	3.483	0.813
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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*** Common Measures:**

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

Measure 2: 3 oz

NDB No. 23501 USDA Commodity, beef patties with VPP, frozen, 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* 68g	Measure 2*	Measure 3*
Proximates:							
Water	g	58.54		1	39.81		
Energy	kcal	247		0	168		
Energy	kj	1033		0	702		
Protein (N x 5.95)	g	15.64		1	10.64		
Total lipid (fat)	g	16.94		1	11.52		
Carbohydrate, by difference	g	7.89		0	5.37		
Fiber, total dietary	g	1.4		1	1.0		
Ash	g	0.99		1	0.67		
Sugars, total	g						
Minerals:							
Calcium	mg	39		1	26		
Iron	mg	3.64		1	2.47		
Magnesium	mg	49		1	33		
Phosphorus	mg	235		1	160		
Potassium	mg	325		1	221		
Sodium	mg	66		1	45		
Zinc	mg	8.32		1	5.66		
Copper	mg	0.251		1	0.171		
Manganese	mg	0.350		1	0.238		
Selenium	:g	14.6		0	9.9		
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg	0.253		1	0.172		
Riboflavin	mg	0.209		1	0.142		
Niacin	mg	3.853		1	2.620		
Pantothenic acid	mg	1.165		1	0.792		
Vitamin B-6	mg	0.264		1	0.180		
Folate	:g	17		0	12		
Vitamin B-12	:g	2.87		1	1.95		
Vitamin A	IU	47		1	32		
Vitamin A, RE	:g	14		1	10		
Vitamin D	IU						
Vitamin E, "-TE	mg	3.863		1	2.627		
Lipids:							
Saturated, total	g	6.253		1	4.252		
4:0	g	0.000		1	0.000		
6.0	g	0.000		1	0.000		
8:0	g	0.003		1	0.002		
10:0	g	0.013		1	0.009		
12:0	g	0.014		1	0.010		
14:0	g	0.407		1	0.277		
15.0	g						
16:0	g	3.488		1	2.372		
17:0	g						
18:0	g	1.782		1	1.212		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.709	1	5.242
14:1	g			
16:1	g	0.817	1	0.556
18:1	g	6.672	1	4.537
20:1	g	0.044	1	0.030
22.1	g	0.002	1	0.001
Polyunsaturated, total	g	0.626	1	0.426
18:2	g	0.468	1	0.318
18:3	g	0.087	1	0.059
18:4	g	0.000	1	0.000
20:4	g	0.039	1	0.027
20:5	g	0.004	1	0.003
22:5	g	0.000	1	0.000
22:6	g	0.000	1	0.000
Cholesterol	mg	38	1	26
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 patty

NDB No. 23502 USDA Commodity, beef, ground bulk/coarse ground, frozen, 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*	Measure 2*	Measure 3*
Proximates:							
Water	g	56.49		1			
Energy	kcal	259		0			
Energy	kj	1084		0			
Protein (N x 5.95)	g	26.06		1			
Total lipid (fat)	g	16.34		1			
Carbohydrate, by difference	g	0.00		0			
Fiber, total dietary	g	0.0		0			
Ash	g	0.95		1			
Sugars, total	g						
Minerals:							
Calcium	mg	9		1			
Iron	mg	3.01		1			
Magnesium	mg	24		1			
Phosphorus	mg	221		1			
Potassium	mg	333		1			
Sodium	mg	95		1			
Zinc	mg	6.28		1			
Copper	mg	0.140		1			
Manganese	mg	0.016		0			
Selenium	:g	15.9		0			
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.071		1			
Riboflavin	mg	0.120		1			
Niacin	mg	3.376		1			
Pantothenic acid	mg	0.574		1			
Vitamin B-6	mg	0.132		1			
Folate	:g	9		0			
Vitamin B-12	:g	3.06		1			
Vitamin A	IU	41		1			
Vitamin A, RE	:g	12		1			
Vitamin D	IU						
Vitamin E, "-TE	mg	0.785		1			
Lipids:							
Saturated, total	g	5.744		1			
4:0	g	0.000		1			
6.0	g	0.000		1			
8:0	g	0.000		1			
10:0	g	0.012		1			
12:0	g	0.013		1			
14:0	g	0.368		1			
15.0	g						
16:0	g	3.219		1			
17:0	g						
18:0	g	1.654		1			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.504	1
14:1	g		
16:1	g	0.767	1
18:1	g	6.529	1
20:1	g	0.054	1
22.1	g	0.000	1
Polyunsaturated, total	g	0.620	1
18:2	g	0.437	1
18:3	g	0.076	1
18:4	g	0.000	1
20:4	g	0.057	1
20:5	g	0.007	1
22:5	g	0.000	1
22:6	g	0.006	1
Cholesterol	mg	89	1
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg	0	0
Theobromine	mg	0	0
Alcohol	g		

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

NDB No. 23503 USDA Commodity, beef, patties (100%), frozen, 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* 64g	Measure 2*	Measure 3*
Proximates:							
Water	g	58.77		1	37.61		
Energy	kcal	249		0	159		
Energy	kj	1042		0	667		
Protein (N x 5.95)	g	22.98		1	14.71		
Total lipid (fat)	g	16.37		1	10.48		
Carbohydrate, by difference	g	0.91		0	0.58		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	0.97		1	0.62		
Sugars, total	g						
Minerals:							
Calcium	mg	8		1	5		
Iron	mg	2.55		1	1.63		
Magnesium	mg	19		1	12		
Phosphorus	mg	183		1	117		
Potassium	mg	233		1	149		
Sodium	mg	66		1	42		
Zinc	mg	5.26		1	3.37		
Copper	mg	0.064		0	0.041		
Manganese	mg	0.016		0	0.010		
Selenium	：g	21.5		0	13.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.051		1	0.033		
Riboflavin	mg	0.186		1	0.119		
Niacin	mg	2.940		1	1.882		
Pantothenic acid	mg	0.606		1	0.388		
Vitamin B-6	mg	0.167		1	0.107		
Folate	：g	8		0	5		
Vitamin B-12	：g	3.50		1	2.24		
Vitamin A	IU	35		1	22		
Vitamin A, RE	：g	11		1	7		
Vitamin D	IU						
Vitamin E, "-TE	mg	1.923		1	1.231		
Lipids:							
Saturated, total	g	6.252		1	4.001		
4:0	g	0.000		1	0.000		
6.0	g	0.000		1	0.000		
8:0	g	0.004		1	0.003		
10:0	g	0.015		1	0.010		
12:0	g	0.013		1	0.008		
14:0	g	0.405		1	0.259		
15.0	g						
16:0	g	3.531		1	2.260		
17:0	g						
18:0	g	1.764		1	1.129		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.081	1	5.172
14:1	g			
16:1	g	0.000	1	0.000
18:1	g	0.000	1	0.000
20:1	g	0.048	1	0.031
22.1	g	0.000	1	0.000
Polyunsaturated, total	g	0.589	1	0.377
18:2	g	0.467	1	0.299
18:3	g	0.060	1	0.038
18:4	g	0.000	1	0.000
20:4	g	0.030	1	0.019
20:5	g	0.007	1	0.004
22:5	g	0.000	1	0.000
22:6	g	0.003	1	0.002
Cholesterol	mg	86	1	55
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 patty

NDB No. 23506 USDA Commodity, beef patties with VPP, frozen, 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*	Measure 2*	Measure 3*
Proximates:							
Water	g	63.35		1			
Energy	kcal	225		0			
Energy	kj	941		0			
Protein (N x 5.95)	g	15.21		1			
Total lipid (fat)	g	16.48		1			
Carbohydrate, by difference	g	3.84		0			
Fiber, total dietary	g	1.3		1			
Ash	g	1.12		1			
Sugars, total	g						
Minerals:							
Calcium	mg	29		1			
Iron	mg	2.66		1			
Magnesium	mg	36		1			
Phosphorus	mg	190		1			
Potassium	mg	294		1			
Sodium	mg	55		1			
Zinc	mg	5.44		1			
Copper	mg	0.163		1			
Manganese	mg	0.252		1			
Selenium	:g	11.7		0			
Vitamins:							
Ascorbic acid	mg	0.0		1			
Thiamin	mg	0.316		0			
Riboflavin	mg	0.220		0			
Niacin	mg	4.281		0			
Pantothenic acid	mg	1.456		0			
Vitamin B-6	mg	0.440		0			
Folate	:g						
Vitamin B-12	:g	3.59		0			
Vitamin A	IU	49		1			
Vitamin A, RE	:g	15		1			
Vitamin D	IU						
Vitamin E, "-TE	mg	5.151		0			
Lipids:							
Saturated, total	g	5.872		1			
4:0	g	0.000		1			
6.0	g	0.000		1			
8:0	g	0.000		1			
10:0	g	0.013		1			
12:0	g	0.015		1			
14:0	g	0.400		1			
15.0	g						
16:0	g	3.262		1			
17:0	g						
18:0	g	1.652		1			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.648	1
14:1	g		
16:1	g	0.769	1
18:1	g	6.649	1
20:1	g	0.049	1
22.1	g	0.006	1
Polyunsaturated, total	g	0.573	1
18:2	g	0.452	1
18:3	g	0.056	1
18:4	g	0.000	1
20:4	g	0.033	1
20:5	g	0.004	1
22:5	g	0.009	1
22:6	g	0.009	1
Cholesterol	mg	33	1
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

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

NDB No. 23507 USDA Commodity, beef, patties (100%), frozen, 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*	Measure 2*	Measure 3*
Proximates:							
Water	g	64.72		1			
Energy	kcal	204		0			
Energy	kj	854		0			
Protein (N x 5.95)	g	14.63		0			
Total lipid (fat)	g	15.69		1			
Carbohydrate, by difference	g	0.00		0			
Fiber, total dietary	g	0.0		0			
Ash	g	0.68		0			
Sugars, total	g						
Minerals:							
Calcium	mg	7		0			
Iron	mg	1.93		0			
Magnesium	mg	18		0			
Phosphorus	mg	145		0			
Potassium	mg	269		0			
Sodium	mg	74		0			
Zinc	mg	4.12		0			
Copper	mg	0.073		0			
Manganese	mg	0.017		0			
Selenium	:g	14.8		0			
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.043		0			
Riboflavin	mg	0.160		0			
Niacin	mg	3.846		0			
Pantothenic acid	mg	0.309		0			
Vitamin B-6	mg	0.214		0			
Folate	:g	6		0			
Vitamin B-12	:g	2.05		0			
Vitamin A	IU	0		0			
Vitamin A, RE	:g	0		0			
Vitamin D	IU						
Vitamin E, "-TE	mg	0.131		0			
Lipids:							
Saturated, total	g	6.333		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.000		0			
10:0	g	0.020		0			
12:0	g	0.020		0			
14:0	g	0.447		0			
15.0	g						
16:0	g	3.633		0			
17:0	g						
18:0	g	1.881		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.861	0
14:1	g		
16:1	g	0.000	0
18:1	g	0.000	0
20:1	g	0.020	0
22.1	g	0.000	0
Polyunsaturated, total	g	0.643	0
18:2	g	0.047	0
18:3	g	0.081	0
18:4	g	0.000	0
20:4	g	0.061	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	53	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

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

NDB No. 23508 USDA Commodity, beef, ground, bulk/coarse ground, frozen, 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*	Measure 2*	Measure 3*
Proximates:							
Water	g	65.81		1			
Energy	kcal	228		0			
Energy	kj	954		0			
Protein (N x 5.95)	g	17.37		0			
Total lipid (fat)	g	17.07		1			
Carbohydrate, by difference	g	0.00		0			
Fiber, total dietary	g	0.0		0			
Ash	g	0.86		0			
Sugars, total	g						
Minerals:							
Calcium	mg	7		0			
Iron	mg	1.69		0			
Magnesium	mg	17		0			
Phosphorus	mg	122		0			
Potassium	mg	246		0			
Sodium	mg	57		0			
Zinc	mg	3.59		0			
Copper	mg	0.062		0			
Manganese	mg	0.015		0			
Selenium	:g	12.1		0			
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.056		0			
Riboflavin	mg	0.232		0			
Niacin	mg	4.207		0			
Pantothenic acid	mg	0.362		0			
Vitamin B-6	mg	0.241		0			
Folate	:g	7		0			
Vitamin B-12	:g	1.91		0			
Vitamin A	IU	0		0			
Vitamin A, RE	:g	0		0			
Vitamin D	IU						
Vitamin E, "-TE	mg	0.167		0			
Lipids:							
Saturated, total	g	6.813		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.000		0			
10:0	g	0.020		0			
12:0	g	0.020		0			
14:0	g	0.470		0			
15.0	g						
16:0	g	3.912		0			
17:0	g						
18:0	g	2.041		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.413	0
14:1	g		
16:1	g	0.680	0
18:1	g	6.403	0
20:1	g	0.020	0
22.1	g	0.000	0
Polyunsaturated, total	g	0.710	0
18:2	g	0.053	0
18:3	g	0.070	0
18:4	g	0.000	0
20:4	g	0.080	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	69	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

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

NDB No. 51602 PIERRE, Country Fried Beef Steak, product code 1610

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* 108g	Measure 2*	Measure 3*
Proximates:							
Water	g	45.65		0	49.30		
Energy	kcal	330		0	356		
Energy	kj	1381		0	1491		
Protein (N x 5.95)	g	15.61		0	16.86		
Total lipid (fat)	g	23.71		0	25.61		
Carbohydrate, by difference	g	13.04		0	14.08		
Fiber, total dietary	g	0.4		0	0.4		
Ash	g	1.50		0	1.62		
Sugars, total	g	0.19		0	0.21		
Minerals:							
Calcium	mg	14		0	15		
Iron	mg	2.46		0	2.66		
Magnesium	mg	12		0	13		
Phosphorus	mg	164		0	177		
Potassium	mg	201		0	217		
Sodium	mg	349		0	377		
Zinc	mg	3.15		0	3.40		
Copper	mg	0.098		0	0.106		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.195		0	0.211		
Riboflavin	mg	0.216		0	0.233		
Niacin	mg	3.496		0	3.776		
Pantothenic acid	mg	0.207		0	0.224		
Vitamin B-6	mg	0.147		0	0.159		
Folate	:g	35		0	38		
Vitamin B-12	:g	1.40		0	1.51		
Vitamin A	IU	1		0	1		
Vitamin A, RE	:g						
Vitamin D	IU	7		0	8		
Vitamin E, "-TE	mg	1.721		0	1.859		
Lipids:							
Saturated, total	g	7.312		0	7.897		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	2.014		0	2.175		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.489	0	9.168
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	5.856	0	6.324
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	48	0	52
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51605 PIERRE, Country Fried Beef Patty, product code 1840

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* 108g	Measure 2*	Measure 3*
Proximates:							
Water	g	43.15		0	46.60		
Energy	kcal	330		0	356		
Energy	kj	1381		0	1491		
Protein (N x 5.95)	g	16.25		0	17.55		
Total lipid (fat)	g	22.95		0	24.79		
Carbohydrate, by difference	g	15.24		0	16.46		
Fiber, total dietary	g	1.4		0	1.5		
Ash	g	2.10		0	2.27		
Sugars, total	g	0.18		0	0.19		
Minerals:							
Calcium	mg	32		0	35		
Iron	mg	2.97		0	3.21		
Magnesium	mg	27		0	29		
Phosphorus	mg	228		0	246		
Potassium	mg	272		0	294		
Sodium	mg	481		0	519		
Zinc	mg	4.47		0	4.83		
Copper	mg	0.194		0	0.210		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.305		0	0.329		
Riboflavin	mg	0.242		0	0.261		
Niacin	mg	4.112		0	4.441		
Pantothenic acid	mg	0.316		0	0.341		
Vitamin B-6	mg	0.250		0	0.270		
Folate	΄g	36		0	39		
Vitamin B-12	΄g	1.47		0	1.59		
Vitamin A	IU	48		0	52		
Vitamin A, RE	΄g						
Vitamin D	IU	5		0	5		
Vitamin E, "-TE	mg	2.104		0	2.272		
Lipids:							
Saturated, total	g	6.032		0	6.515		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.674		0	1.808		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.362	0	7.951
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	7.368	0	7.957
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	39	0	42
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51606 PIERRE, Country Fried Beef Patty, product code 1845

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	41.14		0	34.97		
Energy	kcal	343		0	292		
Energy	kj	1435		0	1220		
Protein (N x 5.95)	g	17.07		0	14.51		
Total lipid (fat)	g	23.84		0	20.26		
Carbohydrate, by difference	g	15.89		0	13.51		
Fiber, total dietary	g	1.3		0	1.1		
Ash	g	2.06		0	1.75		
Sugars, total	g	0.17		0	0.14		
Minerals:							
Calcium	mg	39		0	33		
Iron	mg	3.20		0	2.72		
Magnesium	mg	27		0	23		
Phosphorus	mg	246		0	209		
Potassium	mg	276		0	235		
Sodium	mg	502		0	427		
Zinc	mg	4.41		0	3.75		
Copper	mg	0.185		0	0.157		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.309		0	0.263		
Riboflavin	mg	0.278		0	0.236		
Niacin	mg	3.965		0	3.370		
Pantothenic acid	mg	0.536		0	0.456		
Vitamin B-6	mg	0.250		0	0.213		
Folate	:g	43		0	37		
Vitamin B-12	:g	1.76		0	1.50		
Vitamin A	IU	115		0	98		
Vitamin A, RE	:g						
Vitamin D	IU	5		0	4		
Vitamin E, "-TE	mg	2.102		0	1.787		
Lipids:							
Saturated, total	g	6.340		0	5.389		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.597		0	1.357		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.839	0	6.663
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	7.591	0	6.452
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	37	0	31
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51610 PIERRE, Country Fried Beef Steak Nugget, product code 1910

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* 14g	Measure 2*	Measure 3*
Proximates:							
Water	g	38.69		0	5.49		
Energy	kcal	378		0	54		
Energy	kj	1582		0	225		
Protein (N x 5.95)	g	17.10		0	2.43		
Total lipid (fat)	g	27.87		0	3.96		
Carbohydrate, by difference	g	14.70		0	2.09		
Fiber, total dietary	g	0.4		0	0.1		
Ash	g	1.64		0	0.23		
Sugars, total	g	0.16		0	0.02		
Minerals:							
Calcium	mg	15		0	2		
Iron	mg	2.67		0	0.38		
Magnesium	mg	13		0	2		
Phosphorus	mg	180		0	26		
Potassium	mg	221		0	31		
Sodium	mg	383		0	54		
Zinc	mg	3.45		0	0.49		
Copper	mg	0.113		0	0.016		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.214		0	0.030		
Riboflavin	mg	0.236		0	0.034		
Niacin	mg	3.834		0	0.544		
Pantothenic acid	mg	0.227		0	0.032		
Vitamin B-6	mg	0.161		0	0.023		
Folate	΄g	38		0	5		
Vitamin B-12	΄g	1.53		0	0.22		
Vitamin A	IU	1		0	0		
Vitamin A, RE	΄g						
Vitamin D	IU	8		0	1		
Vitamin E, "-TE	mg	2.211		0	0.314		
Lipids:							
Saturated, total	g	8.284		0	1.176		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	2.280		0	0.324		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.743	0	1.384
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	7.508	0	1.066
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	53	0	8
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51613 PIERRE, Country Fried Beef Nugget, product code 1935

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* 14g	Measure 2*	Measure 3*
Proximates:							
Water	g	41.14		0	5.84		
Energy	kcal	343		0	49		
Energy	kj	1435		0	204		
Protein (N x 5.95)	g	17.07		0	2.42		
Total lipid (fat)	g	23.84		0	3.39		
Carbohydrate, by difference	g	15.89		0	2.26		
Fiber, total dietary	g	1.3		0	0.2		
Ash	g	2.06		0	0.29		
Sugars, total	g	0.17		0	0.02		
Minerals:							
Calcium	mg	39		0	6		
Iron	mg	3.20		0	0.45		
Magnesium	mg	27		0	4		
Phosphorus	mg	246		0	35		
Potassium	mg	276		0	39		
Sodium	mg	502		0	71		
Zinc	mg	4.41		0	0.63		
Copper	mg	0.185		0	0.026		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.309		0	0.044		
Riboflavin	mg	0.278		0	0.039		
Niacin	mg	3.965		0	0.563		
Pantothenic acid	mg	0.536		0	0.076		
Vitamin B-6	mg	0.250		0	0.035		
Folate	΄g	43		0	6		
Vitamin B-12	΄g	1.76		0	0.25		
Vitamin A	IU	115		0	16		
Vitamin A, RE	΄g						
Vitamin D	IU	5		0	1		
Vitamin E, "-TE	mg	2.102		0	0.298		
Lipids:							
Saturated, total	g	6.340		0	0.900		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.597		0	0.227		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.839	0	1.113
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	7.591	0	1.078
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	37	0	5
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51623 PIERRE, Country Fried Beef Steak, product code 3710, contains USDA commodity meat

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* 108g	Measure 2*	Measure 3*
Proximates:							
Water	g	49.50		0	53.46		
Energy	kcal	292		0	315		
Energy	kj	1222		0	1320		
Protein (N x 5.95)	g	15.88		0	17.15		
Total lipid (fat)	g	19.46		0	21.02		
Carbohydrate, by difference	g	13.32		0	14.39		
Fiber, total dietary	g	0.4		0	0.4		
Ash	g	1.84		0	1.99		
Sugars, total	g	0.14		0	0.15		
Minerals:							
Calcium	mg	13		0	14		
Iron	mg	2.47		0	2.67		
Magnesium	mg	13		0	14		
Phosphorus	mg	204		0	220		
Potassium	mg	207		0	224		
Sodium	mg	457		0	494		
Zinc	mg	2.94		0	3.18		
Copper	mg	0.078		0	0.084		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.192		0	0.207		
Riboflavin	mg	0.217		0	0.234		
Niacin	mg	3.464		0	3.741		
Pantothenic acid	mg	0.200		0	0.216		
Vitamin B-6	mg	0.161		0	0.174		
Folate	:g	35		0	38		
Vitamin B-12	:g	1.40		0	1.51		
Vitamin A	IU	1		0	1		
Vitamin A, RE	:g						
Vitamin D	IU	7		0	8		
Vitamin E, "-TE	mg	0.922		0	0.996		
Lipids:							
Saturated, total	g	6.403		0	6.915		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.758		0	1.899		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.338	0	7.925
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	3.766	0	4.067
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	55	0	59
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51624 PIERRE, Country Fried Beef Steak Nugget, product code 3711, contains USDA commodity meat

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* 16g	Measure 2*	Measure 3*
Proximates:							
Water	g	48.23		0	7.72		
Energy	kcal	296		0	47		
Energy	kj	1238		0	198		
Protein (N x 5.95)	g	16.54		0	2.65		
Total lipid (fat)	g	19.43		0	3.11		
Carbohydrate, by difference	g	13.88		0	2.22		
Fiber, total dietary	g	0.4		0	0.1		
Ash	g	1.92		0	0.31		
Sugars, total	g	0.15		0	0.02		
Minerals:							
Calcium	mg	14		0	2		
Iron	mg	2.58		0	0.41		
Magnesium	mg	13		0	2		
Phosphorus	mg	212		0	34		
Potassium	mg	216		0	35		
Sodium	mg	477		0	76		
Zinc	mg	3.06		0	0.49		
Copper	mg	0.091		0	0.015		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.200		0	0.032		
Riboflavin	mg	0.226		0	0.036		
Niacin	mg	3.610		0	0.578		
Pantothenic acid	mg	0.209		0	0.033		
Vitamin B-6	mg	0.167		0	0.027		
Folate	:g	36		0	6		
Vitamin B-12	:g	1.46		0	0.23		
Vitamin A	IU	1		0	0		
Vitamin A, RE	:g						
Vitamin D	IU	7		0	1		
Vitamin E, "-TE	mg	1.393		0	0.223		
Lipids:							
Saturated, total	g	5.929		0	0.949		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.624		0	0.260		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.964	0	1.114
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	4.724	0	0.756
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	48	0	8
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51625 PIERRE, Country Fried Beef Patty, product code 3712, contains USDA commodity meat

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* 109g	Measure 2*	Measure 3*
Proximates:							
Water	g	50.34		0	54.87		
Energy	kcal	281		0	306		
Energy	kj	1176		0	1282		
Protein (N x 5.95)	g	15.30		0	16.68		
Total lipid (fat)	g	18.41		0	20.07		
Carbohydrate, by difference	g	14.34		0	15.63		
Fiber, total dietary	g	0.9		0	1.0		
Ash	g	1.61		0	1.75		
Sugars, total	g	0.16		0	0.17		
Minerals:							
Calcium	mg	23		0	25		
Iron	mg	2.66		0	2.90		
Magnesium	mg	20		0	22		
Phosphorus	mg	208		0	227		
Potassium	mg	241		0	263		
Sodium	mg	334		0	364		
Zinc	mg	3.56		0	3.88		
Copper	mg	0.138		0	0.150		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.245		0	0.267		
Riboflavin	mg	0.222		0	0.242		
Niacin	mg	3.747		0	4.084		
Pantothenic acid	mg	0.259		0	0.282		
Vitamin B-6	mg	0.198		0	0.216		
Folate	:g	35		0	38		
Vitamin B-12	:g	1.39		0	1.52		
Vitamin A	IU	27		0	29		
Vitamin A, RE	:g						
Vitamin D	IU	6		0	7		
Vitamin E, "-TE	mg	1.607		0	1.752		
Lipids:							
Saturated, total	g	5.142		0	5.605		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.400		0	1.526		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.212	0	6.771
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	5.449	0	5.939
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	38	0	41
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51626 PIERRE, Country Fried Beef Patty, product code 3713, contains USDA commodity meat

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* 109g	Measure 2*	Measure 3*
Proximates:							
Water	g	43.07		0	46.95		
Energy	kcal	330		0	360		
Energy	kj	1381		0	1505		
Protein (N x 5.95)	g	16.82		0	18.33		
Total lipid (fat)	g	22.57		0	24.60		
Carbohydrate, by difference	g	15.77		0	17.19		
Fiber, total dietary	g	1.0		0	1.1		
Ash	g	1.77		0	1.93		
Sugars, total	g	0.18		0	0.20		
Minerals:							
Calcium	mg	25		0	27		
Iron	mg	2.93		0	3.19		
Magnesium	mg	22		0	24		
Phosphorus	mg	229		0	250		
Potassium	mg	264		0	288		
Sodium	mg	368		0	401		
Zinc	mg	3.91		0	4.26		
Copper	mg	0.161		0	0.175		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.269		0	0.293		
Riboflavin	mg	0.244		0	0.266		
Niacin	mg	4.119		0	4.490		
Pantothenic acid	mg	0.284		0	0.310		
Vitamin B-6	mg	0.217		0	0.237		
Folate	:g	38		0	41		
Vitamin B-12	:g	1.53		0	1.67		
Vitamin A	IU	29		0	32		
Vitamin A, RE	:g						
Vitamin D	IU	6		0	7		
Vitamin E, "-TE	mg	2.167		0	2.362		
Lipids:							
Saturated, total	g	5.987		0	6.526		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.627		0	1.773		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.371	0	8.034
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	7.336	0	7.996
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	42	0	46
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51627 PIERRE, Country Fried Beef Finger, product code 3714, contains USDA commodity meat

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* 26g	Measure 2*	Measure 3*
Proximates:							
Water	g	48.99		0	12.74		
Energy	kcal	302		0	79		
Energy	kj	1264		0	329		
Protein (N x 5.95)	g	15.20		0	3.95		
Total lipid (fat)	g	21.30		0	5.54		
Carbohydrate, by difference	g	12.75		0	3.31		
Fiber, total dietary	g	0.4		0	0.1		
Ash	g	1.76		0	0.46		
Sugars, total	g	0.14		0	0.04		
Minerals:							
Calcium	mg	12		0	3		
Iron	mg	2.37		0	0.62		
Magnesium	mg	12		0	3		
Phosphorus	mg	195		0	51		
Potassium	mg	198		0	51		
Sodium	mg	438		0	114		
Zinc	mg	2.81		0	0.73		
Copper	mg	0.097		0	0.025		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.184		0	0.048		
Riboflavin	mg	0.208		0	0.054		
Niacin	mg	3.317		0	0.862		
Pantothenic acid	mg	0.192		0	0.050		
Vitamin B-6	mg	0.154		0	0.040		
Folate	:g	33		0	9		
Vitamin B-12	:g	1.34		0	0.35		
Vitamin A	IU	1		0	0		
Vitamin A, RE	:g						
Vitamin D	IU	6		0	2		
Vitamin E, "-TE	mg	1.875		0	0.488		
Lipids:							
Saturated, total	g	5.944		0	1.545		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.623		0	0.422		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.202	0	1.873
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	6.343	0	1.649
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	44	0	11
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51628 PIERRE, Flame Broiled Salisbury Steak, product code 3720, contains USDA commodity meat

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* 72g	Measure 2*	Measure 3*
Proximates:							
Water	g	58.93		0	42.43		
Energy	kcal	218		0	157		
Energy	kj	912		0	657		
Protein (N x 5.95)	g	22.14		0	15.94		
Total lipid (fat)	g	12.90		0	9.29		
Carbohydrate, by difference	g	3.21		0	2.31		
Fiber, total dietary	g	0.6		0	0.4		
Ash	g	2.82		0	2.03		
Sugars, total	g	1.00		0	0.72		
Minerals:							
Calcium	mg	27		0	19		
Iron	mg	1.96		0	1.41		
Magnesium	mg	28		0	20		
Phosphorus	mg	316		0	228		
Potassium	mg	345		0	248		
Sodium	mg	698		0	503		
Zinc	mg	4.29		0	3.09		
Copper	mg	0.123		0	0.089		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	2.1		0	1.5		
Thiamin	mg	0.122		0	0.088		
Riboflavin	mg	0.157		0	0.113		
Niacin	mg	3.185		0	2.293		
Pantothenic acid	mg	0.482		0	0.347		
Vitamin B-6	mg	0.330		0	0.238		
Folate	:g	9		0	6		
Vitamin B-12	:g	1.93		0	1.39		
Vitamin A	IU	95		0	68		
Vitamin A, RE	:g						
Vitamin D	IU	9		0	7		
Vitamin E, "-TE	mg	0.072		0	0.052		
Lipids:							
Saturated, total	g	5.104		0	3.675		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.377		0	0.991		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.591	0	4.026
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.574	0	0.413
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	59	0	42
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51629 PIERRE, Flame Broiled Lower Fat Salisbury Steak, product code 3721, contains USDA commodity meat

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* 74g	Measure 2*	Measure 3*
Proximates:							
Water	g	60.94		0	45.10		
Energy	kcal	198		0	147		
Energy	kj	828		0	613		
Protein (N x 5.95)	g	21.31		0	15.77		
Total lipid (fat)	g	11.03		0	8.16		
Carbohydrate, by difference	g	3.80		0	2.81		
Fiber, total dietary	g	1.3		0	1.0		
Ash	g	2.92		0	2.16		
Sugars, total	g	0.87		0	0.64		
Minerals:							
Calcium	mg	39		0	29		
Iron	mg	2.28		0	1.69		
Magnesium	mg	37		0	27		
Phosphorus	mg	314		0	232		
Potassium	mg	377		0	279		
Sodium	mg	692		0	512		
Zinc	mg	5.16		0	3.82		
Copper	mg	0.177		0	0.131		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	2.1		0	1.6		
Thiamin	mg	0.178		0	0.132		
Riboflavin	mg	0.166		0	0.123		
Niacin	mg	3.534		0	2.615		
Pantothenic acid	mg	0.547		0	0.405		
Vitamin B-6	mg	0.369		0	0.273		
Folate	:g	8		0	6		
Vitamin B-12	:g	1.96		0	1.45		
Vitamin A	IU	126		0	93		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	6		
Vitamin E, "-TE	mg	0.066		0	0.049		
Lipids:							
Saturated, total	g	4.355		0	3.223		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.165		0	0.862		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.779	0	3.536
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.503	0	0.372
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	48	0	36
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51630 PIERRE, Flame Broiled Meatloaf, product code 3724, contains USDA commodity meat

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* 74g	Measure 2*	Measure 3*
Proximates:							
Water	g	58.59		0	43.36		
Energy	kcal	219		0	162		
Energy	kj	916		0	678		
Protein (N x 5.95)	g	21.56		0	15.95		
Total lipid (fat)	g	12.31		0	9.11		
Carbohydrate, by difference	g	5.30		0	3.92		
Fiber, total dietary	g	0.7		0	0.5		
Ash	g	2.24		0	1.66		
Sugars, total	g	1.57		0	1.16		
Minerals:							
Calcium	mg	27		0	20		
Iron	mg	1.96		0	1.45		
Magnesium	mg	28		0	21		
Phosphorus	mg	182		0	135		
Potassium	mg	336		0	249		
Sodium	mg	490		0	363		
Zinc	mg	4.25		0	3.15		
Copper	mg	0.125		0	0.093		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	2.2		0	1.6		
Thiamin	mg	0.124		0	0.092		
Riboflavin	mg	0.153		0	0.113		
Niacin	mg	3.126		0	2.313		
Pantothenic acid	mg	0.473		0	0.350		
Vitamin B-6	mg	0.323		0	0.239		
Folate	:g	8		0	6		
Vitamin B-12	:g	1.88		0	1.39		
Vitamin A	IU	148		0	110		
Vitamin A, RE	:g						
Vitamin D	IU	9		0	6		
Vitamin E, "-TE	mg	0.066		0	0.049		
Lipids:							
Saturated, total	g	4.860		0	3.596		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.308		0	0.968		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.317	0	3.935
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.546	0	0.404
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	55	0	41
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51631 PIERRE, Flame Broiled Meatloaf, product code 3725, contains USDA commodity meat

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* 74g	Measure 2*	Measure 3*
Proximates:							
Water	g	59.99		0	44.39		
Energy	kcal	206		0	152		
Energy	kj	862		0	638		
Protein (N x 5.95)	g	20.95		0	15.50		
Total lipid (fat)	g	11.07		0	8.19		
Carbohydrate, by difference	g	5.69		0	4.21		
Fiber, total dietary	g	1.2		0	0.9		
Ash	g	2.30		0	1.70		
Sugars, total	g	1.47		0	1.09		
Minerals:							
Calcium	mg	34		0	25		
Iron	mg	2.16		0	1.60		
Magnesium	mg	34		0	25		
Phosphorus	mg	180		0	133		
Potassium	mg	354		0	262		
Sodium	mg	486		0	360		
Zinc	mg	4.80		0	3.55		
Copper	mg	0.159		0	0.118		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	2.3		0	1.7		
Thiamin	mg	0.159		0	0.118		
Riboflavin	mg	0.158		0	0.117		
Niacin	mg	3.337		0	2.469		
Pantothenic acid	mg	0.513		0	0.380		
Vitamin B-6	mg	0.347		0	0.257		
Folate	:g	8		0	6		
Vitamin B-12	:g	1.89		0	1.40		
Vitamin A	IU	168		0	124		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	6		
Vitamin E, "-TE	mg	0.062		0	0.046		
Lipids:							
Saturated, total	g	4.365		0	3.230		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.168		0	0.864		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.781	0	3.538
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.496	0	0.367
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	48	0	36
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51633 PIERRE, Flamed Broiled Beef Hot Diggity Sub, product code 3729, contains USDA commodity meat

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* 69g	Measure 2*	Measure 3*
Proximates:							
Water	g	58.50		0	40.37		
Energy	kcal	221		0	152		
Energy	kj	925		0	638		
Protein (N x 5.95)	g	23.87		0	16.47		
Total lipid (fat)	g	12.92		0	8.91		
Carbohydrate, by difference	g	2.44		0	1.68		
Fiber, total dietary	g	0.9		0	0.6		
Ash	g	2.27		0	1.57		
Sugars, total	g	0.44		0	0.30		
Minerals:							
Calcium	mg	23		0	16		
Iron	mg	2.20		0	1.52		
Magnesium	mg	35		0	24		
Phosphorus	mg	325		0	224		
Potassium	mg	389		0	268		
Sodium	mg	426		0	294		
Zinc	mg	5.26		0	3.63		
Copper	mg	0.166		0	0.115		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.161		0	0.111		
Riboflavin	mg	0.165		0	0.114		
Niacin	mg	3.751		0	2.588		
Pantothenic acid	mg	0.483		0	0.333		
Vitamin B-6	mg	0.381		0	0.263		
Folate	:g	5		0	3		
Vitamin B-12	:g	2.06		0	1.42		
Vitamin A	IU	44		0	30		
Vitamin A, RE	:g						
Vitamin D	IU	10		0	7		
Vitamin E, "-TE	mg	0.044		0	0.030		
Lipids:							
Saturated, total	g	5.135		0	3.543		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.437		0	0.992		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.569	0	3.843
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.511	0	0.353
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	59	0	41
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51636 RIB-B-Q, Flame Broiled Lower Fat Beef Rib-B-Q, product code 3732, contains USDA commodity meat

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*	Measure 3*
Proximates:							
Water	g	58.50		0	39.78		
Energy	kcal	204		0	139		
Energy	kj	854		0	581		
Protein (N x 5.95)	g	22.06		0	15.00		
Total lipid (fat)	g	10.68		0	7.26		
Carbohydrate, by difference	g	5.50		0	3.74		
Fiber, total dietary	g	1.7		0	1.2		
Ash	g	3.25		0	2.21		
Sugars, total	g	2.89		0	1.97		
Minerals:							
Calcium	mg	37		0	25		
Iron	mg	2.45		0	1.67		
Magnesium	mg	42		0	29		
Phosphorus	mg	319		0	217		
Potassium	mg	405		0	275		
Sodium	mg	586		0	398		
Zinc	mg	5.83		0	3.96		
Copper	mg	0.209		0	0.142		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	1.7		0	1.2		
Thiamin	mg	0.208		0	0.141		
Riboflavin	mg	0.164		0	0.112		
Niacin	mg	3.904		0	2.655		
Pantothenic acid	mg	0.521		0	0.354		
Vitamin B-6	mg	0.399		0	0.271		
Folate	:g	4		0	3		
Vitamin B-12	:g	1.99		0	1.35		
Vitamin A	IU	148		0	101		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	5		
Vitamin E, "-TE	mg	0.036		0	0.024		
Lipids:							
Saturated, total	g	4.206		0	2.860		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.175		0	0.799		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.557	0	3.099
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.426	0	0.290
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	48	0	33
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51637 RIB-B-Q, Flame Broiled Beef Rib-B-Q, product code 3733, contains USDA commodity meat

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*	Measure 3*
Proximates:							
Water	g	56.15		0	38.18		
Energy	kcal	226		0	154		
Energy	kj	946		0	643		
Protein (N x 5.95)	g	23.07		0	15.69		
Total lipid (fat)	g	12.66		0	8.61		
Carbohydrate, by difference	g	4.94		0	3.36		
Fiber, total dietary	g	1.1		0	0.7		
Ash	g	3.18		0	2.16		
Sugars, total	g	2.88		0	1.96		
Minerals:							
Calcium	mg	26		0	18		
Iron	mg	2.16		0	1.47		
Magnesium	mg	33		0	22		
Phosphorus	mg	317		0	216		
Potassium	mg	370		0	252		
Sodium	mg	592		0	403		
Zinc	mg	4.99		0	3.39		
Copper	mg	0.155		0	0.105		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	1.7		0	1.2		
Thiamin	mg	0.150		0	0.102		
Riboflavin	mg	0.156		0	0.106		
Niacin	mg	3.579		0	2.434		
Pantothenic acid	mg	0.460		0	0.313		
Vitamin B-6	mg	0.363		0	0.247		
Folate	:g	5		0	3		
Vitamin B-12	:g	1.98		0	1.35		
Vitamin A	IU	117		0	80		
Vitamin A, RE	:g						
Vitamin D	IU	9		0	6		
Vitamin E, "-TE	mg	0.043		0	0.029		
Lipids:							
Saturated, total	g	5.002		0	3.401		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.399		0	0.951		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.418	0	3.684
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.483	0	0.328
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	58	0	39
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51644 PIERRE, Flame Broiled Beef Steak, product code 3760, contains USDA commodity meat

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* 65g	Measure 2*	Measure 3*
Proximates:							
Water	g	55.40		0	36.01		
Energy	kcal	252		0	164		
Energy	kj	1054		0	685		
Protein (N x 5.95)	g	25.25		0	16.41		
Total lipid (fat)	g	15.73		0	10.22		
Carbohydrate, by difference	g	1.58		0	1.03		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.04		0	1.33		
Sugars, total	g	0.41		0	0.27		
Minerals:							
Calcium	mg	7		0	5		
Iron	mg	1.78		0	1.16		
Magnesium	mg	23		0	15		
Phosphorus	mg	295		0	192		
Potassium	mg	337		0	219		
Sodium	mg	399		0	259		
Zinc	mg	4.04		0	2.63		
Copper	mg	0.088		0	0.057		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.077		0	0.050		
Riboflavin	mg	0.153		0	0.099		
Niacin	mg	3.270		0	2.126		
Pantothenic acid	mg	0.394		0	0.256		
Vitamin B-6	mg	0.328		0	0.213		
Folate	:g	6		0	4		
Vitamin B-12	:g	2.03		0	1.32		
Vitamin A	IU	0		0	0		
Vitamin A, RE	:g						
Vitamin D	IU	12		0	8		
Vitamin E, "-TE	mg	0.054		0	0.035		
Lipids:							
Saturated, total	g	6.263		0	4.071		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.755		0	1.141		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.790	0	4.414
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.590	0	0.384
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	72	0	47
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51645 PIERRE, Flame Broiled Mesquite Beef Steak, product code 3763, contains USDA commodity meat

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* 67g	Measure 2*	Measure 3*
Proximates:							
Water	g	55.14		0	36.94		
Energy	kcal	252		0	169		
Energy	kj	1054		0	706		
Protein (N x 5.95)	g	24.94		0	16.71		
Total lipid (fat)	g	15.63		0	10.47		
Carbohydrate, by difference	g	2.10		0	1.41		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.19		0	1.47		
Sugars, total	g	0.52		0	0.35		
Minerals:							
Calcium	mg	8		0	5		
Iron	mg	1.76		0	1.18		
Magnesium	mg	22		0	15		
Phosphorus	mg	314		0	210		
Potassium	mg	335		0	224		
Sodium	mg	440		0	295		
Zinc	mg	4.02		0	2.69		
Copper	mg	0.088		0	0.059		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.077		0	0.052		
Riboflavin	mg	0.151		0	0.101		
Niacin	mg	3.252		0	2.179		
Pantothenic acid	mg	0.392		0	0.263		
Vitamin B-6	mg	0.326		0	0.218		
Folate	:g	6		0	4		
Vitamin B-12	:g	2.02		0	1.35		
Vitamin A	IU	0		0	0		
Vitamin A, RE	:g						
Vitamin D	IU	12		0	8		
Vitamin E, "-TE	mg	0.054		0	0.036		
Lipids:							
Saturated, total	g	6.220		0	4.167		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.746		0	1.170		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.753	0	4.525
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.584	0	0.391
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	72	0	48
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51646 PIERRE, Flame Broiled Mesquite Beef Patty, product code 3770, contains USDA commodity meat

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* 69g	Measure 2*	Measure 3*
Proximates:							
Water	g	58.43		0	40.32		
Energy	kcal	222		0	153		
Energy	kj	929		0	641		
Protein (N x 5.95)	g	23.77		0	16.40		
Total lipid (fat)	g	12.95		0	8.94		
Carbohydrate, by difference	g	2.78		0	1.92		
Fiber, total dietary	g	0.9		0	0.6		
Ash	g	2.10		0	1.45		
Sugars, total	g	0.45		0	0.31		
Minerals:							
Calcium	mg	24		0	17		
Iron	mg	2.19		0	1.51		
Magnesium	mg	35		0	24		
Phosphorus	mg	294		0	203		
Potassium	mg	389		0	268		
Sodium	mg	360		0	248		
Zinc	mg	5.28		0	3.64		
Copper	mg	0.166		0	0.115		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.161		0	0.111		
Riboflavin	mg	0.164		0	0.113		
Niacin	mg	3.761		0	2.595		
Pantothenic acid	mg	0.485		0	0.335		
Vitamin B-6	mg	0.382		0	0.264		
Folate	:g	5		0	3		
Vitamin B-12	:g	2.07		0	1.43		
Vitamin A	IU	44		0	30		
Vitamin A, RE	:g						
Vitamin D	IU	10		0	7		
Vitamin E, "-TE	mg	0.045		0	0.031		
Lipids:							
Saturated, total	g	5.143		0	3.549		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.442		0	0.995		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.589	0	3.856
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.507	0	0.350
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	60	0	41
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51647 PIERRE, Flame Broiled Beef Patty, product code 3771, contains USDA commodity meat

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* 69g	Measure 2*	Measure 3*
Proximates:							
Water	g	58.50		0	40.37		
Energy	kcal	222		0	153		
Energy	kj	929		0	641		
Protein (N x 5.95)	g	23.80		0	16.42		
Total lipid (fat)	g	12.95		0	8.94		
Carbohydrate, by difference	g	2.59		0	1.79		
Fiber, total dietary	g	0.9		0	0.6		
Ash	g	2.16		0	1.49		
Sugars, total	g	0.45		0	0.31		
Minerals:							
Calcium	mg	24		0	17		
Iron	mg	2.20		0	1.52		
Magnesium	mg	35		0	24		
Phosphorus	mg	325		0	224		
Potassium	mg	389		0	268		
Sodium	mg	360		0	248		
Zinc	mg	5.26		0	3.63		
Copper	mg	0.166		0	0.115		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.161		0	0.111		
Riboflavin	mg	0.165		0	0.114		
Niacin	mg	3.751		0	2.588		
Pantothenic acid	mg	0.483		0	0.333		
Vitamin B-6	mg	0.381		0	0.263		
Folate	:g	5		0	3		
Vitamin B-12	:g	2.06		0	1.42		
Vitamin A	IU	44		0	30		
Vitamin A, RE	:g						
Vitamin D	IU	10		0	7		
Vitamin E, "-TE	mg	0.044		0	0.030		
Lipids:							
Saturated, total	g	5.151		0	3.554		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.437		0	0.992		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.563	0	3.838
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.497	0	0.343
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	59	0	41
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51648 PIERRE, Flame Broiled Lower Fat Beef Patty, product code 3772, contains USDA commodity meat

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* 71g	Measure 2*	Measure 3*
Proximates:							
Water	g	60.57		0	43.00		
Energy	kcal	202		0	143		
Energy	kj	845		0	600		
Protein (N x 5.95)	g	23.01		0	16.34		
Total lipid (fat)	g	11.09		0	7.87		
Carbohydrate, by difference	g	2.98		0	2.12		
Fiber, total dietary	g	1.5		0	1.1		
Ash	g	2.35		0	1.67		
Sugars, total	g	0.45		0	0.32		
Minerals:							
Calcium	mg	34		0	24		
Iron	mg	2.47		0	1.75		
Magnesium	mg	44		0	31		
Phosphorus	mg	328		0	233		
Potassium	mg	423		0	300		
Sodium	mg	420		0	298		
Zinc	mg	6.08		0	4.32		
Copper	mg	0.217		0	0.154		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.217		0	0.154		
Riboflavin	mg	0.173		0	0.123		
Niacin	mg	4.075		0	2.893		
Pantothenic acid	mg	0.543		0	0.386		
Vitamin B-6	mg	0.416		0	0.295		
Folate	:g	4		0	3		
Vitamin B-12	:g	2.08		0	1.48		
Vitamin A	IU	73		0	52		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	6		
Vitamin E, "-TE	mg	0.038		0	0.027		
Lipids:							
Saturated, total	g	4.399		0	3.123		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.229		0	0.873		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.774	0	3.390
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.458	0	0.325
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	51	0	36
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51649 PIERRE, Flame Broiled Lower Fat Mesquite Beef Patty, product code 3773, contains USDA commodity meat

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* 71g	Measure 2*	Measure 3*
Proximates:							
Water	g	60.22		0	42.76		
Energy	kcal	204		0	145		
Energy	kj	854		0	606		
Protein (N x 5.95)	g	22.83		0	16.21		
Total lipid (fat)	g	11.08		0	7.87		
Carbohydrate, by difference	g	3.93		0	2.79		
Fiber, total dietary	g	1.5		0	1.1		
Ash	g	2.14		0	1.52		
Sugars, total	g	0.67		0	0.48		
Minerals:							
Calcium	mg	35		0	25		
Iron	mg	2.46		0	1.75		
Magnesium	mg	44		0	31		
Phosphorus	mg	305		0	217		
Potassium	mg	423		0	300		
Sodium	mg	326		0	231		
Zinc	mg	6.08		0	4.32		
Copper	mg	0.217		0	0.154		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.217		0	0.154		
Riboflavin	mg	0.172		0	0.122		
Niacin	mg	4.075		0	2.893		
Pantothenic acid	mg	0.543		0	0.386		
Vitamin B-6	mg	0.416		0	0.295		
Folate	:g	4		0	3		
Vitamin B-12	:g	2.08		0	1.48		
Vitamin A	IU	73		0	52		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	6		
Vitamin E, "-TE	mg	0.038		0	0.027		
Lipids:							
Saturated, total	g	4.389		0	3.116		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.229		0	0.873		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.773	0	3.389
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.457	0	0.324
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	51	0	36
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51650 PIERRE, Flame Broiled Beef Patty, product code 3774, contains USDA commodity meat

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* 95g	Measure 2*	Measure 3*
Proximates:							
Water	g	58.48		0	55.56		
Energy	kcal	222		0	211		
Energy	kj	929		0	883		
Protein (N x 5.95)	g	23.97		0	22.77		
Total lipid (fat)	g	12.98		0	12.33		
Carbohydrate, by difference	g	2.42		0	2.30		
Fiber, total dietary	g	0.9		0	0.9		
Ash	g	2.15		0	2.04		
Sugars, total	g	0.43		0	0.41		
Minerals:							
Calcium	mg	23		0	22		
Iron	mg	2.20		0	2.09		
Magnesium	mg	35		0	33		
Phosphorus	mg	298		0	283		
Potassium	mg	390		0	371		
Sodium	mg	386		0	367		
Zinc	mg	5.28		0	5.02		
Copper	mg	0.166		0	0.158		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.161		0	0.153		
Riboflavin	mg	0.165		0	0.157		
Niacin	mg	3.764		0	3.576		
Pantothenic acid	mg	0.485		0	0.461		
Vitamin B-6	mg	0.382		0	0.363		
Folate	:g	5		0	5		
Vitamin B-12	:g	2.07		0	1.97		
Vitamin A	IU	44		0	42		
Vitamin A, RE	:g						
Vitamin D	IU	10		0	9		
Vitamin E, "-TE	mg	0.045		0	0.043		
Lipids:							
Saturated, total	g	5.160		0	4.902		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.444		0	1.372		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.596	0	5.316
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.512	0	0.486
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	60	0	57
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51651 PIERRE, Flame Broiled Beef Patty with Onions, product code 3779, contains USDA commodity meat

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* 74g	Measure 2*	Measure 3*
Proximates:							
Water	g	60.95		0	45.10		
Energy	kcal	207		0	153		
Energy	kj	866		0	641		
Protein (N x 5.95)	g	21.96		0	16.25		
Total lipid (fat)	g	11.93		0	8.83		
Carbohydrate, by difference	g	2.99		0	2.21		
Fiber, total dietary	g	0.9		0	0.7		
Ash	g	2.20		0	1.63		
Sugars, total	g	0.96		0	0.71		
Minerals:							
Calcium	mg	23		0	17		
Iron	mg	2.03		0	1.50		
Magnesium	mg	32		0	24		
Phosphorus	mg	310		0	229		
Potassium	mg	365		0	270		
Sodium	mg	425		0	315		
Zinc	mg	4.76		0	3.52		
Copper	mg	0.152		0	0.112		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.7		0	0.5		
Thiamin	mg	0.146		0	0.108		
Riboflavin	mg	0.152		0	0.112		
Niacin	mg	3.418		0	2.529		
Pantothenic acid	mg	0.446		0	0.330		
Vitamin B-6	mg	0.353		0	0.261		
Folate	:g	6		0	4		
Vitamin B-12	:g	1.88		0	1.39		
Vitamin A	IU	40		0	30		
Vitamin A, RE	:g						
Vitamin D	IU	9		0	7		
Vitamin E, "-TE	mg	0.066		0	0.049		
Lipids:							
Saturated, total	g	4.741		0	3.508		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.326		0	0.981		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.141	0	3.804
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.473	0	0.350
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	55	0	41
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51655 PIERRE, Country Fried Beef Steak, product code 3810

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* 108g	Measure 2*	Measure 3*
Proximates:							
Water	g	43.18		0	46.63		
Energy	kcal	318		0	343		
Energy	kj	1331		0	1437		
Protein (N x 5.95)	g	19.70		0	21.28		
Total lipid (fat)	g	19.50		0	21.06		
Carbohydrate, by difference	g	15.19		0	16.41		
Fiber, total dietary	g	0.4		0	0.4		
Ash	g	1.98		0	2.14		
Sugars, total	g	0.17		0	0.18		
Minerals:							
Calcium	mg	16		0	17		
Iron	mg	2.94		0	3.18		
Magnesium	mg	15		0	16		
Phosphorus	mg	245		0	265		
Potassium	mg	233		0	252		
Sodium	mg	461		0	498		
Zinc	mg	3.90		0	4.21		
Copper	mg	0.096		0	0.104		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.233		0	0.252		
Riboflavin	mg	0.263		0	0.284		
Niacin	mg	3.971		0	4.289		
Pantothenic acid	mg	0.232		0	0.251		
Vitamin B-6	mg	0.209		0	0.226		
Folate	:g	40		0	43		
Vitamin B-12	:g	1.66		0	1.79		
Vitamin A	IU	2		0	2		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	9		
Vitamin E, "-TE	mg	1.035		0	1.118		
Lipids:							
Saturated, total	g	6.259		0	6.760		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.782		0	1.925		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.115	0	7.684
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	3.775	0	4.077
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	59	0	64
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51656 PIERRE, Country Fried Beef Steak Nugget, product code 3811

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* 16g	Measure 2*	Measure 3*
Proximates:							
Water	g	43.18		0	6.91		
Energy	kcal	318		0	51		
Energy	kj	1331		0	213		
Protein (N x 5.95)	g	19.70		0	3.15		
Total lipid (fat)	g	19.50		0	3.12		
Carbohydrate, by difference	g	15.19		0	2.43		
Fiber, total dietary	g	0.4		0	0.1		
Ash	g	1.98		0	0.32		
Sugars, total	g	0.17		0	0.03		
Minerals:							
Calcium	mg	16		0	3		
Iron	mg	2.94		0	0.47		
Magnesium	mg	15		0	2		
Phosphorus	mg	245		0	39		
Potassium	mg	233		0	37		
Sodium	mg	461		0	74		
Zinc	mg	3.90		0	0.62		
Copper	mg	0.096		0	0.015		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.233		0	0.037		
Riboflavin	mg	0.263		0	0.042		
Niacin	mg	3.971		0	0.635		
Pantothenic acid	mg	0.232		0	0.037		
Vitamin B-6	mg	0.209		0	0.033		
Folate	΄g	40		0	6		
Vitamin B-12	΄g	1.66		0	0.27		
Vitamin A	IU	2		0	0		
Vitamin A, RE	΄g						
Vitamin D	IU	8		0	1		
Vitamin E, "-TE	mg	1.035		0	0.166		
Lipids:							
Saturated, total	g	6.259		0	1.001		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.782		0	0.285		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.115	0	1.138
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	3.775	0	0.604
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	59	0	9
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51657 PIERRE, Country Fried Beef Patty, product code 3812

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* 109g	Measure 2*	Measure 3*
Proximates:							
Water	g	50.33		0	54.86		
Energy	kcal	279		0	304		
Energy	kj	1167		0	1272		
Protein (N x 5.95)	g	15.16		0	16.52		
Total lipid (fat)	g	18.27		0	19.91		
Carbohydrate, by difference	g	14.02		0	15.28		
Fiber, total dietary	g	1.2		0	1.3		
Ash	g	1.93		0	2.10		
Sugars, total	g	0.16		0	0.17		
Minerals:							
Calcium	mg	29		0	32		
Iron	mg	2.74		0	2.99		
Magnesium	mg	25		0	27		
Phosphorus	mg	210		0	229		
Potassium	mg	251		0	274		
Sodium	mg	439		0	479		
Zinc	mg	4.16		0	4.53		
Copper	mg	0.173		0	0.189		
Manganese	mg						
Selenium	：g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.278		0	0.303		
Riboflavin	mg	0.224		0	0.244		
Niacin	mg	3.787		0	4.128		
Pantothenic acid	mg	0.291		0	0.317		
Vitamin B-6	mg	0.230		0	0.251		
Folate	：g	33		0	36		
Vitamin B-12	：g	1.35		0	1.47		
Vitamin A	IU	43		0	47		
Vitamin A, RE	：g						
Vitamin D	IU	5		0	5		
Vitamin E, "-TE	mg	1.758		0	1.916		
Lipids:							
Saturated, total	g	4.665		0	5.085		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.300		0	1.417		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.745	0	6.262
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	6.105	0	6.654
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	35	0	38
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51658 PIERRE, Country Fried Beef Finger, product code 3813

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* 26g	Measure 2*	Measure 3*
Proximates:							
Water	g	44.37		0	11.54		
Energy	kcal	316		0	82		
Energy	kj	1322		0	344		
Protein (N x 5.95)	g	16.67		0	4.33		
Total lipid (fat)	g	21.10		0	5.49		
Carbohydrate, by difference	g	15.42		0	4.01		
Fiber, total dietary	g	1.4		0	0.4		
Ash	g	2.12		0	0.55		
Sugars, total	g	0.17		0	0.04		
Minerals:							
Calcium	mg	32		0	8		
Iron	mg	3.01		0	0.78		
Magnesium	mg	27		0	7		
Phosphorus	mg	231		0	60		
Potassium	mg	276		0	72		
Sodium	mg	483		0	126		
Zinc	mg	4.58		0	1.19		
Copper	mg	0.194		0	0.050		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.306		0	0.080		
Riboflavin	mg	0.246		0	0.064		
Niacin	mg	4.166		0	1.083		
Pantothenic acid	mg	0.320		0	0.083		
Vitamin B-6	mg	0.253		0	0.066		
Folate	΄g	36		0	9		
Vitamin B-12	΄g	1.49		0	0.39		
Vitamin A	IU	48		0	12		
Vitamin A, RE	΄g						
Vitamin D	IU	5		0	1		
Vitamin E, "-TE	mg	2.107		0	0.548		
Lipids:							
Saturated, total	g	5.276		0	1.372		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.469		0	0.382		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.554	0	1.704
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	7.297	0	1.897
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	38	0	10
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51659 PIERRE, Country Fried Beef Steak Finger, product code 3814

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*	Measure 3*
Proximates:							
Water	g	40.28		0	11.28		
Energy	kcal	356		0	100		
Energy	kj	1490		0	417		
Protein (N x 5.95)	g	18.37		0	5.14		
Total lipid (fat)	g	24.91		0	6.97		
Carbohydrate, by difference	g	14.18		0	3.97		
Fiber, total dietary	g	0.4		0	0.1		
Ash	g	1.85		0	0.52		
Sugars, total	g	0.16		0	0.04		
Minerals:							
Calcium	mg	15		0	4		
Iron	mg	2.74		0	0.77		
Magnesium	mg	14		0	4		
Phosphorus	mg	229		0	64		
Potassium	mg	217		0	61		
Sodium	mg	431		0	121		
Zinc	mg	3.63		0	1.02		
Copper	mg	0.117		0	0.033		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.217		0	0.061		
Riboflavin	mg	0.245		0	0.069		
Niacin	mg	3.705		0	1.037		
Pantothenic acid	mg	0.216		0	0.060		
Vitamin B-6	mg	0.195		0	0.055		
Folate	΄g	37		0	10		
Vitamin B-12	΄g	1.54		0	0.43		
Vitamin A	IU	1		0	0		
Vitamin A, RE	΄g						
Vitamin D	IU	8		0	2		
Vitamin E, "-TE	mg	2.124		0	0.595		
Lipids:							
Saturated, total	g	6.804		0	1.905		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.916		0	0.536		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.200	0	2.296
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	7.413	0	2.076
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	55	0	15
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51660 PIERRE, Flame Broiled Salisbury Steak, product code 3820

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* 72g	Measure 2*	Measure 3*
Proximates:							
Water	g	58.22		0	41.92		
Energy	kcal	223		0	161		
Energy	kj	933		0	672		
Protein (N x 5.95)	g	21.74		0	15.65		
Total lipid (fat)	g	13.62		0	9.81		
Carbohydrate, by difference	g	3.51		0	2.53		
Fiber, total dietary	g	1.2		0	0.9		
Ash	g	2.91		0	2.10		
Sugars, total	g	1.02		0	0.73		
Minerals:							
Calcium	mg	40		0	29		
Iron	mg	2.81		0	2.02		
Magnesium	mg	36		0	26		
Phosphorus	mg	322		0	232		
Potassium	mg	360		0	259		
Sodium	mg	695		0	500		
Zinc	mg	6.24		0	4.49		
Copper	mg	0.190		0	0.137		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	2.1		0	1.5		
Thiamin	mg	0.180		0	0.130		
Riboflavin	mg	0.203		0	0.146		
Niacin	mg	3.664		0	2.638		
Pantothenic acid	mg	0.509		0	0.366		
Vitamin B-6	mg	0.352		0	0.253		
Folate	:g	8		0	6		
Vitamin B-12	:g	2.21		0	1.59		
Vitamin A	IU	126		0	91		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	6		
Vitamin E, "-TE	mg	0.088		0	0.063		
Lipids:							
Saturated, total	g	5.381		0	3.874		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.510		0	1.087		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.863	0	4.221
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.618	0	0.445
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	59	0	42
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51661 LEAN MAGIC, Flame Broiled LEAN MAGIC Salisbury Steak, product code 3821

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* 74g	Measure 2*	Measure 3*
Proximates:							
Water	g	59.77		0	44.23		
Energy	kcal	200		0	148		
Energy	kj	837		0	619		
Protein (N x 5.95)	g	22.49		0	16.64		
Total lipid (fat)	g	9.73		0	7.20		
Carbohydrate, by difference	g	5.61		0	4.15		
Fiber, total dietary	g	1.1		0	0.8		
Ash	g	2.40		0	1.78		
Sugars, total	g	1.89		0	1.40		
Minerals:							
Calcium	mg	35		0	26		
Iron	mg	2.81		0	2.08		
Magnesium	mg	32		0	24		
Phosphorus	mg	192		0	142		
Potassium	mg	331		0	245		
Sodium	mg	540		0	400		
Zinc	mg	5.89		0	4.36		
Copper	mg	0.159		0	0.118		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	2.8		0	2.1		
Thiamin	mg	0.147		0	0.109		
Riboflavin	mg	0.209		0	0.155		
Niacin	mg	3.419		0	2.530		
Pantothenic acid	mg	0.524		0	0.388		
Vitamin B-6	mg	0.327		0	0.242		
Folate	:g	10		0	7		
Vitamin B-12	:g	2.22		0	1.64		
Vitamin A	IU	206		0	152		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	6		
Vitamin E, "-TE	mg	0.098		0	0.073		
Lipids:							
Saturated, total	g	3.774		0	2.793		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.034		0	0.765		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.179	0	3.092
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.489	0	0.362
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	56	0	41
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51662 PIERRE, Flame Broiled Meatloaf, product code 3824

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* 74g	Measure 2*	Measure 3*
Proximates:							
Water	g	57.37		0	42.45		
Energy	kcal	230		0	170		
Energy	kj	962		0	712		
Protein (N x 5.95)	g	21.34		0	15.79		
Total lipid (fat)	g	13.63		0	10.09		
Carbohydrate, by difference	g	5.37		0	3.97		
Fiber, total dietary	g	1.1		0	0.8		
Ash	g	2.29		0	1.69		
Sugars, total	g	1.62		0	1.20		
Minerals:							
Calcium	mg	36		0	27		
Iron	mg	2.71		0	2.01		
Magnesium	mg	33		0	24		
Phosphorus	mg	186		0	138		
Potassium	mg	336		0	249		
Sodium	mg	492		0	364		
Zinc	mg	5.87		0	4.34		
Copper	mg	0.172		0	0.127		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	2.2		0	1.6		
Thiamin	mg	0.161		0	0.119		
Riboflavin	mg	0.195		0	0.144		
Niacin	mg	3.464		0	2.563		
Pantothenic acid	mg	0.475		0	0.352		
Vitamin B-6	mg	0.330		0	0.244		
Folate	΄g	8		0	6		
Vitamin B-12	΄g	2.13		0	1.58		
Vitamin A	IU	170		0	126		
Vitamin A, RE	΄g						
Vitamin D	IU	8		0	6		
Vitamin E, "-TE	mg	0.084		0	0.062		
Lipids:							
Saturated, total	g	5.379		0	3.980		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.510		0	1.117		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.851	0	4.330
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.606	0	0.448
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	59	0	44
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51663 LEAN MAGIC, Flame Broiled LEAN MAGIC Meatloaf, product code 3825

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* 74g	Measure 2*	Measure 3*
Proximates:							
Water	g	59.77		0	44.23		
Energy	kcal	200		0	148		
Energy	kj	837		0	619		
Protein (N x 5.95)	g	22.49		0	16.64		
Total lipid (fat)	g	9.73		0	7.20		
Carbohydrate, by difference	g	5.61		0	4.15		
Fiber, total dietary	g	1.1		0	0.8		
Ash	g	2.40		0	1.78		
Sugars, total	g	1.89		0	1.40		
Minerals:							
Calcium	mg	35		0	26		
Iron	mg	2.81		0	2.08		
Magnesium	mg	32		0	24		
Phosphorus	mg	192		0	142		
Potassium	mg	331		0	245		
Sodium	mg	540		0	400		
Zinc	mg	5.89		0	4.36		
Copper	mg	0.159		0	0.118		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	2.8		0	2.1		
Thiamin	mg	0.147		0	0.109		
Riboflavin	mg	0.209		0	0.155		
Niacin	mg	3.419		0	2.530		
Pantothenic acid	mg	0.524		0	0.388		
Vitamin B-6	mg	0.327		0	0.242		
Folate	:g	10		0	7		
Vitamin B-12	:g	2.22		0	1.64		
Vitamin A	IU	206		0	152		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	6		
Vitamin E, "-TE	mg	0.098		0	0.073		
Lipids:							
Saturated, total	g	3.774		0	2.793		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.034		0	0.765		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.179	0	3.092
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.489	0	0.362
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	56	0	41
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51665 PIERRE, Flame Broiled Beef Hot Diggity Sub, product code 3829

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* 69g	Measure 2*	Measure 3*
Proximates:							
Water	g	57.68		0	39.80		
Energy	kcal	229		0	158		
Energy	kj	958		0	661		
Protein (N x 5.95)	g	23.46		0	16.19		
Total lipid (fat)	g	13.82		0	9.54		
Carbohydrate, by difference	g	2.24		0	1.55		
Fiber, total dietary	g	1.5		0	1.0		
Ash	g	2.36		0	1.63		
Sugars, total	g	0.45		0	0.31		
Minerals:							
Calcium	mg	35		0	24		
Iron	mg	3.05		0	2.10		
Magnesium	mg	43		0	30		
Phosphorus	mg	331		0	228		
Potassium	mg	400		0	276		
Sodium	mg	422		0	291		
Zinc	mg	7.21		0	4.97		
Copper	mg	0.230		0	0.159		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.216		0	0.149		
Riboflavin	mg	0.211		0	0.146		
Niacin	mg	4.208		0	2.904		
Pantothenic acid	mg	0.504		0	0.348		
Vitamin B-6	mg	0.399		0	0.275		
Folate	:g	5		0	3		
Vitamin B-12	:g	2.34		0	1.61		
Vitamin A	IU	73		0	50		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	6		
Vitamin E, "-TE	mg	0.061		0	0.042		
Lipids:							
Saturated, total	g	5.481		0	3.782		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.593		0	1.099		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.916	0	4.082
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.559	0	0.386
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	60	0	41
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51668 RIB-B-Q, Flame Broiled LEAN MAGIC Beef Rib-B-Q, product code 3832

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*	Measure 3*
Proximates:							
Water	g	55.73		0	37.90		
Energy	kcal	230		0	156		
Energy	kj	962		0	654		
Protein (N x 5.95)	g	22.49		0	15.29		
Total lipid (fat)	g	13.28		0	9.03		
Carbohydrate, by difference	g	4.87		0	3.31		
Fiber, total dietary	g	1.7		0	1.2		
Ash	g	3.26		0	2.22		
Sugars, total	g	2.89		0	1.97		
Minerals:							
Calcium	mg	39		0	27		
Iron	mg	2.99		0	2.03		
Magnesium	mg	41		0	28		
Phosphorus	mg	322		0	219		
Potassium	mg	382		0	260		
Sodium	mg	588		0	400		
Zinc	mg	6.91		0	4.70		
Copper	mg	0.221		0	0.150		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	1.7		0	1.2		
Thiamin	mg	0.207		0	0.141		
Riboflavin	mg	0.201		0	0.137		
Niacin	mg	4.031		0	2.741		
Pantothenic acid	mg	0.483		0	0.328		
Vitamin B-6	mg	0.383		0	0.260		
Folate	:g	5		0	3		
Vitamin B-12	:g	2.24		0	1.52		
Vitamin A	IU	148		0	101		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	5		
Vitamin E, "-TE	mg	0.058		0	0.039		
Lipids:							
Saturated, total	g	5.240		0	3.563		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.522		0	1.035		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.648	0	3.841
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.522	0	0.355
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	58	0	39
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51669 RIB-B-Q, Flame Broiled Beef Rib-B-Q, product code 3833

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*	Measure 3*
Proximates:							
Water	g	52.85		0	35.94		
Energy	kcal	257		0	175		
Energy	kj	1075		0	731		
Protein (N x 5.95)	g	23.58		0	16.03		
Total lipid (fat)	g	15.76		0	10.72		
Carbohydrate, by difference	g	4.18		0	2.84		
Fiber, total dietary	g	1.1		0	0.7		
Ash	g	3.19		0	2.17		
Sugars, total	g	2.88		0	1.96		
Minerals:							
Calcium	mg	28		0	19		
Iron	mg	2.82		0	1.92		
Magnesium	mg	32		0	22		
Phosphorus	mg	320		0	218		
Potassium	mg	343		0	233		
Sodium	mg	595		0	405		
Zinc	mg	6.28		0	4.27		
Copper	mg	0.170		0	0.116		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	1.7		0	1.2		
Thiamin	mg	0.150		0	0.102		
Riboflavin	mg	0.200		0	0.136		
Niacin	mg	3.730		0	2.536		
Pantothenic acid	mg	0.415		0	0.282		
Vitamin B-6	mg	0.344		0	0.234		
Folate	΄g	6		0	4		
Vitamin B-12	΄g	2.28		0	1.55		
Vitamin A	IU	117		0	80		
Vitamin A, RE	΄g						
Vitamin D	IU	9		0	6		
Vitamin E, "-TE	mg	0.069		0	0.047		
Lipids:							
Saturated, total	g	6.235		0	4.240		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.814		0	1.234		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.719	0	4.569
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.598	0	0.407
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	69	0	47
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51674 PIERRE, Flame Broiled Beef Steak, product code 3860

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* 65g	Measure 2*	Measure 3*
Proximates:							
Water	g	51.27		0	33.33		
Energy	kcal	290		0	189		
Energy	kj	1213		0	788		
Protein (N x 5.95)	g	25.89		0	16.83		
Total lipid (fat)	g	19.62		0	12.75		
Carbohydrate, by difference	g	1.16		0	0.75		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.06		0	1.34		
Sugars, total	g	0.41		0	0.27		
Minerals:							
Calcium	mg	9		0	6		
Iron	mg	2.60		0	1.69		
Magnesium	mg	22		0	14		
Phosphorus	mg	299		0	194		
Potassium	mg	304		0	198		
Sodium	mg	402		0	261		
Zinc	mg	5.66		0	3.68		
Copper	mg	0.107		0	0.070		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.077		0	0.050		
Riboflavin	mg	0.208		0	0.135		
Niacin	mg	3.459		0	2.248		
Pantothenic acid	mg	0.337		0	0.219		
Vitamin B-6	mg	0.303		0	0.197		
Folate	:g	7		0	5		
Vitamin B-12	:g	2.40		0	1.56		
Vitamin A	IU	0		0	0		
Vitamin A, RE	:g						
Vitamin D	IU	12		0	8		
Vitamin E, "-TE	mg	0.087		0	0.057		
Lipids:							
Saturated, total	g	7.810		0	5.076		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	2.275		0	1.479		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.422	0	5.474
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.735	0	0.478
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	86	0	56
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51675 PIERRE, Flame Broiled Mesquite Beef Steak, product code 3863

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* 67g	Measure 2*	Measure 3*
Proximates:							
Water	g	51.02		0	34.18		
Energy	kcal	290		0	194		
Energy	kj	1213		0	813		
Protein (N x 5.95)	g	25.58		0	17.14		
Total lipid (fat)	g	19.50		0	13.06		
Carbohydrate, by difference	g	1.69		0	1.13		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.21		0	1.48		
Sugars, total	g	0.52		0	0.35		
Minerals:							
Calcium	mg	10		0	7		
Iron	mg	2.57		0	1.72		
Magnesium	mg	22		0	15		
Phosphorus	mg	317		0	212		
Potassium	mg	302		0	202		
Sodium	mg	443		0	297		
Zinc	mg	5.63		0	3.77		
Copper	mg	0.107		0	0.072		
Manganese	mg						
Selenium	：g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.077		0	0.052		
Riboflavin	mg	0.206		0	0.138		
Niacin	mg	3.441		0	2.305		
Pantothenic acid	mg	0.335		0	0.224		
Vitamin B-6	mg	0.302		0	0.202		
Folate	：g	7		0	5		
Vitamin B-12	：g	2.39		0	1.60		
Vitamin A	IU	0		0	0		
Vitamin A, RE	：g						
Vitamin D	IU	12		0	8		
Vitamin E, "-TE	mg	0.087		0	0.058		
Lipids:							
Saturated, total	g	7.758		0	5.198		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	2.263		0	1.516		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.376	0	5.612
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.728	0	0.488
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	85	0	57
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51676 PIERRE, Flame Broiled Mesquite Beef Patty, product code 3870

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* 69g	Measure 2*	Measure 3*
Proximates:							
Water	g	57.69		0	39.81		
Energy	kcal	229		0	158		
Energy	kj	958		0	661		
Protein (N x 5.95)	g	23.30		0	16.08		
Total lipid (fat)	g	13.80		0	9.52		
Carbohydrate, by difference	g	2.56		0	1.77		
Fiber, total dietary	g	1.5		0	1.0		
Ash	g	2.19		0	1.51		
Sugars, total	g	0.46		0	0.32		
Minerals:							
Calcium	mg	36		0	25		
Iron	mg	3.04		0	2.10		
Magnesium	mg	43		0	30		
Phosphorus	mg	299		0	206		
Potassium	mg	400		0	276		
Sodium	mg	356		0	246		
Zinc	mg	7.23		0	4.99		
Copper	mg	0.232		0	0.160		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.217		0	0.150		
Riboflavin	mg	0.211		0	0.146		
Niacin	mg	4.218		0	2.910		
Pantothenic acid	mg	0.505		0	0.348		
Vitamin B-6	mg	0.400		0	0.276		
Folate	΄g	5		0	3		
Vitamin B-12	΄g	2.35		0	1.62		
Vitamin A	IU	73		0	50		
Vitamin A, RE	΄g						
Vitamin D	IU	8		0	6		
Vitamin E, "-TE	mg	0.061		0	0.042		
Lipids:							
Saturated, total	g	5.470		0	3.774		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.593		0	1.099		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.914	0	4.081
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.554	0	0.382
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	60	0	41
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51677 PIERRE, Flame Broiled Beef Patty, product code 3871

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* 69g	Measure 2*	Measure 3*
Proximates:							
Water	g	57.68		0	39.80		
Energy	kcal	229		0	158		
Energy	kj	958		0	661		
Protein (N x 5.95)	g	23.46		0	16.19		
Total lipid (fat)	g	13.82		0	9.54		
Carbohydrate, by difference	g	2.24		0	1.55		
Fiber, total dietary	g	1.5		0	1.0		
Ash	g	2.36		0	1.63		
Sugars, total	g	0.45		0	0.31		
Minerals:							
Calcium	mg	35		0	24		
Iron	mg	3.05		0	2.10		
Magnesium	mg	43		0	30		
Phosphorus	mg	331		0	228		
Potassium	mg	400		0	276		
Sodium	mg	422		0	291		
Zinc	mg	7.21		0	4.97		
Copper	mg	0.230		0	0.159		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.216		0	0.149		
Riboflavin	mg	0.211		0	0.146		
Niacin	mg	4.208		0	2.904		
Pantothenic acid	mg	0.504		0	0.348		
Vitamin B-6	mg	0.399		0	0.275		
Folate	:g	5		0	3		
Vitamin B-12	:g	2.34		0	1.61		
Vitamin A	IU	73		0	50		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	6		
Vitamin E, "-TE	mg	0.061		0	0.042		
Lipids:							
Saturated, total	g	5.481		0	3.782		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.593		0	1.099		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.916	0	4.082
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.559	0	0.386
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	60	0	41
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51678 LEAN MAGIC, Flame Broiled LEAN MAGIC Beef Patty, product code 3872

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* 71g	Measure 2*	Measure 3*
Proximates:							
Water	g	60.83		0	43.19		
Energy	kcal	192		0	136		
Energy	kj	803		0	570		
Protein (N x 5.95)	g	24.91		0	17.69		
Total lipid (fat)	g	9.10		0	6.46		
Carbohydrate, by difference	g	3.24		0	2.30		
Fiber, total dietary	g	1.5		0	1.1		
Ash	g	1.92		0	1.36		
Sugars, total	g	0.45		0	0.32		
Minerals:							
Calcium	mg	35		0	25		
Iron	mg	3.19		0	2.26		
Magnesium	mg	45		0	32		
Phosphorus	mg	357		0	253		
Potassium	mg	417		0	296		
Sodium	mg	395		0	280		
Zinc	mg	7.62		0	5.41		
Copper	mg	0.236		0	0.168		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.221		0	0.157		
Riboflavin	mg	0.223		0	0.158		
Niacin	mg	4.393		0	3.119		
Pantothenic acid	mg	0.522		0	0.371		
Vitamin B-6	mg	0.415		0	0.295		
Folate	:g	5		0	4		
Vitamin B-12	:g	2.42		0	1.72		
Vitamin A	IU	73		0	52		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	6		
Vitamin E, "-TE	mg	0.069		0	0.049		
Lipids:							
Saturated, total	g	3.556		0	2.525		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.073		0	0.762		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.862	0	2.742
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.378	0	0.268
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	59	0	42
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51679 LEAN MAGIC, Flame Broiled LEAN MAGIC Mesquite Beef Patty, product code 3873

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* 71g	Measure 2*	Measure 3*
Proximates:							
Water	g	60.47		0	42.93		
Energy	kcal	194		0	138		
Energy	kj	812		0	577		
Protein (N x 5.95)	g	24.74		0	17.57		
Total lipid (fat)	g	9.08		0	6.45		
Carbohydrate, by difference	g	3.90		0	2.77		
Fiber, total dietary	g	1.5		0	1.1		
Ash	g	1.81		0	1.29		
Sugars, total	g	0.67		0	0.48		
Minerals:							
Calcium	mg	36		0	26		
Iron	mg	3.17		0	2.25		
Magnesium	mg	45		0	32		
Phosphorus	mg	331		0	235		
Potassium	mg	417		0	296		
Sodium	mg	307		0	218		
Zinc	mg	7.62		0	5.41		
Copper	mg	0.237		0	0.168		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.221		0	0.157		
Riboflavin	mg	0.222		0	0.158		
Niacin	mg	4.393		0	3.119		
Pantothenic acid	mg	0.522		0	0.371		
Vitamin B-6	mg	0.415		0	0.295		
Folate	:g	5		0	4		
Vitamin B-12	:g	2.42		0	1.72		
Vitamin A	IU	73		0	52		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	6		
Vitamin E, "-TE	mg	0.069		0	0.049		
Lipids:							
Saturated, total	g	3.543		0	2.516		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.072		0	0.761		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.859	0	2.740
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.376	0	0.267
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	59	0	42
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51680 PIERRE, Flame Broiled Beef Patty, product code 3874

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* 95g	Measure 2*	Measure 3*
Proximates:							
Water	g	57.67		0	54.79		
Energy	kcal	229		0	218		
Energy	kj	958		0	910		
Protein (N x 5.95)	g	23.46		0	22.29		
Total lipid (fat)	g	13.82		0	13.13		
Carbohydrate, by difference	g	2.24		0	2.13		
Fiber, total dietary	g	1.5		0	1.4		
Ash	g	2.36		0	2.24		
Sugars, total	g	0.45		0	0.43		
Minerals:							
Calcium	mg	35		0	33		
Iron	mg	3.05		0	2.90		
Magnesium	mg	43		0	41		
Phosphorus	mg	331		0	314		
Potassium	mg	400		0	380		
Sodium	mg	422		0	401		
Zinc	mg	7.21		0	6.85		
Copper	mg	0.230		0	0.219		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.216		0	0.205		
Riboflavin	mg	0.211		0	0.200		
Niacin	mg	4.208		0	3.998		
Pantothenic acid	mg	0.504		0	0.479		
Vitamin B-6	mg	0.399		0	0.379		
Folate	:g	5		0	5		
Vitamin B-12	:g	2.34		0	2.22		
Vitamin A	IU	73		0	69		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	8		
Vitamin E, "-TE	mg	0.061		0	0.058		
Lipids:							
Saturated, total	g	5.481		0	5.207		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.593		0	1.513		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.916	0	5.620
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.559	0	0.531
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	60	0	57
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51681 PIERRE, Flame Broiled Beef and Onion Patty, product code 3879

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* 74g	Measure 2*	Measure 3*
Proximates:							
Water	g	59.67		0	44.16		
Energy	kcal	218		0	161		
Energy	kj	912		0	675		
Protein (N x 5.95)	g	21.75		0	16.09		
Total lipid (fat)	g	13.19		0	9.76		
Carbohydrate, by difference	g	2.66		0	1.97		
Fiber, total dietary	g	1.4		0	1.0		
Ash	g	2.28		0	1.69		
Sugars, total	g	0.98		0	0.73		
Minerals:							
Calcium	mg	33		0	24		
Iron	mg	2.78		0	2.06		
Magnesium	mg	38		0	28		
Phosphorus	mg	314		0	232		
Potassium	mg	367		0	272		
Sodium	mg	428		0	317		
Zinc	mg	6.44		0	4.77		
Copper	mg	0.202		0	0.149		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.7		0	0.5		
Thiamin	mg	0.186		0	0.138		
Riboflavin	mg	0.195		0	0.144		
Niacin	mg	3.781		0	2.798		
Pantothenic acid	mg	0.452		0	0.334		
Vitamin B-6	mg	0.363		0	0.269		
Folate	:g	6		0	4		
Vitamin B-12	:g	2.14		0	1.58		
Vitamin A	IU	62		0	46		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	6		
Vitamin E, "-TE	mg	0.084		0	0.062		
Lipids:							
Saturated, total	g	5.235		0	3.874		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.521		0	1.126		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.648	0	4.180
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.532	0	0.394
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	57	0	42
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51683 PIERRE, Flame Broiled Beef Steak, product code 9010

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* 74g	Measure 2*	Measure 3*
Proximates:							
Water	g	47.42		0	35.09		
Energy	kcal	336		0	249		
Energy	kj	1406		0	1040		
Protein (N x 5.95)	g	24.13		0	17.86		
Total lipid (fat)	g	25.60		0	18.94		
Carbohydrate, by difference	g	0.44		0	0.33		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.96		0	1.45		
Sugars, total	g	0.32		0	0.24		
Minerals:							
Calcium	mg	10		0	7		
Iron	mg	2.42		0	1.79		
Magnesium	mg	20		0	15		
Phosphorus	mg	310		0	229		
Potassium	mg	282		0	209		
Sodium	mg	385		0	285		
Zinc	mg	5.17		0	3.83		
Copper	mg	0.100		0	0.074		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.072		0	0.053		
Riboflavin	mg	0.195		0	0.144		
Niacin	mg	3.241		0	2.398		
Pantothenic acid	mg	0.316		0	0.234		
Vitamin B-6	mg	0.285		0	0.211		
Folate	:g	6		0	4		
Vitamin B-12	:g	2.32		0	1.72		
Vitamin A	IU	0		0	0		
Vitamin A, RE	:g						
Vitamin D	IU	12		0	9		
Vitamin E, "-TE	mg	0.077		0	0.057		
Lipids:							
Saturated, total	g	10.251		0	7.586		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	2.936		0	2.173		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.029	0	8.161
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.962	0	0.712
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	87	0	64
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51684 PIERRE, Flame Broiled Beef Steak, product code 9017

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* 74g	Measure 2*	Measure 3*
Proximates:							
Water	g	48.42		0	35.83		
Energy	kcal	320		0	237		
Energy	kj	1339		0	991		
Protein (N x 5.95)	g	24.42		0	18.07		
Total lipid (fat)	g	23.45		0	17.35		
Carbohydrate, by difference	g	0.97		0	0.72		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.27		0	1.68		
Sugars, total	g	0.47		0	0.35		
Minerals:							
Calcium	mg	11		0	8		
Iron	mg	2.46		0	1.82		
Magnesium	mg	20		0	15		
Phosphorus	mg	310		0	229		
Potassium	mg	287		0	212		
Sodium	mg	487		0	360		
Zinc	mg	5.30		0	3.92		
Copper	mg	0.102		0	0.075		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.073		0	0.054		
Riboflavin	mg	0.197		0	0.146		
Niacin	mg	3.294		0	2.438		
Pantothenic acid	mg	0.321		0	0.238		
Vitamin B-6	mg	0.289		0	0.214		
Folate	΄g	7		0	5		
Vitamin B-12	΄g	2.33		0	1.72		
Vitamin A	IU	0		0	0		
Vitamin A, RE	΄g						
Vitamin D	IU	12		0	9		
Vitamin E, "-TE	mg	0.080		0	0.059		
Lipids:							
Saturated, total	g	9.369		0	6.933		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	2.698		0	1.997		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.095	0	7.470
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.878	0	0.650
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	86	0	64
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51685 PIERRE, Flame Broiled Beef Steak, product code 3765, contains USDA commodity meat

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* 65g	Measure 2*	Measure 3*
Proximates:							
Water	g	55.40		0	36.01		
Energy	kcal	252		0	164		
Energy	kj	1054		0	685		
Protein (N x 5.95)	g	25.25		0	16.41		
Total lipid (fat)	g	15.73		0	10.22		
Carbohydrate, by difference	g	1.58		0	1.03		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.04		0	1.33		
Sugars, total	g	0.41		0	0.27		
Minerals:							
Calcium	mg	7		0	5		
Iron	mg	1.78		0	1.16		
Magnesium	mg	23		0	15		
Phosphorus	mg	295		0	192		
Potassium	mg	337		0	219		
Sodium	mg	399		0	259		
Zinc	mg	4.04		0	2.63		
Copper	mg	0.089		0	0.058		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.077		0	0.050		
Riboflavin	mg	0.153		0	0.099		
Niacin	mg	3.270		0	2.126		
Pantothenic acid	mg	0.394		0	0.256		
Vitamin B-6	mg	0.328		0	0.213		
Folate	:g	6		0	4		
Vitamin B-12	:g	2.03		0	1.32		
Vitamin A	IU	0		0	0		
Vitamin A, RE	:g						
Vitamin D	IU	12		0	8		
Vitamin E, "-TE	mg	0.054		0	0.035		
Lipids:							
Saturated, total	g	6.263		0	4.071		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.755		0	1.141		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.790	0	4.414
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.590	0	0.384
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	72	0	47
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51686 PIERRE, Flame Broiled Deluxe Beef Patty, product code 9100

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* 77g	Measure 2*	Measure 3*
Proximates:							
Water	g	53.15		0	40.93		
Energy	kcal	281		0	216		
Energy	kj	1176		0	906		
Protein (N x 5.95)	g	21.38		0	16.46		
Total lipid (fat)	g	20.68		0	15.92		
Carbohydrate, by difference	g	2.24		0	1.72		
Fiber, total dietary	g	1.5		0	1.2		
Ash	g	2.28		0	1.76		
Sugars, total	g	0.44		0	0.34		
Minerals:							
Calcium	mg	36		0	28		
Iron	mg	2.84		0	2.19		
Magnesium	mg	41		0	32		
Phosphorus	mg	314		0	242		
Potassium	mg	375		0	289		
Sodium	mg	419		0	323		
Zinc	mg	6.64		0	5.11		
Copper	mg	0.222		0	0.171		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.211		0	0.162		
Riboflavin	mg	0.195		0	0.150		
Niacin	mg	3.950		0	3.042		
Pantothenic acid	mg	0.479		0	0.369		
Vitamin B-6	mg	0.377		0	0.290		
Folate	΄g	4		0	3		
Vitamin B-12	΄g	2.23		0	1.72		
Vitamin A	IU	74		0	57		
Vitamin A, RE	΄g						
Vitamin D	IU	8		0	6		
Vitamin E, "-TE	mg	0.049		0	0.038		
Lipids:							
Saturated, total	g	8.283		0	6.378		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	2.350		0	1.810		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.904	0	6.856
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.823	0	0.634
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	61	0	47
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51687 PIERRE, Flame Broiled Mesquite Deluxe Beef Patty, product code 9103

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* 77g	Measure 2*	Measure 3*
Proximates:							
Water	g	53.59		0	41.26		
Energy	kcal	281		0	216		
Energy	kj	1176		0	906		
Protein (N x 5.95)	g	20.12		0	15.49		
Total lipid (fat)	g	21.15		0	16.29		
Carbohydrate, by difference	g	2.59		0	1.99		
Fiber, total dietary	g	1.5		0	1.2		
Ash	g	2.10		0	1.62		
Sugars, total	g	0.46		0	0.35		
Minerals:							
Calcium	mg	36		0	28		
Iron	mg	2.34		0	1.80		
Magnesium	mg	41		0	32		
Phosphorus	mg	282		0	217		
Potassium	mg	383		0	295		
Sodium	mg	360		0	277		
Zinc	mg	5.61		0	4.32		
Copper	mg	0.210		0	0.162		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.209		0	0.161		
Riboflavin	mg	0.160		0	0.123		
Niacin	mg	3.762		0	2.897		
Pantothenic acid	mg	0.500		0	0.385		
Vitamin B-6	mg	0.382		0	0.294		
Folate	:g	4		0	3		
Vitamin B-12	:g	2.01		0	1.55		
Vitamin A	IU	74		0	57		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	6		
Vitamin E, "-TE	mg	0.028		0	0.022		
Lipids:							
Saturated, total	g	8.494		0	6.540		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	2.357		0	1.815		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.148	0	7.044
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.840	0	0.647
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	55	0	42
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51688 PIERRE, Flame Broiled Deluxe Beef Patty, product code 9110

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* 57g	Measure 2*	Measure 3*
Proximates:							
Water	g	53.14		0	30.29		
Energy	kcal	281		0	160		
Energy	kj	1176		0	670		
Protein (N x 5.95)	g	21.38		0	12.19		
Total lipid (fat)	g	20.68		0	11.79		
Carbohydrate, by difference	g	2.24		0	1.28		
Fiber, total dietary	g	1.5		0	0.9		
Ash	g	2.28		0	1.30		
Sugars, total	g	0.44		0	0.25		
Minerals:							
Calcium	mg	36		0	21		
Iron	mg	2.84		0	1.62		
Magnesium	mg	41		0	23		
Phosphorus	mg	314		0	179		
Potassium	mg	375		0	214		
Sodium	mg	419		0	239		
Zinc	mg	6.64		0	3.78		
Copper	mg	0.222		0	0.127		
Manganese	mg						
Selenium	‡g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.211		0	0.120		
Riboflavin	mg	0.195		0	0.111		
Niacin	mg	3.950		0	2.252		
Pantothenic acid	mg	0.479		0	0.273		
Vitamin B-6	mg	0.377		0	0.215		
Folate	‡g	4		0	2		
Vitamin B-12	‡g	2.23		0	1.27		
Vitamin A	IU	74		0	42		
Vitamin A, RE	‡g						
Vitamin D	IU	8		0	5		
Vitamin E, "-TE	mg	0.049		0	0.028		
Lipids:							
Saturated, total	g	8.283		0	4.721		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	2.350		0	1.340		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.904	0	5.075
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.823	0	0.469
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	61	0	35
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51690 LEAN MAGIC 30, Flame Broiled LEAN MAGIC 30 Meatloaf, product code 9117

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* 75g	Measure 2*	Measure 3*
Proximates:							
Water	g	66.19		0	49.64		
Energy	kcal	146		0	110		
Energy	kj	611		0	458		
Protein (N x 5.95)	g	20.60		0	15.45		
Total lipid (fat)	g	4.75		0	3.56		
Carbohydrate, by difference	g	5.87		0	4.40		
Fiber, total dietary	g	1.1		0	0.8		
Ash	g	2.59		0	1.94		
Sugars, total	g	1.93		0	1.45		
Minerals:							
Calcium	mg	37		0	28		
Iron	mg	2.47		0	1.85		
Magnesium	mg	26		0	20		
Phosphorus	mg	141		0	106		
Potassium	mg	267		0	200		
Sodium	mg	598		0	449		
Zinc	mg	3.59		0	2.69		
Copper	mg	0.123		0	0.092		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	2.9		0	2.2		
Thiamin	mg	0.125		0	0.094		
Riboflavin	mg	0.144		0	0.108		
Niacin	mg	2.493		0	1.870		
Pantothenic acid	mg	0.437		0	0.328		
Vitamin B-6	mg	0.257		0	0.193		
Folate	:g	9		0	7		
Vitamin B-12	:g	1.53		0	1.15		
Vitamin A	IU	210		0	158		
Vitamin A, RE	:g						
Vitamin D	IU	5		0	4		
Vitamin E, "-TE	mg	0.066		0	0.050		
Lipids:							
Saturated, total	g	1.577		0	1.183		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.222		0	0.166		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.117	0	1.588
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.631	0	0.473
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	47	0	35
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51691 LEAN MAGIC 30, Flame Broiled LEAN MAGIC 30 Salisbury Steak, product code 9118

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* 75g	Measure 2*	Measure 3*
Proximates:							
Water	g	66.01		0	49.51		
Energy	kcal	147		0	110		
Energy	kj	615		0	461		
Protein (N x 5.95)	g	20.59		0	15.44		
Total lipid (fat)	g	4.91		0	3.68		
Carbohydrate, by difference	g	5.90		0	4.42		
Fiber, total dietary	g	1.1		0	0.8		
Ash	g	2.59		0	1.94		
Sugars, total	g	1.93		0	1.45		
Minerals:							
Calcium	mg	37		0	28		
Iron	mg	2.52		0	1.89		
Magnesium	mg	27		0	20		
Phosphorus	mg	142		0	107		
Potassium	mg	267		0	200		
Sodium	mg	598		0	449		
Zinc	mg	3.58		0	2.69		
Copper	mg	0.124		0	0.093		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	2.9		0	2.2		
Thiamin	mg	0.124		0	0.093		
Riboflavin	mg	0.147		0	0.110		
Niacin	mg	2.506		0	1.880		
Pantothenic acid	mg	0.433		0	0.325		
Vitamin B-6	mg	0.257		0	0.193		
Folate	:g	10		0	8		
Vitamin B-12	:g	1.55		0	1.16		
Vitamin A	IU	210		0	158		
Vitamin A, RE	:g						
Vitamin D	IU	5		0	4		
Vitamin E, "-TE	mg	0.068		0	0.051		
Lipids:							
Saturated, total	g	1.627		0	1.220		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.233		0	0.175		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.192	0	1.644
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.638	0	0.479
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	47	0	35
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51693 PIERRE, Flame Broiled Beef Steak, product code 9503

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* 61g	Measure 2*	Measure 3*
Proximates:							
Water	g	51.22		0	31.24		
Energy	kcal	290		0	177		
Energy	kj	1213		0	740		
Protein (N x 5.95)	g	25.77		0	15.72		
Total lipid (fat)	g	19.67		0	12.00		
Carbohydrate, by difference	g	1.02		0	0.62		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.32		0	1.42		
Sugars, total	g	0.01		0	0.01		
Minerals:							
Calcium	mg	9		0	5		
Iron	mg	2.60		0	1.59		
Magnesium	mg	22		0	13		
Phosphorus	mg	325		0	198		
Potassium	mg	304		0	185		
Sodium	mg	507		0	309		
Zinc	mg	5.67		0	3.46		
Copper	mg	0.107		0	0.065		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.081		0	0.049		
Riboflavin	mg	0.209		0	0.127		
Niacin	mg	3.479		0	2.122		
Pantothenic acid	mg	0.338		0	0.206		
Vitamin B-6	mg	0.304		0	0.185		
Folate	:g	7		0	4		
Vitamin B-12	:g	2.41		0	1.47		
Vitamin A	IU	0		0	0		
Vitamin A, RE	:g						
Vitamin D	IU	12		0	7		
Vitamin E, "-TE	mg	0.087		0	0.053		
Lipids:							
Saturated, total	g	7.813		0	4.766		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	2.280		0	1.391		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.434	0	5.145
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.724	0	0.442
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	86	0	52
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51694 PIERRE, Flame Broiled Salisbury Steak, product code 9600

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* 76g	Measure 2*	Measure 3*
Proximates:							
Water	g	56.28		0	42.77		
Energy	kcal	245		0	186		
Energy	kj	1025		0	779		
Protein (N x 5.95)	g	21.04		0	15.99		
Total lipid (fat)	g	16.29		0	12.38		
Carbohydrate, by difference	g	3.01		0	2.29		
Fiber, total dietary	g	1.2		0	0.9		
Ash	g	2.96		0	2.25		
Sugars, total	g	1.03		0	0.78		
Minerals:							
Calcium	mg	41		0	31		
Iron	mg	2.75		0	2.09		
Magnesium	mg	36		0	27		
Phosphorus	mg	317		0	241		
Potassium	mg	352		0	268		
Sodium	mg	727		0	553		
Zinc	mg	6.02		0	4.58		
Copper	mg	0.186		0	0.141		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	2.1		0	1.6		
Thiamin	mg	0.179		0	0.136		
Riboflavin	mg	0.199		0	0.151		
Niacin	mg	3.564		0	2.709		
Pantothenic acid	mg	0.511		0	0.388		
Vitamin B-6	mg	0.345		0	0.262		
Folate	:g	8		0	6		
Vitamin B-12	:g	2.19		0	1.66		
Vitamin A	IU	130		0	99		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	6		
Vitamin E, "-TE	mg	0.084		0	0.064		
Lipids:							
Saturated, total	g	6.469		0	4.916		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.796		0	1.365		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.031	0	5.344
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.731	0	0.556
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	59	0	45
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51695 PIERRE, Flame Broiled Beef and Onion Patty, product code 9675

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* 74g	Measure 2*	Measure 3*
Proximates:							
Water	g	57.92		0	42.86		
Energy	kcal	239		0	177		
Energy	kj	1000		0	740		
Protein (N x 5.95)	g	20.87		0	15.44		
Total lipid (fat)	g	15.84		0	11.72		
Carbohydrate, by difference	g	2.83		0	2.09		
Fiber, total dietary	g	1.3		0	1.0		
Ash	g	2.14		0	1.58		
Sugars, total	g	0.99		0	0.73		
Minerals:							
Calcium	mg	34		0	25		
Iron	mg	2.70		0	2.00		
Magnesium	mg	37		0	27		
Phosphorus	mg	308		0	228		
Potassium	mg	358		0	265		
Sodium	mg	358		0	265		
Zinc	mg	6.21		0	4.60		
Copper	mg	0.199		0	0.147		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.7		0	0.5		
Thiamin	mg	0.183		0	0.135		
Riboflavin	mg	0.188		0	0.139		
Niacin	mg	3.678		0	2.722		
Pantothenic acid	mg	0.441		0	0.326		
Vitamin B-6	mg	0.354		0	0.262		
Folate	΄g	6		0	4		
Vitamin B-12	΄g	2.10		0	1.55		
Vitamin A	IU	62		0	46		
Vitamin A, RE	΄g						
Vitamin D	IU	8		0	6		
Vitamin E, "-TE	mg	0.079		0	0.058		
Lipids:							
Saturated, total	g	6.321		0	4.678		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.810		0	1.339		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.782	0	5.019
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.619	0	0.458
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	58	0	43
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51696 LEAN MAGIC, Flame Broiled LEAN MAGIC Beef and Onion Patty, product code 9676

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* 74g	Measure 2*	Measure 3*
Proximates:							
Water	g	62.38		0	46.16		
Energy	kcal	187		0	138		
Energy	kj	782		0	579		
Protein (N x 5.95)	g	23.10		0	17.09		
Total lipid (fat)	g	9.09		0	6.73		
Carbohydrate, by difference	g	2.62		0	1.94		
Fiber, total dietary	g	1.4		0	1.0		
Ash	g	2.32		0	1.72		
Sugars, total	g	0.96		0	0.71		
Minerals:							
Calcium	mg	32		0	24		
Iron	mg	2.91		0	2.15		
Magnesium	mg	39		0	29		
Phosphorus	mg	325		0	241		
Potassium	mg	383		0	283		
Sodium	mg	423		0	313		
Zinc	mg	6.79		0	5.02		
Copper	mg	0.206		0	0.152		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.7		0	0.5		
Thiamin	mg	0.188		0	0.139		
Riboflavin	mg	0.205		0	0.152		
Niacin	mg	3.942		0	2.917		
Pantothenic acid	mg	0.466		0	0.345		
Vitamin B-6	mg	0.376		0	0.278		
Folate	:g	7		0	5		
Vitamin B-12	:g	2.22		0	1.64		
Vitamin A	IU	61		0	45		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	6		
Vitamin E, "-TE	mg	0.092		0	0.068		
Lipids:							
Saturated, total	g	3.558		0	2.633		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.069		0	0.791		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.861	0	2.857
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.373	0	0.276
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	57	0	42
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51697 PIERRE, Flame Broiled Mesquite Beef Patty, product code 3780, contains USDA commodity meat

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* 69g	Measure 2*	Measure 3*
Proximates:							
Water	g	58.43		0	40.59		
Energy	kcal	222		0	154		
Energy	kj	929		0	645		
Protein (N x 5.95)	g	23.77		0	16.51		
Total lipid (fat)	g	12.95		0	9.00		
Carbohydrate, by difference	g	2.75		0	1.91		
Fiber, total dietary	g	0.9		0	0.6		
Ash	g	2.10		0	1.46		
Sugars, total	g	0.45		0	0.31		
Minerals:							
Calcium	mg	24		0	17		
Iron	mg	2.19		0	1.52		
Magnesium	mg	35		0	24		
Phosphorus	mg	294		0	204		
Potassium	mg	389		0	270		
Sodium	mg	360		0	250		
Zinc	mg	5.28		0	3.67		
Copper	mg	0.166		0	0.115		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.161		0	0.112		
Riboflavin	mg	0.164		0	0.114		
Niacin	mg	3.761		0	2.612		
Pantothenic acid	mg	0.484		0	0.336		
Vitamin B-6	mg	0.382		0	0.265		
Folate	:g	5		0	3		
Vitamin B-12	:g	2.07		0	1.44		
Vitamin A	IU	44		0	31		
Vitamin A, RE	:g						
Vitamin D	IU	10		0	7		
Vitamin E, "-TE	mg	0.044		0	0.031		
Lipids:							
Saturated, total	g	5.143		0	3.572		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.442		0	1.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.589	0	3.882
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.507	0	0.352
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	59	0	41
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51698 PIERRE, Flame Broiled Beef Patty, product code 3781, contains USDA commodity meat

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* 69g	Measure 2*	Measure 3*
Proximates:							
Water	g	58.50		0	40.63		
Energy	kcal	222		0	154		
Energy	kj	929		0	645		
Protein (N x 5.95)	g	23.80		0	16.53		
Total lipid (fat)	g	12.95		0	9.00		
Carbohydrate, by difference	g	2.59		0	1.80		
Fiber, total dietary	g	0.9		0	0.6		
Ash	g	2.16		0	1.50		
Sugars, total	g	0.45		0	0.31		
Minerals:							
Calcium	mg	24		0	17		
Iron	mg	2.20		0	1.53		
Magnesium	mg	35		0	24		
Phosphorus	mg	325		0	226		
Potassium	mg	389		0	270		
Sodium	mg	360		0	250		
Zinc	mg	5.26		0	3.65		
Copper	mg	0.166		0	0.115		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.161		0	0.112		
Riboflavin	mg	0.165		0	0.115		
Niacin	mg	3.751		0	2.605		
Pantothenic acid	mg	0.483		0	0.335		
Vitamin B-6	mg	0.381		0	0.265		
Folate	:g	5		0	3		
Vitamin B-12	:g	2.06		0	1.43		
Vitamin A	IU	44		0	31		
Vitamin A, RE	:g						
Vitamin D	IU	10		0	7		
Vitamin E, "-TE	mg	0.044		0	0.031		
Lipids:							
Saturated, total	g	5.151		0	3.578		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.437		0	0.998		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.563	0	3.864
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.497	0	0.345
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	59	0	41
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51707 PIERRE, Flame Broiled Mesquite Beef Patty, product code 3880

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* 69g	Measure 2*	Measure 3*
Proximates:							
Water	g	57.69		0	40.07		
Energy	kcal	229		0	159		
Energy	kj	958		0	665		
Protein (N x 5.95)	g	23.30		0	16.18		
Total lipid (fat)	g	13.80		0	9.59		
Carbohydrate, by difference	g	2.56		0	1.78		
Fiber, total dietary	g	1.5		0	1.0		
Ash	g	2.19		0	1.52		
Sugars, total	g	0.46		0	0.32		
Minerals:							
Calcium	mg	36		0	25		
Iron	mg	3.04		0	2.11		
Magnesium	mg	43		0	30		
Phosphorus	mg	299		0	208		
Potassium	mg	400		0	278		
Sodium	mg	356		0	247		
Zinc	mg	7.23		0	5.02		
Copper	mg	0.232		0	0.161		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.217		0	0.151		
Riboflavin	mg	0.211		0	0.147		
Niacin	mg	4.218		0	2.930		
Pantothenic acid	mg	0.505		0	0.351		
Vitamin B-6	mg	0.400		0	0.278		
Folate	:g	5		0	3		
Vitamin B-12	:g	2.34		0	1.63		
Vitamin A	IU	73		0	51		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	6		
Vitamin E, "-TE	mg	0.061		0	0.042		
Lipids:							
Saturated, total	g	5.470		0	3.799		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.593		0	1.106		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.914	0	4.108
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.554	0	0.385
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	60	0	42
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51717 WONDERBITES DIPPERS, Flame Broiled Beef Fajita WONDERBITES DIPPER, product code 9971

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* 18g	Measure 2*	Measure 3*
Proximates:							
Water	g	51.80		0	9.32		
Energy	kcal	281		0	51		
Energy	kj	1176		0	212		
Protein (N x 5.95)	g	20.66		0	3.72		
Total lipid (fat)	g	20.09		0	3.62		
Carbohydrate, by difference	g	4.47		0	0.80		
Fiber, total dietary	g	1.6		0	0.3		
Ash	g	2.58		0	0.46		
Sugars, total	g	1.72		0	0.31		
Minerals:							
Calcium	mg	38		0	7		
Iron	mg	2.91		0	0.52		
Magnesium	mg	41		0	7		
Phosphorus	mg	309		0	56		
Potassium	mg	372		0	67		
Sodium	mg	588		0	106		
Zinc	mg	6.42		0	1.16		
Copper	mg	0.223		0	0.040		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.204		0	0.037		
Riboflavin	mg	0.190		0	0.034		
Niacin	mg	3.818		0	0.687		
Pantothenic acid	mg	0.462		0	0.083		
Vitamin B-6	mg	0.364		0	0.066		
Folate	:g	4		0	1		
Vitamin B-12	:g	2.16		0	0.39		
Vitamin A	IU	71		0	13		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	1		
Vitamin E, "-TE	mg	0.047		0	0.008		
Lipids:							
Saturated, total	g	8.020		0	1.444		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	2.277		0	0.410		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.630	0	1.553
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.790	0	0.142
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	59	0	11
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51718 LEAN MAGIC, Flame Broiled Beef Fajita LEAN MAGIC WONDERBITES DIPPER, product code 9974

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* 18g	Measure 2*	Measure 3*
Proximates:							
Water	g	62.13		0	11.18		
Energy	kcal	181		0	33		
Energy	kj	757		0	136		
Protein (N x 5.95)	g	21.65		0	3.90		
Total lipid (fat)	g	8.24		0	1.48		
Carbohydrate, by difference	g	6.05		0	1.09		
Fiber, total dietary	g	1.5		0	0.3		
Ash	g	1.93		0	0.35		
Sugars, total	g	1.89		0	0.34		
Minerals:							
Calcium	mg	35		0	6		
Iron	mg	2.95		0	0.53		
Magnesium	mg	40		0	7		
Phosphorus	mg	318		0	57		
Potassium	mg	376		0	68		
Sodium	mg	477		0	86		
Zinc	mg	6.64		0	1.20		
Copper	mg	0.213		0	0.038		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1		
Thiamin	mg	0.194		0	0.035		
Riboflavin	mg	0.198		0	0.036		
Niacin	mg	3.827		0	0.689		
Pantothenic acid	mg	0.463		0	0.083		
Vitamin B-6	mg	0.361		0	0.065		
Folate	:g	5		0	1		
Vitamin B-12	:g	2.11		0	0.38		
Vitamin A	IU	67		0	12		
Vitamin A, RE	:g						
Vitamin D	IU	7		0	1		
Vitamin E, "-TE	mg	0.064		0	0.012		
Lipids:							
Saturated, total	g	3.198		0	0.576		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.963		0	0.173		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.480	0	0.626
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.344	0	0.062
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	52	0	9
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51719 PIERRE, Flame Broiled Beef Patty, product code 3881

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* 69g	Measure 2*	Measure 3*
Proximates:							
Water	g	57.67		0	40.06		
Energy	kcal	228		0	158		
Energy	kj	954		0	663		
Protein (N x 5.95)	g	23.46		0	16.30		
Total lipid (fat)	g	13.82		0	9.60		
Carbohydrate, by difference	g	2.24		0	1.56		
Fiber, total dietary	g	1.5		0	1.0		
Ash	g	2.36		0	1.64		
Sugars, total	g	0.45		0	0.31		
Minerals:							
Calcium	mg	35		0	24		
Iron	mg	3.05		0	2.12		
Magnesium	mg	43		0	30		
Phosphorus	mg	331		0	230		
Potassium	mg	400		0	278		
Sodium	mg	422		0	293		
Zinc	mg	7.21		0	5.01		
Copper	mg	0.230		0	0.160		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.216		0	0.150		
Riboflavin	mg	0.211		0	0.147		
Niacin	mg	4.208		0	2.923		
Pantothenic acid	mg	0.504		0	0.350		
Vitamin B-6	mg	0.399		0	0.277		
Folate	:g	5		0	3		
Vitamin B-12	:g	2.34		0	1.63		
Vitamin A	IU	73		0	51		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	6		
Vitamin E, "-TE	mg	0.061		0	0.042		
Lipids:							
Saturated, total	g	5.481		0	3.807		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.593		0	1.106		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.916	0	4.109
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.559	0	0.388
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	60	0	42
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51720 RIB-B-Q, Flame Broiled Beef Rib-B-Q, product code 4150

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* 64g	Measure 2*	Measure 3*
Proximates:							
Water	g	47.86		0	30.63		
Energy	kcal	319		0	204		
Energy	kj	1335		0	854		
Protein (N x 5.95)	g	18.20		0	11.65		
Total lipid (fat)	g	24.79		0	15.87		
Carbohydrate, by difference	g	5.45		0	3.49		
Fiber, total dietary	g	1.4		0	0.9		
Ash	g	3.33		0	2.13		
Sugars, total	g	3.11		0	1.99		
Minerals:							
Calcium	mg	37		0	24		
Iron	mg	2.46		0	1.57		
Magnesium	mg	37		0	24		
Phosphorus	mg	293		0	188		
Potassium	mg	353		0	226		
Sodium	mg	604		0	387		
Zinc	mg	5.03		0	3.22		
Copper	mg	0.192		0	0.123		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	4.0		0	2.6		
Thiamin	mg	0.200		0	0.128		
Riboflavin	mg	0.156		0	0.100		
Niacin	mg	3.649		0	2.335		
Pantothenic acid	mg	0.448		0	0.287		
Vitamin B-6	mg	0.343		0	0.220		
Folate	:g	3		0	2		
Vitamin B-12	:g	1.86		0	1.19		
Vitamin A	IU	345		0	221		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	5		
Vitamin E, "-TE	mg	0.022		0	0.014		
Lipids:							
Saturated, total	g	9.991		0	6.394		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	2.747		0	1.758		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.683	0	6.837
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.028	0	0.658
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	54	0	35
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51726 PIERRE, Flame Broiled Beef Patty, product code 9230

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* 74g	Measure 2*	Measure 3*
Proximates:							
Water	g	50.69		0	37.51		
Energy	kcal	310		0	229		
Energy	kj	1297		0	960		
Protein (N x 5.95)	g	18.22		0	13.48		
Total lipid (fat)	g	25.15		0	18.61		
Carbohydrate, by difference	g	3.25		0	2.40		
Fiber, total dietary	g	2.2		0	1.6		
Ash	g	2.57		0	1.90		
Sugars, total	g	0.67		0	0.50		
Minerals:							
Calcium	mg	48		0	36		
Iron	mg	2.82		0	2.09		
Magnesium	mg	48		0	36		
Phosphorus	mg	299		0	221		
Potassium	mg	390		0	289		
Sodium	mg	521		0	386		
Zinc	mg	6.69		0	4.95		
Copper	mg	0.267		0	0.198		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.264		0	0.195		
Riboflavin	mg	0.180		0	0.133		
Niacin	mg	3.991		0	2.953		
Pantothenic acid	mg	0.523		0	0.387		
Vitamin B-6	mg	0.394		0	0.292		
Folate	΄g	3		0	2		
Vitamin B-12	΄g	2.09		0	1.55		
Vitamin A	IU	105		0	78		
Vitamin A, RE	΄g						
Vitamin D	IU	7		0	5		
Vitamin E, "-TE	mg	0.025		0	0.019		
Lipids:							
Saturated, total	g	10.128		0	7.495		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	2.823		0	2.089		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.857	0	8.034
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.022	0	0.756
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	51	0	38
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51730 PIERRE, Breaded Italian Veal and Beef Patty, product code 1905

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*	Measure 3*
Proximates:							
Water	g	43.62		0	37.08		
Energy	kcal	328		0	279		
Energy	kj	1372		0	1166		
Protein (N x 5.95)	g	16.10		0	13.69		
Total lipid (fat)	g	23.05		0	19.59		
Carbohydrate, by difference	g	14.05		0	11.94		
Fiber, total dietary	g	1.6		0	1.4		
Ash	g	2.79		0	2.37		
Sugars, total	g	0.43		0	0.37		
Minerals:							
Calcium	mg	43		0	37		
Iron	mg	2.88		0	2.45		
Magnesium	mg	30		0	26		
Phosphorus	mg	248		0	211		
Potassium	mg	293		0	249		
Sodium	mg	695		0	591		
Zinc	mg	4.46		0	3.79		
Copper	mg	0.177		0	0.150		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.2		0	0.2		
Thiamin	mg	0.342		0	0.291		
Riboflavin	mg	0.255		0	0.217		
Niacin	mg	4.633		0	3.938		
Pantothenic acid	mg	0.412		0	0.350		
Vitamin B-6	mg	0.262		0	0.223		
Folate	΄g	4		0	3		
Vitamin B-12	΄g	1.37		0	1.16		
Vitamin A	IU	63		0	54		
Vitamin A, RE	΄g						
Vitamin D	IU	6		0	5		
Vitamin E, "-TE	mg	0.790		0	0.672		
Lipids:							
Saturated, total	g	9.296		0	7.902		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	2.952		0	2.509		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.836	0	7.511
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	3.209	0	2.728
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	42	0	36
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51733 PIERRE, Flame Broiled New York Strip Beef Patty, product code 3777, contains USDA commodity meat

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* 69g	Measure 2*	Measure 3*
Proximates:							
Water	g	57.65		0	40.04		
Energy	kcal	229		0	159		
Energy	kj	958		0	665		
Protein (N x 5.95)	g	24.09		0	16.73		
Total lipid (fat)	g	13.68		0	9.50		
Carbohydrate, by difference	g	2.19		0	1.52		
Fiber, total dietary	g	0.7		0	0.5		
Ash	g	2.39		0	1.66		
Sugars, total	g	0.03		0	0.02		
Minerals:							
Calcium	mg	19		0	13		
Iron	mg	2.08		0	1.44		
Magnesium	mg	32		0	22		
Phosphorus	mg	325		0	226		
Potassium	mg	376		0	261		
Sodium	mg	497		0	345		
Zinc	mg	4.95		0	3.44		
Copper	mg	0.146		0	0.101		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.144		0	0.100		
Riboflavin	mg	0.162		0	0.113		
Niacin	mg	3.645		0	2.532		
Pantothenic acid	mg	0.461		0	0.320		
Vitamin B-6	mg	0.368		0	0.256		
Folate	:g	5		0	3		
Vitamin B-12	:g	2.06		0	1.43		
Vitamin A	IU	33		0	23		
Vitamin A, RE	:g						
Vitamin D	IU	10		0	7		
Vitamin E, "-TE	mg	0.047		0	0.033		
Lipids:							
Saturated, total	g	5.421		0	3.765		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.521		0	1.056		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.888	0	4.090
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.519	0	0.360
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	63	0	44
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51734 PIERRE, Flame Broiled Jalapeno Beef Patty, product code 3778, contains USDA commodity meat

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* 69g	Measure 2*	Measure 3*
Proximates:							
Water	g	58.44		0	40.59		
Energy	kcal	221		0	154		
Energy	kj	925		0	643		
Protein (N x 5.95)	g	23.56		0	16.36		
Total lipid (fat)	g	12.92		0	8.97		
Carbohydrate, by difference	g	2.69		0	1.87		
Fiber, total dietary	g	1.0		0	0.7		
Ash	g	2.39		0	1.66		
Sugars, total	g	0.60		0	0.42		
Minerals:							
Calcium	mg	24		0	17		
Iron	mg	2.19		0	1.52		
Magnesium	mg	33		0	23		
Phosphorus	mg	320		0	222		
Potassium	mg	377		0	262		
Sodium	mg	489		0	340		
Zinc	mg	5.03		0	3.49		
Copper	mg	0.158		0	0.110		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	2.9		0	2.0		
Thiamin	mg	0.150		0	0.104		
Riboflavin	mg	0.160		0	0.111		
Niacin	mg	3.629		0	2.521		
Pantothenic acid	mg	0.487		0	0.338		
Vitamin B-6	mg	0.372		0	0.258		
Folate	:g	5		0	3		
Vitamin B-12	:g	2.01		0	1.40		
Vitamin A	IU	170		0	118		
Vitamin A, RE	:g						
Vitamin D	IU	10		0	7		
Vitamin E, "-TE	mg	0.088		0	0.061		
Lipids:							
Saturated, total	g	5.119		0	3.556		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.433		0	0.995		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.551	0	3.856
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.501	0	0.348
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	59	0	41
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51735 PIERRE, Flame Broiled New York Strip Beef Patty, product code 3877

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* 69g	Measure 2*	Measure 3*
Proximates:							
Water	g	56.59		0	39.05		
Energy	kcal	238		0	164		
Energy	kj	996		0	687		
Protein (N x 5.95)	g	23.71		0	16.36		
Total lipid (fat)	g	14.80		0	10.21		
Carbohydrate, by difference	g	2.43		0	1.68		
Fiber, total dietary	g	1.4		0	1.0		
Ash	g	2.47		0	1.70		
Sugars, total	g	0.04		0	0.03		
Minerals:							
Calcium	mg	31		0	21		
Iron	mg	2.97		0	2.05		
Magnesium	mg	40		0	28		
Phosphorus	mg	330		0	228		
Potassium	mg	384		0	265		
Sodium	mg	493		0	340		
Zinc	mg	6.96		0	4.80		
Copper	mg	0.211		0	0.146		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.198		0	0.137		
Riboflavin	mg	0.211		0	0.146		
Niacin	mg	4.102		0	2.830		
Pantothenic acid	mg	0.477		0	0.329		
Vitamin B-6	mg	0.384		0	0.265		
Folate	΄g	5		0	3		
Vitamin B-12	΄g	2.35		0	1.62		
Vitamin A	IU	61		0	42		
Vitamin A, RE	΄g						
Vitamin D	IU	9		0	6		
Vitamin E, "-TE	mg	0.065		0	0.045		
Lipids:							
Saturated, total	g	5.857		0	4.041		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.707		0	1.178		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.329	0	4.367
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.576	0	0.397
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	64	0	44
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51736 PIERRE, Flame Broiled Jalapeno Beef Patty, product code 3878

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* 69g	Measure 2*	Measure 3*
Proximates:							
Water	g	57.01		0	39.34		
Energy	kcal	231		0	159		
Energy	kj	967		0	667		
Protein (N x 5.95)	g	23.56		0	16.26		
Total lipid (fat)	g	13.85		0	9.56		
Carbohydrate, by difference	g	2.59		0	1.79		
Fiber, total dietary	g	1.7		0	1.2		
Ash	g	2.51		0	1.73		
Sugars, total	g	0.61		0	0.42		
Minerals:							
Calcium	mg	39		0	27		
Iron	mg	3.13		0	2.16		
Magnesium	mg	43		0	30		
Phosphorus	mg	331		0	228		
Potassium	mg	402		0	277		
Sodium	mg	485		0	335		
Zinc	mg	7.22		0	4.98		
Copper	mg	0.233		0	0.161		
Manganese	mg						
Selenium	΄g						
Vitamins:							
Ascorbic acid	mg	2.9		0	2.0		
Thiamin	mg	0.217		0	0.150		
Riboflavin	mg	0.211		0	0.146		
Niacin	mg	4.218		0	2.910		
Pantothenic acid	mg	0.527		0	0.364		
Vitamin B-6	mg	0.404		0	0.279		
Folate	΄g	5		0	3		
Vitamin B-12	΄g	2.34		0	1.61		
Vitamin A	IU	205		0	141		
Vitamin A, RE	΄g						
Vitamin D	IU	8		0	6		
Vitamin E, "-TE	mg	0.105		0	0.072		
Lipids:							
Saturated, total	g	5.477		0	3.779		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.593		0	1.099		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.910	0	4.078
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.553	0	0.382
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	60	0	41
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51739 PIERRE, Flame Broiled Beef Patty, product code 9220

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* 60g	Measure 2*	Measure 3*
Proximates:							
Water	g	50.68		0	30.41		
Energy	kcal	310		0	186		
Energy	kj	1297		0	778		
Protein (N x 5.95)	g	18.22		0	10.93		
Total lipid (fat)	g	25.15		0	15.09		
Carbohydrate, by difference	g	3.25		0	1.95		
Fiber, total dietary	g	2.2		0	1.3		
Ash	g	2.57		0	1.54		
Sugars, total	g	0.67		0	0.40		
Minerals:							
Calcium	mg	48		0	29		
Iron	mg	2.82		0	1.69		
Magnesium	mg	48		0	29		
Phosphorus	mg	299		0	179		
Potassium	mg	390		0	234		
Sodium	mg	521		0	313		
Zinc	mg	6.69		0	4.01		
Copper	mg	0.267		0	0.160		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.264		0	0.158		
Riboflavin	mg	0.180		0	0.108		
Niacin	mg	3.991		0	2.395		
Pantothenic acid	mg	0.523		0	0.314		
Vitamin B-6	mg	0.394		0	0.236		
Folate	:g	3		0	2		
Vitamin B-12	:g	2.09		0	1.25		
Vitamin A	IU	105		0	63		
Vitamin A, RE	:g						
Vitamin D	IU	7		0	4		
Vitamin E, "-TE	mg	0.025		0	0.015		
Lipids:							
Saturated, total	g	10.128		0	6.077		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	2.823		0	1.694		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.857	0	6.514
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.022	0	0.613
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	51	0	31
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51740 PIERRE, Flame Broiled Deluxe Beef and Onion Patty, product code 9680

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* 153g	Measure 2*	Measure 3*
Proximates:							
Water	g	51.85		0	79.33		
Energy	kcal	309		0	473		
Energy	kj	1293		0	1978		
Protein (N x 5.95)	g	18.00		0	27.54		
Total lipid (fat)	g	25.08		0	38.37		
Carbohydrate, by difference	g	2.62		0	4.01		
Fiber, total dietary	g	1.4		0	2.1		
Ash	g	2.11		0	3.23		
Sugars, total	g	0.96		0	1.47		
Minerals:							
Calcium	mg	34		0	52		
Iron	mg	2.39		0	3.66		
Magnesium	mg	34		0	52		
Phosphorus	mg	284		0	435		
Potassium	mg	320		0	490		
Sodium	mg	416		0	636		
Zinc	mg	5.37		0	8.22		
Copper	mg	0.186		0	0.285		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.7		0	1.1		
Thiamin	mg	0.172		0	0.263		
Riboflavin	mg	0.165		0	0.252		
Niacin	mg	3.290		0	5.034		
Pantothenic acid	mg	0.402		0	0.615		
Vitamin B-6	mg	0.320		0	0.490		
Folate	:g	5		0	8		
Vitamin B-12	:g	1.94		0	2.97		
Vitamin A	IU	61		0	93		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	12		
Vitamin E, "-TE	mg	0.063		0	0.096		
Lipids:							
Saturated, total	g	10.091		0	15.439		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	2.833		0	4.334		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.827	0	16.565
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.988	0	1.512
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	59	0	90
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51741 PIERRE, Flame Broiled Beef and Onion Two-Fers, product code 9681

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* 31g	Measure 2*	Measure 3*
Proximates:							
Water	g	51.97		0	16.11		
Energy	kcal	309		0	96		
Energy	kj	1293		0	401		
Protein (N x 5.95)	g	18.00		0	5.58		
Total lipid (fat)	g	25.08		0	7.77		
Carbohydrate, by difference	g	2.62		0	0.81		
Fiber, total dietary	g	1.4		0	0.4		
Ash	g	2.11		0	0.65		
Sugars, total	g	0.96		0	0.30		
Minerals:							
Calcium	mg	34		0	11		
Iron	mg	2.39		0	0.74		
Magnesium	mg	34		0	11		
Phosphorus	mg	284		0	88		
Potassium	mg	320		0	99		
Sodium	mg	416		0	129		
Zinc	mg	5.37		0	1.66		
Copper	mg	0.185		0	0.057		
Manganese	mg						
Selenium	:g						
Vitamins:							
Ascorbic acid	mg	0.7		0	0.2		
Thiamin	mg	0.172		0	0.053		
Riboflavin	mg	0.165		0	0.051		
Niacin	mg	3.290		0	1.020		
Pantothenic acid	mg	0.402		0	0.125		
Vitamin B-6	mg	0.320		0	0.099		
Folate	:g	5		0	2		
Vitamin B-12	:g	1.94		0	0.60		
Vitamin A	IU	61		0	19		
Vitamin A, RE	:g						
Vitamin D	IU	8		0	2		
Vitamin E, "-TE	mg	0.063		0	0.020		
Lipids:							
Saturated, total	g	10.091		0	3.128		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	2.833		0	0.878		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.827	0	3.356
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.988	0	0.306
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	59	0	18
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece

NDB No. 51742 PIERRE, Flame Broiled Beef Two-Fers, product code 9684

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* 31g	Measure 2*	Measure 3*
Proximates:							
Water	g	50.18		0	15.56		
Energy	kcal	315		0	98		
Energy	kj	1318		0	409		
Protein (N x 5.95)	g	20.01		0	6.20		
Total lipid (fat)	g	25.10		0	7.78		
Carbohydrate, by difference	g	2.24		0	0.69		
Fiber, total dietary	g	1.5		0	0.5		
Ash	g	2.22		0	0.69		
Sugars, total	g	0.44		0	0.14		
Minerals:							
Calcium	mg	37		0	11		
Iron	mg	2.70		0	0.84		
Magnesium	mg	40		0	12		
Phosphorus	mg	303		0	94		
Potassium	mg	358		0	111		
Sodium	mg	418		0	130		
Zinc	mg	6.26		0	1.94		
Copper	mg	0.217		0	0.067		
Manganese	mg						
Selenium	‡g						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.207		0	0.064		
Riboflavin	mg	0.184		0	0.057		
Niacin	mg	3.776		0	1.171		
Pantothenic acid	mg	0.462		0	0.143		
Vitamin B-6	mg	0.362		0	0.112		
Folate	‡g	4		0	1		
Vitamin B-12	‡g	2.16		0	0.67		
Vitamin A	IU	74		0	23		
Vitamin A, RE	‡g						
Vitamin D	IU	8		0	2		
Vitamin E, "-TE	mg	0.041		0	0.013		
Lipids:							
Saturated, total	g	10.089		0	3.128		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	2.837		0	0.879		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.830	0	3.357
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.993	0	0.308
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	62	0	19
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece